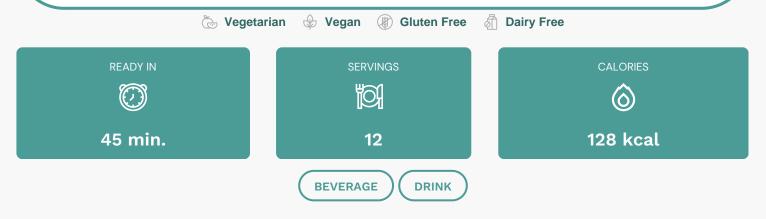


Cider-Brined Turkey with Star Anise and Cinnamon



Ingredients

2 quarts apple cider

16 peppercorns whole black
2 cinnamon sticks plus more
5 shiitake mushrooms dried
6 garlic clove smashed
1 cup kosher salt plus more
0.5 cup brown sugar light packet

	6 spring onion split white trimmed	
	1 cup soya sauce	
	8 star anise whole plus more for garnish	
Equipment		
	paper towels	
	sauce pan	
	oven	
	pot	
	roasting pan	
	kitchen thermometer	
	kitchen twine	
Directions		
	Bring 2 quarts cider, 1 cup salt, and the next 10 ingredients to a boil in a very large (16-quart) pot, stirring to dissolve salt and sugar.	
	Let cool to room temperature. Stir in 11/2 gallons cold water.	
	Add turkey to brine and press down to submerge. Cover; refrigerate overnight.	
	Remove turkey from brine and pat dry with paper towels; discard brine. Season lightly inside and out with salt and pepper.	
	Place turkey, breast side up, on a rack set in a large heavy roasting pan and tie legs together with kitchen twine.	
	Let stand at room temperature for 1 hour.	
	Preheat oven to 375°F.	
	Combine the remaining 1 cup of cider and 3 cups water in roasting pan. Scatter apples around.	
	Brush turkey with butter. Flip breast side down.	
	Roast turkey, breast side down, basting occasionally, for 1 hour. Using paper towels, flip turkey. Roast, basting occasionally, until an instant-read thermometer inserted into thickest part of thigh registers 165°F, 1–11/2 hours longer. transfer turkey to a platter.	

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Serve the cider jus alongside the turkey and apples and garnish with extra star anise pods and cinnamon sticks.
Meanwhile, strain the juices from the roasting pan into a saucepan, reserving apples. Simmer over medium heat until juices have thickened, about 10 minutes.
Let rest for at least 20 minutes before carving.

Nutrition Facts

PROTEIN 7.77% FAT 2.45% CARBS 89.78%

Properties

Glycemic Index:13.31, Glycemic Load:7.54, Inflammation Score:-2, Nutrition Score:4.4726087029861%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

Nutrients (% of daily need)

Calories: 128.4kcal (6.42%), Fat: 0.37g (0.56%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 28.89g (10.5%), Sugar: 24.57g (27.3%), Cholesterol: Omg (0%), Sodium: 10521.41mg (457.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Manganese: 0.42mg (20.86%), Vitamin K: 12.85µg (12.23%), Potassium: 257.29mg (7.35%), Iron: 1.22mg (6.8%), Vitamin B6: 0.1mg (5.14%), Magnesium: 20.52mg (5.13%), Vitamin B3: 1.02mg (5.1%), Copper: 0.1mg (4.87%), Calcium: 47.76mg (4.78%), Fiber: 1.15g (4.59%), Phosphorus: 45.8mg (4.58%), Vitamin B2: 0.07mg (4.14%), Vitamin C: 3.19mg (3.87%), Vitamin B1: 0.05mg (3.64%), Vitamin B5: 0.28mg (2.76%), Folate: 8.26µg (2.07%), Zinc: 0.26mg (1.75%), Selenium: 0.95µg (1.35%), Vitamin A: 66.06IU (1.32%)