



Brined and Barbecued Turkey

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



274 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons peppercorns whole black
- ☐ 6 medium carrots coarsely chopped
- ☐ 25 stalks celery coarsely chopped (from 2 bunches)
- ☐ 0.5 teaspoon fennel seeds
- ☐ 4 bay leaves fresh
- ☐ 1 bunch parsley fresh
- ☐ 2 bunches sage fresh
- ☐ 2 bunches thyme sprigs fresh

- ☐ 2 cups kosher salt
- ☐ 4 leek white green coarsely chopped
- ☐ 2 large onion coarsely chopped
- ☐ 0.5 teaspoon pepper dried red
- ☐ 1.5 cups sugar
- ☐ 8 tablespoons butter unsalted (1 stick)
- ☐ 2 tablespoons coriander seeds whole
- ☐ 4 star anise whole

Equipment

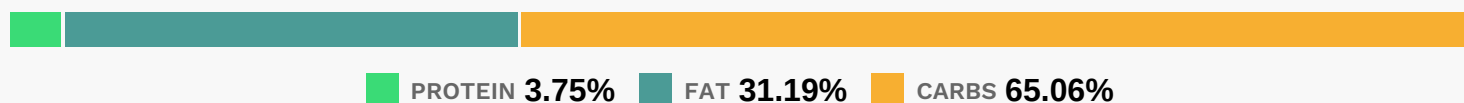
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ wire rack
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ kitchen twine

Directions

- ☐ In heavy large stockpot over high heat, bring 2 gallons water to boil. Stir in salt and sugar until completely dissolved.
- ☐ Remove from heat and add carrots, onions, celery, leeks, bay leaves, peppercorns, coriander seeds, red pepper flakes, fennel seeds, star anise, thyme, sage, and parsley. Cover and refrigerate at least 6 hours or overnight.
- ☐ Line large cooler with large heavy-duty garbage bag. Strain brine into cooler, discarding solids.

- ☐ Rinse turkey inside and out and pat dry.
- ☐ Transfer, breast side up, to cooler. If necessary, place large plate on top to keep turkey submerged in liquid. Tie bag tightly, then close cooler and transfer to cool place. Allow turkey to brine for 12 hours, turning over once halfway through. Using probe thermometer, check temperature of liquid every 3 hours and if necessary, add freezer packs enclosed in resealable plastic bags to keep temperature at or below 40°F.
- ☐ Line large, rimmed baking sheet with paper towels and top with wire rack.
- ☐ Remove turkey from brine and transfer, breast side up, to rack.
- ☐ Let stand 30 minutes to drain completely, then pat dry.
- ☐ Transfer to roasting pan. Tuck wing tips under breast and tie drumsticks loosely together with kitchen string.
- ☐ Place butter in pan next to turkey.
- ☐ If using gas grill, open hood, light all burners, and set on high. Close hood and preheat 10 minutes.
- ☐ If using charcoal grill, open bottom and lid vents and light charcoal.
- ☐ Let coals burn until completely coated in gray ash, about 25 minutes, then arrange around perimeter of grill to form circle.
- ☐ Transfer roasting pan to grill rack and cover grill. If using gas grill, turn all burners to low. During cooking, adjust burners to maintain temperature at 450°F.
- ☐ If using charcoal grill, if necessary lower temperature by partially closing vents (do not close completely). Maintain temperature by adding 60 new coals, prelit in chimney starter until completely covered in gray ash, every hour.
- ☐ Cook turkey, basting every 15 minutes with pan juices (tilt pan to let juices run out of cavity) and rotating pan 180° every hour, until instant-read thermometer inserted into thickest part of thigh (do not touch bone) registers 170°F, about 1 1/2 hours. (Time may be longer in cold weather. Avoid opening lid often because of rapid heat loss.)
- ☐ Transfer turkey to platter, cover loosely with foil, and let stand 20 minutes before carving.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:24.92, Inflammation Score:-10, Nutrition Score:23.112173990063%

Flavonoids

Apigenin: 15.15mg, Apigenin: 15.15mg, Apigenin: 15.15mg, Apigenin: 15.15mg Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg, Luteolin: 1.52mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg, Quercetin: 6.6mg

Nutrients (% of daily need)

Calories: 274.44kcal (13.72%), Fat: 10.07g (15.5%), Saturated Fat: 5.95g (37.16%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 41.99g (15.27%), Sugar: 35.75g (39.72%), Cholesterol: 24.08mg (8.03%), Sodium: 22755.69mg (989.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.45%), Copper: 6.33mg (316.62%), Vitamin A: 7999.96IU (160%), Vitamin K: 148.63µg (141.55%), Manganese: 0.94mg (47.24%), Vitamin C: 20.95mg (25.39%), Fiber: 5.29g (21.16%), Folate: 81.28µg (20.32%), Potassium: 586.93mg (16.77%), Iron: 2.61mg (14.49%), Calcium: 141.79mg (14.18%), Vitamin B6: 0.26mg (13.17%), Magnesium: 44.73mg (11.18%), Vitamin E: 1.21mg (8.04%), Phosphorus: 75.4mg (7.54%), Vitamin B2: 0.13mg (7.5%), Vitamin B1: 0.1mg (6.58%), Vitamin B3: 1.03mg (5.13%), Vitamin B5: 0.5mg (5.03%), Zinc: 0.6mg (3.99%), Selenium: 1.7µg (2.43%), Vitamin D: 0.17µg (1.12%)