



## Herb-Brined Turkey with Pear Gravy

READY IN



45 min.

SERVINGS



8

CALORIES



890 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup flour
- ☐ 0.5 cup peppercorns whole black
- ☐ 0.3 cup butter ()
- ☐ 3 pound kosher salt
- ☐ 2 tablespoons rum dark
- ☐ 3 tablespoons marjoram fresh chopped
- ☐ 2 cups chicken broth
- ☐ 0.3 cup marjoram fresh
- ☐ 1 cup pear juice

- ☐ 0.3 cup sage fresh
- ☐ 0.3 cup thyme sprigs fresh
- ☐ 13 pound turkey
- ☐ 12 turkish bay leaf
- ☐ 3 gallons water

## Equipment

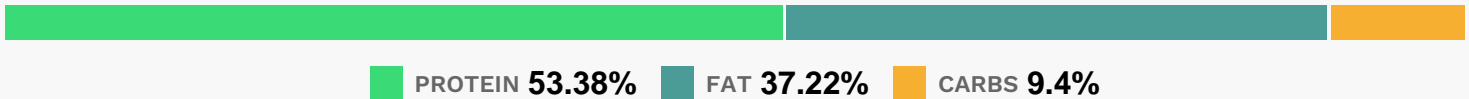
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

## Directions

- ☐ Stir 3 gallons water and salt in large pot until salt dissolves. Stir in peppercorns and next 4 ingredients.
- ☐ Add turkey to brine.
- ☐ Place large plate atop turkey to submerge.
- ☐ Place in refrigerator. Soak turkey 8 to 10 hours.
- ☐ Remove turkey from brine; rinse and pat dry. (Can be prepared 1 day ahead. Store uncovered in refrigerator.)
- ☐ Preheat oven to 450°F.
- ☐ Place turkey on rack in large roasting pan. Rub butter over turkey.
- ☐ Sprinkle with salt and pepper.
- ☐ Place turkey in oven. Reduce temperature to 325°F. Roast turkey until thermometer inserted into thickest part of thigh registers 175°F, about 2 1/2 hours.
- ☐ Transfer turkey to platter; tent with foil.

- ☐ Let stand at room temperature 30 minutes before carving (internal temperature will rise 5 to 10 degrees).
- ☐ Spoon off fat from drippings in pan, reserving 1/4 cup fat. Measure 2/3 cup pan juices. Melt butter and reserved 1/4 cup fat in heavy large saucepan over medium heat.
- ☐ Mix in flour. Stir until light brown, about 2 minutes. Gradually add chicken broth, pear juice, and 2/3 cup pan juices. Simmer until thickened, stirring frequently, about 10 minutes. Stir in rum. Season with salt and pepper.
- ☐ Sprinkle turkey with marjoram; serve with gravy.
- ☐ No room in the fridge to brine a turkey? No problem. Put a turkey-sized oven bag in a large cooler, then place the turkey in the bag.
- ☐ Pour in the brine and seal tightly.
- ☐ Place ice over and around turkey, close the lid tightly, and let it brine 8 to 10 hours, adding ice periodically to keep temperature at 40° or below.

## Nutrition Facts



## Properties

Glycemic Index:35.13, Glycemic Load:6.25, Inflammation Score:-10, Nutrition Score:51.653478394384%

## Flavonoids

Apigenin: 4mg, Apigenin: 4mg, Apigenin: 4mg, Apigenin: 4mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 889.56kcal (44.48%), Fat: 36.27g (55.8%), Saturated Fat: 11.65g (72.78%), Carbohydrates: 20.6g (6.87%), Net Carbohydrates: 16.21g (5.9%), Sugar: 2.78g (3.09%), Cholesterol: 392.05mg (130.68%), Sodium: 66653.56mg (2897.98%), Alcohol: 1.25g (100%), Alcohol %: 0.07% (100%), Protein: 117.03g (234.05%), Vitamin B3: 41.53mg (207.66%), Selenium: 115.21µg (164.59%), Vitamin B6: 3.2mg (160.06%), Copper: 2.59mg (129.69%), Manganese: 2.27mg (113.69%), Vitamin B12: 6.46µg (107.6%), Phosphorus: 1016.19mg (101.62%), Zinc: 10.02mg (66.79%), Vitamin B2: 1.07mg (63.23%), Vitamin K: 55.85µg (53.19%), Magnesium: 181.96mg (45.49%), Vitamin B5: 4.51mg (45.08%), Potassium: 1508.24mg (43.09%), Iron: 7.55mg (41.96%), Calcium: 230.36mg (23.04%), Vitamin B1: 0.34mg (22.42%), Vitamin C: 15.99mg (19.38%), Fiber: 4.38g (17.54%), Vitamin A: 804.02IU (16.08%), Folate: 58.8µg (14.7%), Vitamin D: 1.57µg (10.47%), Vitamin E: 0.84mg (5.57%)