



Sage and Thyme Smoked Turkey

 Gluten Free

READY IN



390 min.

SERVINGS



14

CALORIES



579 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 large garlic clove smashed
- 1.3 cups kosher salt
- 0.7 cup brown sugar light packed
- 2 tablespoons olive oil
- 2 teaspoons peppercorns
- 20 large sage divided (6 in. long)
- 0.3 cup shallots finely chopped
- 4 textured vegetable protein for an 18.5-in. smoker, 6 for a 22.5-in.

- 20 large thyme sprigs divided (6 in. long)
- 14 lbs turkey
- 0.5 cup butter unsalted at room temperature

Equipment

- food processor
- bowl
- frying pan
- baking sheet
- pot
- kitchen thermometer
- aluminum foil
- skewers
- tongs

Directions

- Make brine: In a stockpot, heat 1 qt. water with salt and brown sugar, stirring to dissolve.
- Remove from heat, add 6 qts. cold water, the garlic, peppercorns, and half the sage and thyme.
- Let cool to room temperature.
- Discard leg truss from turkey.
- Remove neck, tail, and giblets from cavities and save for gravy if you like. Pull off and discard lumps of fat. Rinse bird inside and out. Set turkey in an oversize pot, such as a boiling water canner*, and add brine. Chill, covered, 8 to 12 hours.
- Soak wood chunks in a bowl of water until ready to use (at least 45 minutes), with a plate on top to submerge them. Meanwhile, drain turkey, rinse, and pat dry. Set on a rack on a rimmed baking sheet to dry skin a bit.
- Chop leaves from remaining thyme. Chop enough of remaining sage to make 3 tbsp. In a food processor, whirl butter, chopped herbs, and shallots until smooth.

- Slide your fingers between skin and flesh of turkey, turning bird, to make pockets of space on the breast, back, and leg areas. Using your hands, slide about 1 tbsp. herb butter at a time under skin in all the pockets. Stuff main turkey cavities with remaining sage sprigs and skewer closed. Tuck wing tips under turkey. Insert a meat thermometer into thickest part of breast, touching the bone. Rub turkey with oil.
- Ignite fire: Referring to manual, open vents and take smoker apart. On firegrate, fill charcoal chamber with charcoal so it's slightly mounded. Distribute paraffin cubes among briquets and ignite.
- Let burn until coals are just coated with ash, 25 to 30 minutes. Set water pan, then middle section of smoker in place. Protecting hands, pour hot tap water into water pan until it's nearly full.
- Put top cooking rack in place and position turkey with breast up. Cover with lid and close vents halfway.
- Using tongs, add 2 soaked wood chunks through smoker door to coals now and after 1 hour; for a 5-in. smoker, add last 2 chunks an hour later. Check water levels and temp every so often, keeping the smoker mostly closed so heat and smoke don't escape.
- Add hot water as needed to keep the pan about half full. The smoker's temp should read 200 to 250; if needed, raise or lower by adjusting vents (leave a vent at least half-open on lid and at bottom of smoker to keep fire going). Smoke until meat thermometer registers 165 to 170, 4 1/2 to 5 hours total.
- Transfer turkey to a platter and tent with foil.
- Let rest in a warm place 15 to 30 minutes, then carve.
- *Find applewood chunks with grilling supplies and at bbqislandinc.com. If pot won't fit in fridge, use an ice chest: Set bird in a turkey brining bag (buy in grocery stores or at williams-sonoma.com). Put bag in chest, pour brine over turkey, and seal bag tightly; add ice to cover.
- Make ahead: Wrap drained, brined turkey airtight and chill up to 1 day before smoking.

Nutrition Facts

PROTEIN 49.19% **FAT 42.23%** **CARBS 8.58%**

Properties

Glycemic Index:9.79, Glycemic Load:0.44, Inflammation Score:-9, Nutrition Score:29.333043554555%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg, Luteolin: 0.65mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 578.66kcal (28.93%), Fat: 26.8g (41.23%), Saturated Fat: 9.16g (57.28%), Carbohydrates: 12.26g (4.09%), Net Carbohydrates: 11.69g (4.25%), Sugar: 10.74g (11.94%), Cholesterol: 249.31mg (83.1%), Sodium: 11143.98mg (484.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 70.24g (140.48%), Vitamin B3: 24.64mg (123.21%), Selenium: 69.1µg (98.71%), Vitamin B6: 1.97mg (98.55%), Vitamin B12: 3.94µg (65.71%), Phosphorus: 598.75mg (59.87%), Zinc: 5.84mg (38.91%), Vitamin B2: 0.61mg (35.81%), Vitamin B5: 2.67mg (26.69%), Copper: 0.46mg (23.11%), Potassium: 776.08mg (22.17%), Magnesium: 86.56mg (21.64%), Iron: 3.37mg (18.71%), Manganese: 0.22mg (10.89%), Vitamin B1: 0.16mg (10.78%), Vitamin A: 454.54IU (9.09%), Vitamin D: 1.09µg (7.25%), Calcium: 66.49mg (6.65%), Folate: 25.12µg (6.28%), Vitamin E: 0.78mg (5.17%), Vitamin C: 3.03mg (3.67%), Vitamin K: 2.86µg (2.72%), Fiber: 0.57g (2.28%)