



## Brined Roast Turkey Breast with Confit Legs

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



2405 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 tablespoons allspice
- ☐ 2 chilies dried
- ☐ 2 chilies dried crumbled
- ☐ 2 bay leaves
- ☐ 1 carrots peeled
- ☐ 2 rosemary
- ☐ 9 cups duck fat
- ☐ 0.5 fennel bulb sliced

- ☐ 1 tablespoon fennel seeds
- ☐ 8 sprigs flat parsley
- ☐ 2 tablespoons juniper berries
- ☐ 0.3 cup kosher salt
- ☐ 0.5 cup kosher salt
- ☐ 10 servings pepper freshly ground
- ☐ 4 strips lemon zest yellow ( part only; from 1/2 lemon)
- ☐ 1 onion sliced
- ☐ 1 tablespoon pepper black
- ☐ 0.5 bunch sage
- ☐ 3 sprigs sage
- ☐ 0.3 cup sugar
- ☐ 6 sprigs thyme leaves
- ☐ 8 sprigs thyme leaves
- ☐ 0.5 bunch thyme sprigs
- ☐ 14 pound skin-on chicken drumsticks
- ☐ 0.3 cup butter unsalted melted ( )
- ☐ 1 onion yellow sliced

## Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

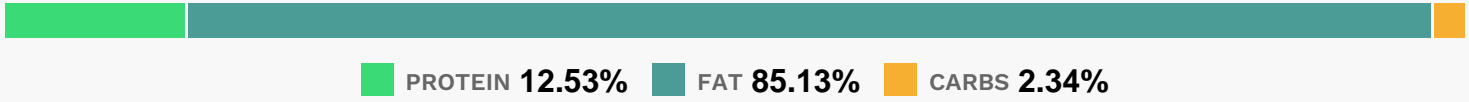
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle

## Directions

- ☐ Place whole legs and wings on a baking sheet. Rub chiles, salt, and pepper all over turkey; transfer to a large resealable plastic bag. Scatter herbs and lemon zest all around turkey in bag. Seal bag and chill overnight.
- ☐ Preheat oven to 250F.
- ☐ Brush off herbs and excess salt from legs and wings.
- ☐ Heat duck fat in a heavy 5-quart pot over low heat just until melted and warm.
- ☐ Add legs and wings to pot and submerge.
- ☐ Place turkey in oven and cook until legs are tender and a paring knife can be easily inserted into the thickest part of thigh, 3–3 1/2 hours.
- ☐ Let turkey cool in duck fat at room temperature, about 2 hours. Cover and chill overnight. DO AHEAD: Confit can be made 3 days ahead. Keep chilled.
- ☐ Coarsely crush allspice berries with a mortar and pestle. Alternatively, place in a resealable plastic freezer bag and crush with a rolling pin or the bottom of a skillet.
- ☐ Transfer to a large pot. Repeat with juniper berries, then fennel seeds.
- ☐ Place spices in pot.
- ☐ Add salt, sugar, and 2 cups hot water to pot with spices. Stir until salt and sugar dissolve.
- ☐ Add onion, carrot, fennel, parsley and thyme sprigs, bay leaves, chiles, and cloves.
- ☐ Add 3 quarts very cold water and stir to combine.
- ☐ Place turkey breast in brine.
- ☐ Place a plate on top, if necessary, to keep breast submerged. Cover and chill overnight.
- ☐ Preheat oven to 450F. Line a large roasting pan with foil. Set a rack inside pan. Scatter onion, sage, and thyme over rack.
- ☐ Remove turkey breast from brine. Pat dry with paper towels.
- ☐ Place turkey breast on top of herbs on rack.

- ☐ Brush breast with melted butter. Season with salt and pepper. Roast turkey for 30 minutes. Reduce oven temperature to 300F, cover breast loosely with foil, and continue to roast until an instant-read thermometer inserted into the thickest part of breast registers 160F, 2 1/2-3 hours total.
- ☐ Let breast rest for at least 30 minutes before carving.
- ☐ Meanwhile, rewarm confit legs and wings in duck fat over medium heat.
- ☐ Remove legs and wings from fat; transfer to a large nonstick or cast-iron skillet and cook over medium-high heat until skin is nicely browned, about 6 minutes per side. Strain fat from pan and freeze for future use.
- ☐ Carve breast; arrange on a platter.
- ☐ Place wings and legs alongside.

## Nutrition Facts



## Properties

Glycemic Index:53.19, Glycemic Load:5.8, Inflammation Score:-9, Nutrition Score:41.425652483235%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg, Apigenin: 1.77mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg, Quercetin: 4.51mg

## Nutrients (% of daily need)

Calories: 2405.12kcal (120.26%), Fat: 229.14g (352.52%), Saturated Fat: 74.69g (466.83%), Carbohydrates: 14.15g (4.72%), Net Carbohydrates: 12.11g (4.4%), Sugar: 8.45g (9.39%), Cholesterol: 588.13mg (196.04%), Sodium: 8944.94mg (388.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 75.87g (151.75%), Selenium: 83.31µg (119.02%), Copper: 2.23mg (111.38%), Vitamin B3: 20.89mg (104.43%), Vitamin B6: 1.47mg (73.51%), Phosphorus: 730.41mg (73.04%), Vitamin D: 9.37µg (62.44%), Zinc: 8.37mg (55.8%), Vitamin B5: 4.5mg (44.99%), Vitamin B2: 0.74mg (43.72%), Vitamin E: 6.05mg (40.36%), Vitamin B12: 2.35µg (39.16%), Vitamin K: 33.76µg (32.15%), Vitamin A: 1583.36IU (31.67%), Potassium: 1107.74mg (31.65%), Magnesium: 100.08mg (25.02%), Vitamin B1: 0.37mg (24.58%), Manganese: 0.42mg (20.94%), Iron: 3.61mg (20.08%), Vitamin C: 8.29mg (10.05%), Calcium: 94.32mg (9.43%), Fiber: 2.03g (8.14%), Folate: 24.24µg (6.06%)