

FREE DOWNLOAD

The Ultimate Thanksgiving Smoked Turkey & Holiday Menu Guide

By Dr. Steven Fain – Mindful Universe Family

SMOKED TURKEY QUICK GUIDE

Turkey Size:

12–18 lb whole turkey (fully thawed)

Brine (12–24 hours)

- 1 gallon water
- 1 cup kosher salt
- ½ cup brown sugar
- 1 Tbsp garlic powder
- 1 Tbsp onion powder
- 1 tsp black pepper
- 2 bay leaves

Rinse and pat turkey dry after brining.

Butter Rub

- 1 cup softened butter
- 2 Tbsp olive oil
- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp smoked paprika
- 1 Tbsp thyme
- 1 Tbsp rosemary
- 1 tsp salt

- 1 tsp black pepper

Rub under the skin, over the skin, and inside the cavity.

Smoking Instructions

- Smoker Temperature: **225–250°F**
- Wood: **Apple / Cherry / Hickory**
- Time: **30–40 minutes per pound**

Internal Temperature:

- Breast: **165°F**
- Thigh: **175–180°F**

Rest turkey 30–45 minutes before carving.

HOLIDAY MENU

Sides

- Garlic Mashed Potatoes
- Cornbread Stuffing
- Green Bean Casserole
- Honey-Glazed Carrots
- Cranberry Orange Relish
- Dinner Rolls

Desserts

- Pumpkin Pie
- Pecan Pie

Drinks

- Apple Cider
- Sweet Tea

- Sparkling Cranberry Punch

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