



Chile-Rubbed Turkey

READY IN



45 min.

SERVINGS



10

CALORIES



861 kcal

SEASONING

MARINADE

Ingredients

- 6 ancho chili pepper dried
- 8 chilies dried
- 2 tablespoons cumin seeds
- 1 head garlic halved
- 10 guajillo chiles* dried
- 1 cup kosher salt
- 72 ounce lager canned (such as Tecate or Budweiser)
- 0.5 cup brown sugar light packed ()
- 0.3 cup juice of lime fresh

- 10 servings lime wedges fresh (for garnish; optional)
- 2 cups chicken broth low-sodium ()
- 1 large onion quartered
- 2 bunches oregano divided
- 12 pound turkey
- 0.5 cup butter unsalted melted (1 stick)

Equipment

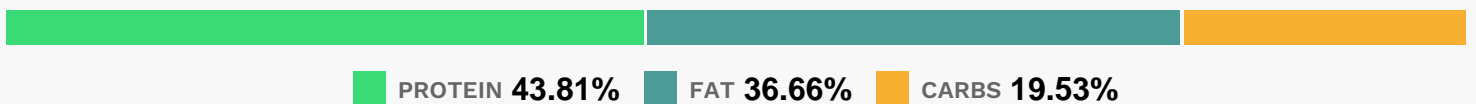
- bowl
- frying pan
- sauce pan
- oven
- pot
- blender
- roasting pan
- kitchen thermometer
- aluminum foil
- measuring cup
- kitchen twine

Directions

- Using kitchen shears, cut open guajillo and ancho chiles along one side; place seeds in large bowl; set aside. Open chiles and place flat in a large dry skillet over medium heat. Cook, turning once, until lightly puffed and toasted, about 4 minutes.
- Add chiles de árbol and cumin seeds; toast until fragrant, about 1 minute.
- Transfer to bowl with chile seeds, add 4 cups boiling water, and let soak until softened, about 10 minutes.
- Purée chile mixture with soaking liquid, onion, and garlic in a blender.
- Combine beer, brown sugar, 1 bunch oregano, 1 cup salt, 3 cups chile paste, and 8 cups water in a very large stock pot.

- Add turkey, cover, and chill at least 12 hours and up to 14 hours.
- Remove turkey from brine; pat dry.
- Place, breast side up, on a rack set in a large roasting pan.
- Mix remaining 2 1/2 teaspoon salt into remaining 1 1/2 cups chile paste. Working from neck end of turkey, gently loosen skin from breasts and rub under skin and all over outside of bird. Chill turkey at least 8 hours and up to 12 hours.
- Preheat oven to 375°F. Stuff turkey with onion, garlic, and remaining bunch of oregano; tie legs together with kitchen twine.
- Add broth and 2 cups water to pan and roast turkey 30 minutes. Reduce oven temperature to 325°F and roast, basting every 30–40 minutes with melted butter, adding more broth or water as needed to maintain some liquid in pan, and tenting with foil if turkey browns too quickly, until an instant-read thermometer inserted into thickest part of thigh registers 165°F, 2 1/2–3 hours longer.
- Transfer turkey to a platter; tent with foil.
- Let rest at least 30 minutes before carving.
- Meanwhile, strain pan drippings into a measuring cup.
- Let sit 30 minutes, then skim fat from surface. Bring to a boil in a medium saucepan; reduce heat and simmer until reduced to 1 cup. Stir in lime juice.
- Garnish turkey as desired and serve with pan sauce alongside.

Nutrition Facts



Properties

Glycemic Index:13.95, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:43.386956753938%

Flavonoids

Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg, Kaempferol: 1.76mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg, Gallocatechin: 0.16mg

Nutrients (% of daily need)

Calories: 861.1kcal (43.06%), Fat: 33.04g (50.84%), Saturated Fat: 11.79g (73.72%), Carbohydrates: 39.62g (13.21%), Net Carbohydrates: 31.89g (11.6%), Sugar: 22.01g (24.46%), Cholesterol: 302.65mg (100.88%), Sodium: 11802.77mg (513.16%), Alcohol: 7.96g (100%), Alcohol %: 1.36% (100%), Protein: 88.86g (177.73%), Vitamin B3: 33.47mg (167.36%), Vitamin A: 7118.29IU (142.37%), Vitamin B6: 2.68mg (134.14%), Selenium: 85.24µg (121.77%), Phosphorus: 808.66mg (80.87%), Vitamin B12: 4.82µg (80.37%), Vitamin B2: 1.1mg (64.54%), Zinc: 7.37mg (49.13%), Potassium: 1511.9mg (43.2%), Vitamin B5: 3.53mg (35.3%), Magnesium: 140.43mg (35.11%), Iron: 6.1mg (33.91%), Fiber: 7.72g (30.89%), Vitamin K: 29.19µg (27.8%), Copper: 0.43mg (21.63%), Manganese: 0.42mg (21.06%), Vitamin B1: 0.24mg (15.91%), Vitamin C: 12.01mg (14.55%), Folate: 56.66µg (14.17%), Calcium: 106.69mg (10.67%), Vitamin E: 1.49mg (9.93%), Vitamin D: 1.33µg (8.86%)