Brine

Ingredients

- 12 Black peppercorns
- 2 cups water or enough to cover protein
- 1 Tbsp Granulated garlic
- 1 cup Salt
- 1/2 cup white vinegar
- 1 cup white sugar
- 3 bay leaves
- 1 lemon sliced

Method

Step 1

Combine all ingredients and stir to dissolve sugar and salt.

Step 2

Add your desired protein and store in the fridge overnight.