



Brined Roast Turkey Breast with Confit Legs

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



2404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons allspice
- ☐ 2 chilies dried
- ☐ 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
- ☐ 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
- ☐ 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

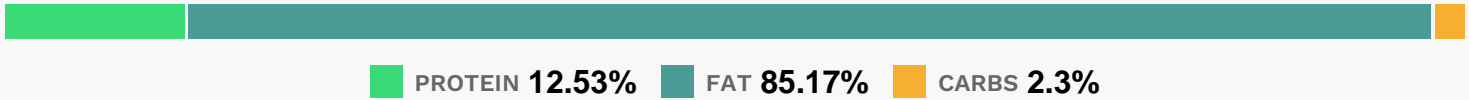
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ knife
- ☐ pot
- ☐ roasting pan
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ rolling pin
- ☐ mortar and pestle

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 250°F.
- ☐ 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 all spice 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 450°F. 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 300°F, cover breast loosely with foil, and continue to roast until an instant-read thermometer inserted into the thickest part of breast registers 160°F, 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:48.69, Glycemic Load:5.77, Inflammation Score:-9, Nutrition Score:41.092173866604%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg, Apigenin: 1.75mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg 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: 2404.19kcal (120.21%), Fat: 229.12g (352.5%), Saturated Fat: 74.69g (466.81%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 12.01g (4.37%), Sugar: 8.41g (9.34%), Cholesterol: 588.13mg (196.04%), Sodium: 456.8mg (19.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 75.83g (151.66%), Selenium: 83.29µg (118.98%), Copper: 2.22mg (110.87%), Vitamin B3: 20.87mg (104.33%), Vitamin B6: 1.47mg (73.36%), Phosphorus: 729.62mg (72.96%), Vitamin D: 9.37µg (62.44%), Zinc: 8.34mg (55.58%), Vitamin B5: 4.5mg (44.96%), Vitamin B2: 0.74mg (43.48%), Vitamin E: 6.05mg (40.34%), Vitamin B12: 2.35µg (39.16%), Vitamin K: 33.65µg (32.05%), Potassium: 1100.46mg (31.44%), Vitamin A: 1528.37IU (30.57%), Magnesium: 98.81mg (24.7%), Vitamin B1: 0.37mg (24.55%), Manganese: 0.39mg (19.29%), Iron: 3.43mg (19.06%), Vitamin C: 7.3mg (8.85%), Calcium: 86.59mg (8.66%), Fiber: 1.92g (7.69%), Folate: 23.92µg (5.98%)