



Roasted Beer-Brined Turkey with Onion Gravy and Bacon

READY IN



210 min.

SERVINGS



30

CALORIES



314 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 pound bacon skinless sliced
- 8 bay leaves
- 2 tablespoons peppercorns black
- 1 cup t brown sugar dark
- 1 tablespoon flour all-purpose
- 72 ounces porter
- 1 cup kosher salt
- 1 cup chicken broth low-sodium

- 2 onion thick cut into wedges
- 12 pounds turkey
- 1 tablespoon butter unsalted
- 0.3 cup mustard seeds yellow

Equipment

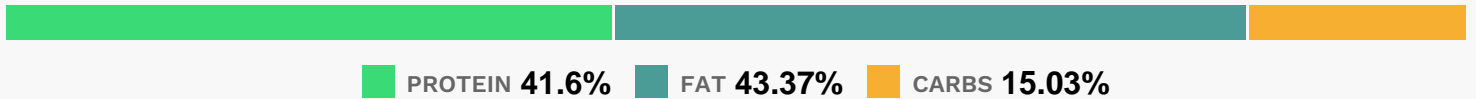
- bowl
- frying pan
- sauce pan
- oven
- whisk
- pot
- toothpicks
- roasting pan
- kitchen thermometer

Directions

- In a very large pot, combine the mustard seeds, peppercorns and bay leaves and toast over moderate heat until fragrant, about 2 minutes.
- Add the brown sugar and salt and remove from the heat.
- Add 4 cups of water and stir until the sugar and salt are dissolved; let cool completely.
- Add the onions, bacon, Guinness and 16 cups of cold water to the pot.
- Add the turkey to the brine, breast side down, and top with a heavy lid to keep it submerged. Cover and refrigerate for 24 hours.
- Preheat the oven to 350 and position a rack on the bottom shelf. Lift the turkey from the brine, pick off any peppercorns, mustard seeds and bay leaves and pat dry.
- Transfer the turkey to a large roasting pan, breast side up. Scatter the onion wedges in the pan and add 1 cup of water. Using toothpicks, secure the bacon slices over the breast. Roast the turkey for about 2 hours, turning the pan occasionally, until an instant-read thermometer inserted deep into the turkey thighs registers 15

- Remove the bacon and return the turkey to the oven. Roast for about 1 hour longer, until the breast is browned and an instant-read thermometer inserted in a thigh registers 17
- Transfer the turkey to a carving board.
- Pour the pan juices and onion wedges into a saucepan and boil until reduced to 3 cups, about 5 minutes.
- Add the turkey stock and return to a boil. In a small bowl, mash the butter to a paste with the flour.
- Whisk the paste into the gravy and boil until thickened slightly, about 5 minutes.
- Meanwhile, cut the bacon crosswise 1/2 inch thick. In a large skillet, fry the bacon over high heat, stirring occasionally, until browned and crisp, about 3 minutes.
- Carve the turkey and serve with the gravy and bacon.

Nutrition Facts



Properties

Glycemic Index:4.47, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:13.578695522702%

Flavonoids

Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 313.9kcal (15.7%), Fat: 14.24g (21.91%), Saturated Fat: 4.19g (26.17%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.62g (3.86%), Sugar: 7.61g (8.46%), Cholesterol: 103.73mg (34.58%), Sodium: 4021.9mg (174.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.73g (61.45%), Vitamin B3: 10.65mg (53.26%), Selenium: 33.68µg (48.12%), Vitamin B6: 0.83mg (41.63%), Vitamin B12: 1.66µg (27.6%), Phosphorus: 275.49mg (27.55%), Zinc: 2.6mg (17.34%), Vitamin B2: 0.26mg (15.37%), Vitamin B5: 1.17mg (11.7%), Magnesium: 42.07mg (10.52%), Potassium: 366.33mg (10.47%), Iron: 1.5mg (8.36%), Manganese: 0.16mg (8.23%), Vitamin B1: 0.12mg (8.07%), Copper: 0.14mg (6.87%), Folate: 13.41µg (3.35%), Calcium: 32.44mg (3.24%), Vitamin D: 0.45µg (3.03%), Fiber: 0.48g (1.92%), Vitamin A: 95.28IU (1.91%), Vitamin E: 0.27mg (1.81%), Vitamin K: 1.23µg (1.17%)