



Maple-Cider Brined Turkey with Bourbon-Cider Gravy

READY IN



1240 min.

SERVINGS



12

CALORIES



643 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 apples cut into wedges
- ☐ 0.5 cup apple cider
- ☐ 2 quarts apple cider
- ☐ 2 bay leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 teaspoon peppercorns whole black
- ☐ 0.3 cup bourbon
- ☐ 1 tablespoon butter

- ☐ 3 tablespoons butter softened
- ☐ 1 tablespoon apple cider vinegar
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 2 teaspoons rosemary leaves fresh chopped
- ☐ 2 teaspoons sage fresh chopped
- ☐ 1 tablespoon thyme sprigs fresh chopped
- ☐ 6 garlic clove
- ☐ 0.5 cup kosher salt
- ☐ 1.3 cups beef broth fat-free divided
- ☐ 0.5 cup maple syrup
- ☐ 0.5 onion cut into wedges
- ☐ 0.5 cranberry-orange relish cut into wedges
- ☐ 12 inch orange zest
- ☐ 1 rosemary
- ☐ 2 rosemary
- ☐ 1 sage
- ☐ 1 shallots finely chopped
- ☐ 12 pound turkey fresh thawed
- ☐ 1 gallon water cold
- ☐ 1 teaspoon allspice whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot

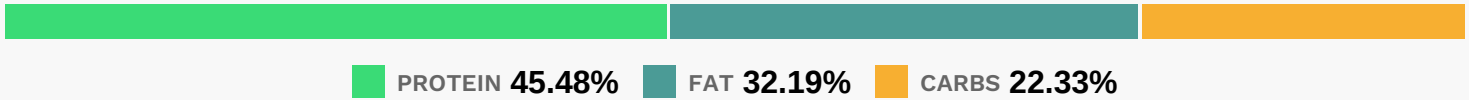
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cutting board
- ☐ kitchen twine

Directions

- ☐ To prepare brine, combine first 9 ingredients in a large stockpot over high heat; cook 6 minutes or until salt dissolves, stirring occasionally.
- ☐ Remove from heat; add 1 gallon cold water. Cool to room temperature.
- ☐ To prepare turkey, remove giblets and neck from turkey; reserve neck. Trim excess fat; add turkey to brine. Refrigerate 18 to 24 hours, turning occasionally.
- ☐ Preheat oven to 375
- ☐ Remove turkey from brine; discard brine. Pat turkey dry. Starting at neck cavity, loosen skin from breast and drumsticks by inserting fingers, gently pushing between skin and meat.
- ☐ Combine 3 tablespoons butter and next 3 ingredients (through 1/2 teaspoon pepper) in a small bowl; rub butter mixture under loosened skin and over breast and drumsticks. Lift wing tips up and over back; tuck under turkey.
- ☐ Place apple and next 5 ingredients (through onion) in the body cavity. Secure legs with kitchen twine.
- ☐ Place turkey on the rack of a roasting pan coated with cooking spray.
- ☐ Place neck in bottom of roasting pan; place rack with turkey in pan.
- ☐ Bake at 375 for 1 hour and 15 minutes. Cover turkey loosely with foil; bake an additional 45 minutes or until a thermometer inserted into thickest part of thigh registers 165
- ☐ Remove from oven; place turkey on a cutting board.
- ☐ Let stand, covered, for 20 minutes; discard neck and skin.
- ☐ To prepare gravy, place a zip-top plastic bag inside a 2-cup glass measure.
- ☐ Pour pan drippings into bag; let stand 10 minutes (fat will rise to the top). Seal bag; carefully snip off one bottom corner of bag.
- ☐ Drain drippings into a small bowl, stopping before fat layer reaches opening; discard fat.

- ☐
- Melt 1 tablespoon butter in a medium saucepan over medium-high heat.
- ☐
- Add thyme and shallot; saut 2 minutes.
- ☐
- Add 1/2 cup cider and bourbon; boil 3 minutes or until liquid is reduced by half.
- ☐
- Combine 1/4 cup broth and flour, stirring with a whisk.
- ☐
- Add flour mixture, remaining 1 cup broth, and drippings to pan; bring to a boil. Reduce heat, and simmer 4 minutes or until thickened. Stir in parsley and vinegar.

Nutrition Facts



Properties

Glycemic Index:67.13, Glycemic Load:13.12, Inflammation Score:-8, Nutrition Score:34.59478247684%

Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg, Epicatechin: 9.03mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg, Hesperetin: 1.49mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 642.87kcal (32.14%), Fat: 22.32g (34.34%), Saturated Fat: 7.18g (44.9%), Carbohydrates: 34.84g (11.61%), Net Carbohydrates: 33.2g (12.07%), Sugar: 26.83g (29.81%), Cholesterol: 241.91mg (80.64%), Sodium: 5177.51mg (225.11%), Alcohol: 1.67g (100%), Alcohol %: 0.23% (100%), Protein: 70.96g (141.92%), Vitamin B3: 24.93mg (124.63%), Vitamin B6: 2.01mg (100.53%), Selenium: 69.8µg (99.72%), Copper: 1.37mg (68.74%), Vitamin B12: 3.94µg (65.62%), Phosphorus: 614.38mg (61.44%), Vitamin B2: 0.82mg (48.35%), Zinc: 6mg (40.02%), Manganese: 0.65mg (32.39%), Potassium: 1043.41mg (29.81%), Vitamin B5: 2.77mg (27.72%), Magnesium: 101.62mg (25.4%), Iron: 3.46mg (19.23%), Vitamin B1: 0.23mg (15.54%), Vitamin C: 11.1mg (13.46%), Calcium: 98.89mg (9.89%), Folate: 31.7µg (7.92%), Vitamin A: 392.37IU (7.85%), Fiber: 1.64g (6.56%), Vitamin K: 6.78µg (6.46%), Vitamin D: 0.97µg (6.44%), Vitamin E: 0.47mg (3.12%)