



Chile and Spice Grilled Turkey



Gluten Free



Dairy Free

READY IN



210 min.

SERVINGS



16

CALORIES



573 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons ancho chili pepper
- ☐ 6 ancho chili pepper rinsed
- ☐ 4 cinnamon sticks (each)
- ☐ 6 large garlic clove crushed
- ☐ 1.3 cups kosher salt
- ☐ 0.7 cup brown sugar light packed
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons oregano dried

- ☐ 16 lbs turkey

Equipment

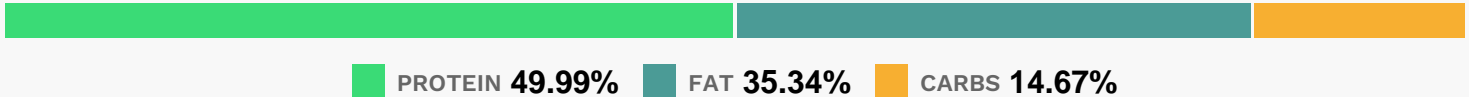
- ☐ frying pan
- ☐ pot
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board
- ☐ oven mitt

Directions

- ☐ Make brine: In a large pot, heat 1 qt. water with salt and sugar, stirring to dissolve.
- ☐ Remove from heat, add 5 qts. cold water, garlic, cinnamon, and chiles, and let cool to room temperature.
- ☐ Remove leg truss from turkey; discard.
- ☐ Remove neck, tail, and giblets. Discard tail; save the rest, chilled, for Mole Gravy. Pull off and discard lumps of fat. Rinse bird inside and out. Lower turkey into brine (see tips below). Chill, covered, 12 hours.
- ☐ Thanksgiving Day: Prepare grill for indirect medium-low heat (about 325). For charcoal: Light 40 briquets on firegrate. When coals are spotted with ash, 20 minutes, bank evenly on opposite sides of firegrate and let burn to medium-low. Set a metal or foil drip pan (about 9 by 15 in. and 2 1/2 in. deep) between coal mounds and fill with 1/2 in. warm water. To each mound of coals, add 5 briquets now and every 30 minutes while cooking. Oil cooking grate and set in place. For gas: Set the metal or foil drip pan on center burner(s) and fill with 1/2 in. warm water. Turn burners except for one(s) under drip pan to high, close lid, and heat 10 minutes. Reduce heat for active burners to 32
- ☐ Oil cooking grate and set in place.
- ☐ Remove turkey from brine, rinse, and pat dry. Discard brine. Tuck wing tips under turkey.
- ☐ Combine ground chiles and oregano. Rub turkey all over with oil, then sprinkle evenly inside and out with seasoning.

- ☐ Set turkey, breast up, on cooking grate over drip pan. Grill, covered, until a meat thermometer inserted straight down through thickest part of breast to the bone registers 160, 2 to 3 hours; as turkey cooks, use foil to tent any areas that start to get too dark.
- ☐ Tip turkey so that cavity juices run into drip pan, holding turkey with oven mitts.
- ☐ Transfer turkey to a cutting board; save pan juices for gravy. Tent turkey with foil and let rest in a warm place 15 to 30 minutes while you make gravy.
- ☐ Carve and serve with gravy.
- ☐ Turkey Tips
- ☐ Brining. It's the secret to a moist bird. Brine the turkey, breast down, in an oversize pot such as boiling-water canner (if it fits in the fridge). Or use an ice chest. Bag turkey in a turkey brining bag (available in grocery stores and from surlatable.com). Put bagged bird in chest, pour brine over turkey, and seal bag tightly.
- ☐ Add ice to cover.
- ☐ Tying. For the most even cooking, leave turkey legs loose. Or if you prefer a tidy look, tie them.
- ☐ Garnishing.
- ☐ Add color with herbs, a banana leaf, and fruit like kumquats.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.12, Inflammation Score:-10, Nutrition Score:35.8799999927852%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 572.77kcal (28.64%), Fat: 22.45g (34.54%), Saturated Fat: 5.31g (33.16%), Carbohydrates: 20.96g (6.99%), Net Carbohydrates: 15.91g (5.79%), Sugar: 15.29g (16.99%), Cholesterol: 231.88mg (77.29%), Sodium: 9808.5mg (426.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 71.45g (142.9%), Vitamin B3: 25.93mg (129.66%), Vitamin B6: 2.08mg (103.8%), Selenium: 69.47µg (99.24%), Vitamin A: 4159.8IU (83.2%), Vitamin B12: 3.93µg (65.48%), Phosphorus: 616.73mg (61.67%), Vitamin B2: 0.78mg (45.95%), Zinc: 5.96mg (39.72%), Potassium: 1031.72mg (29.48%), Vitamin B5: 2.78mg (27.83%), Magnesium: 97.25mg (24.31%), Iron: 4.16mg (23.11%), Vitamin K:

22.41µg (21.34%), Fiber: 5.05g (20.2%), Manganese: 0.39mg (19.73%), Copper: 0.3mg (15.2%), Vitamin B1: 0.17mg (11.35%), Vitamin E: 1.38mg (9.21%), Folate: 31.84µg (7.96%), Calcium: 76.43mg (7.64%), Vitamin D: 0.97µg (6.44%), Vitamin C: 5.1mg (6.18%)