



Cider-Brined Turkey with Star Anise and Cinnamon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



128 kcal

BEVERAGE

DRINK

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 packed ()

- ☐ 6 spring onion split white trimmed
- ☐ 1 cup soya sauce
- ☐ 8 star anise whole plus more for garnish

Equipment

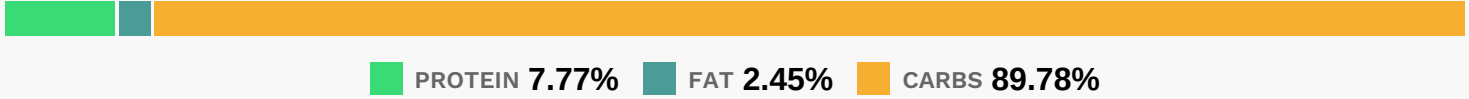
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

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 1 1/2 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, 1-1 1/2 hours longer. transfer turkey to a platter.

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

Nutrition Facts



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 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, Myricetin: 0.04mg Quercetin: 1.58mg, 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: 0mg (0%), Sodium: 10521.41mg (457.45%), Alcohol: 0g (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%)