



Brined Herb-Crusted Turkey with Apple Cider Gravy

READY IN



3180 min.

SERVINGS



10

CALORIES



988 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 quart apple cider
- 2 cups apple cider divided
- 5 bay leaves
- 6 bay leaves
- 3 sticks butter room temperature
- 2 small carrots diced
- 2 small carrots peeled cut into 1/2-inch dice
- 2 ribs celery cut into 1/2-inch dice

- 3 ribs celery diced
- 1 quart chicken stock see divided
- 1 cinnamon sticks
- 0.5 cup flour all-purpose
- 0.5 bunch rosemary fresh
- 1 bunch rosemary fresh finely chopped
- 0.5 bunch sage fresh
- 1 bunch sage fresh finely chopped
- 1 head garlic cut in 1/2 equatorially
- 4 cloves garlic smashed
- 2 granny smith apples cut into 1/2-inch dice
- 0.3 cup granulated sugar
- 0.8 cup kosher salt
- 10 servings kosher salt
- 1 large onion diced
- 1 large onion cut into 1/2-inch dice
- 1 bunch thyme leaves
- 12 pound turkey organic free range
- 7 quarts water

Equipment

- bowl
- paper towels
- oven
- whisk
- roasting pan
- kitchen thermometer
- aluminum foil
- cutting board

- kitchen twine

Directions

- Watch how to make this recipe.
- Special equipment: butcher's twine
- Combine all of the ingredients for the brine in a large container.
- Add the turkey and let it brine in the refrigerator for 2 to 3 days.
- Remove the turkey from the brine the night before roasting and pat it thoroughly dry with paper towels.
- Combine the rosemary, sage, and butter for the herb crust in a small bowl. Season, to taste, with kosher salt. Work the butter under the skin of the turkey and massage it into the breasts and the legs. Massage the butter on the outside of the skin as well. Tie the legs together over the breast so they will protect it during cooking and help keep it moist and juicy.
- Put the onions, carrots, celery, garlic, apples, bay leaves, cinnamon stick and thyme in a roasting pan and season with salt. Arrange the turkey on top of the veggies and refrigerate overnight UNCOVERED! Yes, that's right, uncovered. This will help the skin dry out and become really brown and crispy. Make sure that there is no raw food near the turkey in the refrigerator. After refrigerating overnight, the turkey is ready to go in the oven.
- Preheat the oven to 450 degrees F.
- Put 2 cups chicken stock and 1 cup apple cider in the bottom of the roasting pan. Roast the turkey in the preheated oven until the skin gets really nice and brown, about 40 minutes. Lower the oven heat to 350 degrees F for the remainder of the cooking time. Baste the turkey every 30 minutes or so and add more stock to the roasting pan, if needed. Cook about 17 minutes per pound. Once it gets to the proper color, tent the turkey with aluminum foil to prevent it from getting too dark.
- Remove the turkey from the oven when an instant-read thermometer inserted in the thickest part of the turkey registers 160 degrees F. Make sure that the thermometer is not touching a bone when doing the reading. When the turkey has reached the proper temperature, remove it from the roasting pan to a cutting board and let it rest for at least 30 minutes. Cover loosely with aluminum foil.
- Strain all the veggies over a bowl to separate them from the stock/mixture. Discard the veggies. Skim off the fat and add it to the roasting pan. This is the fat for the roux.
- Put the roasting pan over 2 burners and over a low heat and whisk in the flour. Cook until the mixture looks like wet sand, about 4 to 5 minutes. Slowly whisk in the remaining 1 cup apple

cider, remaining chicken stock and the stock/cider mixture. Cook until the mixture has thickened and reached a gravy consistency. Taste and adjust the seasoning.

- Pour into a serving pitcher or bowl.
- Carve the turkey, transfer to a serving platter and serve with the gravy.
- Give thanks for such a great turkey!!!

Nutrition Facts

PROTEIN 35.82% **FAT 46.6%** **CARBS 17.58%**

Properties

Glycemic Index:63.03, Glycemic Load:17.6, Inflammation Score:-10, Nutrition Score:44.459999893023%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg, Catechin: 2.25mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 9.42mg, Epicatechin: 9.42mg, Epicatechin: 9.42mg, Epicatechin: 9.42mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg, Apigenin: 0.59mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg, Quercetin: 8.56mg

Nutrients (% of daily need)

Calories: 988.2kcal (49.41%), Fat: 51.02g (78.49%), Saturated Fat: 23.52g (147.01%), Carbohydrates: 43.3g (14.43%), Net Carbohydrates: 40.04g (14.56%), Sugar: 28.38g (31.54%), Cholesterol: 353.98mg (117.99%), Sodium: 9539.29mg (414.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 88.22g (176.44%), Copper: 5.16mg (257.78%), Vitamin B3: 31.85mg (159.24%), Vitamin B6: 2.55mg (127.54%), Selenium: 87.89µg (125.56%), Vitamin A: 4563.84IU (91.28%), Vitamin B12: 4.77µg (79.54%), Phosphorus: 789.94mg (78.99%), Vitamin B2: 0.91mg (53.73%), Zinc: 7.44mg (49.61%), Potassium: 1354.85mg (38.71%), Vitamin B5: 3.46mg (34.63%), Magnesium: 130.93mg (32.73%), Manganese: 0.62mg (30.92%), Iron: 4.7mg (26.1%), Vitamin B1: 0.35mg (23.3%), Folate: 63.2µg (15.8%), Calcium: 139.93mg (13.99%), Fiber: 3.26g (13.06%), Vitamin K: 12.18µg (11.6%), Vitamin C: 9.24mg (11.2%), Vitamin E: 1.45mg (9.66%), Vitamin D: 1.16µg (7.73%)