



Butterflied Turkey with Apple-Cranberry Glaze

 Gluten Free

READY IN



650 min.

SERVINGS



10

CALORIES



730 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 cups apple cider
- 0.5 cup apple cider vinegar
- 2 tablespoons butter unsalted diced cold
- 1 to 3 chile peppers dried red
- 0.3 cup coriander seeds
- 1 cup cranberries fresh
- 3 cloves garlic smashed
- 1 piece ginger thinly sliced

- 1 piece ginger unpeeled thinly sliced
- 2 teaspoons ground coriander
- 1.3 cups kosher salt
- 10 servings kosher salt
- 0.8 cup brown sugar light packed
- 0.5 cup blackstrap molasses
- 3 star anise pods
- 12 pound turkey (ask your butcher to do this)
- 1 teaspoon peppercorns white

Equipment

- frying pan
- sauce pan
- oven
- whisk
- roasting pan
- grill
- kitchen thermometer
- cutting board

Directions

- Prepare the turkey a day or two before roasting: Bring 3 quarts water, the salt, brown sugar, coriander seeds, star anise, peppercorns, ginger and garlic to a boil in a large saucepan over medium-high heat, stirring to dissolve the salt and sugar.
- Remove from the heat and add 4 cups cold water; cool to room temperature.
- Place the turkey in a large container, pour the brine over it, cover and refrigerate at least 6 hours or overnight.
- Remove the turkey, dry it well and pat all over with the ground coriander.
- Let dry in the refrigerator at least 4 hours or overnight.

- Make the glaze: Bring the cider, ginger, cranberries, chiles, molasses and vinegar to a boil in a saucepan over medium-high heat. Reduce to a simmer and cook until thick, whisking occasionally, about 30 minutes. Strain the glaze and season with salt.
- Preheat the oven to 37
- Place the turkey breast-side up on a rack in a roasting pan and roast 1 hour 10 minutes, or until a thermometer inserted into the thigh registers 155 to 16
- Continue roasting, brushing with the glaze every 10 minutes, until brown and crisp, about 30 more minutes.
- Transfer to a cutting board and let rest 15 minutes before carving. Alternatively, grill the turkey: Preheat a grill to medium on one side.
- Place the turkey breast-side up on the cooler side of the grill (position a drip pan under the grate), cover and cook until 165, about 1 hour 20 minutes.
- Brush with the glaze and grill, uncovered, 10 more minutes.
- Heat the remaining glaze with any pan drippings in a saucepan over medium heat and whisk in the butter. Carve the turkey and serve with the extra glaze.
- Photograph by Steve Giralt

Nutrition Facts



■ PROTEIN **46.66%**
■ FAT **30.75%**
■ CARBS **22.59%**

Properties

Glycemic Index:27.98, Glycemic Load:9.43, Inflammation Score:-7, Nutrition Score:35.063043832779%

Flavonoids

Cyanidin: 4.66mg, Cyanidin: 4.66mg, Cyanidin: 4.66mg, Cyanidin: 4.66mg Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg, Delphinidin: 0.77mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg, Peonidin: 4.92mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg, Epicatechin: 3.77mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 730.11kcal (36.51%), Fat: 24.71g (38.01%), Saturated Fat: 7.14g (44.61%), Carbohydrates: 40.84g (13.61%), Net Carbohydrates: 39.04g (14.2%), Sugar: 36.38g (40.43%), Cholesterol: 284.27mg (94.76%), Sodium: 14789.74mg (643.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 84.36g (168.72%), Vitamin B3: 29.86mg (149.31%), Vitamin B6: 2.49mg (124.59%), Selenium: 86.49µg (123.56%), Vitamin B12: 4.72µg (78.66%), Phosphorus: 736.58mg (73.66%), Zinc: 7.16mg (47.74%), Vitamin B2: 0.74mg (43.77%), Magnesium: 154.78mg (38.69%), Potassium: 1284.49mg (36.7%), Vitamin B5: 3.38mg (33.78%), Iron: 5.13mg (28.52%), Manganese: 0.57mg (28.52%), Copper: 0.46mg (22.81%), Vitamin B1: 0.22mg (14.72%), Calcium: 130.34mg (13.03%), Vitamin C: 9.52mg (11.55%), Vitamin D: 1.2µg (8.01%), Fiber: 1.79g (7.18%), Folate: 28.7µg (7.17%), Vitamin A: 336.95IU (6.74%), Vitamin E: 0.59mg (3.92%), Vitamin K: 1.34µg (1.28%)