



Malt-Beer-Brined Turkey with Malt Glaze

READY IN



45 min.

SERVINGS



10

CALORIES



881 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 2 celery stalks cut into chunks
- ☐ 2 cups kosher salt
- ☐ 1 bunch sage fresh
- ☐ 1 bunch thyme sprigs fresh
- ☐ 1 head garlic unpeeled
- ☐ 2 teaspoons pepper black
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 onion peeled quartered

- ☐ 1.5 cups karo syrup
- ☐ 6 sage fresh
- ☐ 36 ounce porter (such as Guinness)
- ☐ 4 thyme sprigs fresh
- ☐ 14 pound turkey
- ☐ 2 tablespoons butter unsalted ()
- ☐ 2 cups water ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot
- ☐ roasting pan
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Bring malt syrup, vinegar, herbs, and pepper to boil in small saucepan, stirring occasionally. Reduce heat to low and simmer until glaze coats spoon, 4 to 5 minutes.
- ☐ Mix in butter. DO AHEAD: Can be made 1 day ahead. Cover; chill. Rewarm before using.
- ☐ Pour 4 quarts water into 16-quart nonreactive bowl or pot.
- ☐ Add salt; stir to dissolve.
- ☐ Mix in beer and malt syrup. Insert 1 oven bag into second bag; place in large bowl. Rinse turkey inside and out. Slide turkey, breast side down, into doubled bag.
- ☐ Pour brine into bag. Press out any air; seal bags. Chill turkey in brine (still in bowl) 16 to 18 hours.

- ☐ Remove turkey from brine. Pat very dry,inside and out, with paper towels.
- ☐ Sprinkle main cavity with 2 teaspoons pepper; fill with onions, celery, sage, thyme, and garlic. Close cavity with turkey lacing pins. Tuck wing tips under; brush all over with oil.
- ☐ Set oven rack at lowest position; preheat to 350°F.
- ☐ Place turkey on rack in roasting pan; add 2 cups water.
- ☐ Roast turkey 2 hours.
- ☐ Brush with glaze; add water if pan is dry. Roast 30 minutes.
- ☐ Brush with glaze. Tent with foil if browning too quickly. Roast until thermometer inserted into thickest part of thigh registers 165°F, 30 to 45 minutes.
- ☐ Brush with more glaze.
- ☐ Transfer to platter; let rest 30 minutes (temperature will rise 5 to 10 degrees).
- ☐ Prepare barbecue (medium heat).
- ☐ Remove top grill rack. If using charcoal, light briquettes in chimney. When briquettes are covered with white ash, push to opposite sides of bottom grill rack, leaving center empty.
- ☐ Place disposable aluminum pan in center of rack (you will need to light additional briquettes, checking every 30 minutes during grilling time). Replace top grill rack. If using 3-burner gas grill, light burners on left and right sides, leaving center burner off. If using 2-burner gas grill, light burner on 1 side; place disposable pan over unlit side.
- ☐ Place turkey, breast side up, on grill rack over disposable pan. Cover barbecue. Insert instant-read thermometer into hole in hood. Maintain temperature as close as possible to 350°F on charcoal grill by opening vents to increase temperature and closing vents to reduce temperature or adjusting temperature on gas grill with controls. Cook turkey 2 hours, tenting loosely with foil if browning too quickly.
- ☐ Brush turkey with glaze. Cover grill; cook 30 minutes longer.
- ☐ Brush again with glaze. Cook until thermometer inserted into thickest part of thigh registers 165°F, about 30 minutes longer.
- ☐ Transfer turkey to platter.
- ☐ Brush with glaze.
- ☐ Let rest 30 minutes (temperature will rise 5 to 10 degrees).

Nutrition Facts



 **PROTEIN 46.15%**  **FAT 33.35%**  **CARBS 20.5%**

Properties

Glycemic Index:25.1, Glycemic Load:0.83, Inflammation Score:-9, Nutrition Score:38.883043558701%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg, Quercetin: 4.52mg

Nutrients (% of daily need)

Calories: 880.53kcal (44.03%), Fat: 32.02g (49.26%), Saturated Fat: 8.66g (54.1%), Carbohydrates: 44.29g (14.76%), Net Carbohydrates: 43.56g (15.84%), Sugar: 31.71g (35.24%), Cholesterol: 330.65mg (110.22%), Sodium: 23181.22mg (1007.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 99.7g (199.4%), Copper: 3.55mg (177.45%), Vitamin B3: 34.47mg (172.37%), Vitamin B6: 2.77mg (138.32%), Selenium: 96.66µg (138.08%), Vitamin B12: 5.51µg (91.76%), Phosphorus: 838.96mg (83.9%), Zinc: 8.2mg (54.69%), Vitamin B2: 0.85mg (50.02%), Vitamin B5: 3.71mg (37.14%), Potassium: 1079.74mg (30.85%), Magnesium: 120.85mg (30.21%), Iron: 4.5mg (24.98%), Manganese: 0.37mg (18.58%), Vitamin B1: 0.24mg (15.76%), Calcium: 122.53mg (12.25%), Vitamin D: 1.39µg (9.3%), Folate: 36.63µg (9.16%), Vitamin A: 366.94IU (7.34%), Vitamin E: 1.09mg (7.26%), Vitamin C: 3.81mg (4.61%), Vitamin K: 3.75µg (3.57%), Fiber: 0.73g (2.93%)