



Spiced and Super-Juicy Roast Turkey

 Gluten Free

READY IN



290 min.

SERVINGS



12

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons allspice
- ☐ 3 tablespoons peppercorns black
- ☐ 75 grams butter
- ☐ 1 tablespoon caraway seeds
- ☐ 1 cinnamon sticks
- ☐ 4 tablespoons clear honey
- ☐ 3 inch ginger cut into 6 slices
- ☐ 3 tablespoons maple syrup

- ☐ 4 tablespoons maple syrup
- ☐ 2 tablespoons mustard seeds white
- ☐ 2 onions quartered
- ☐ 1 cranberry-orange relish quartered
- ☐ 1 Handful parsley leaves fresh (only if you've got some parsley hanging around)
- ☐ 4 star anise
- ☐ 200 grams caster sugar
- ☐ 500 grams salt
- ☐ 9 pound turkey (4 to 5-kg)
- ☐ 6 liters fluid-ounces water

Equipment

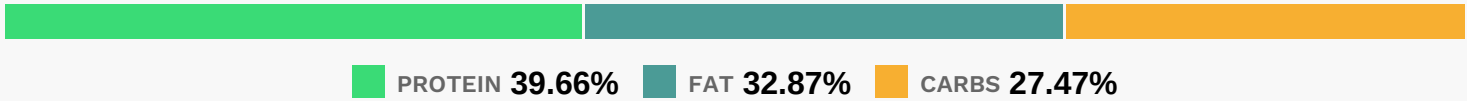
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ pot

Directions

- ☐ Place the water into your largest cooking pot or bucket/plastic bin and add all the turkey ingredients, stirring to dissolve the salt, sugar, syrup and honey. (Squeeze the juice of the orange quarters into the brine before you chuck in the pieces.) Untie and remove any string or trussing attached to the turkey, shake it free and add it to the liquid.
- ☐ Add more water if the turkey is not completely submerged. Keep the mixture in a cold place, even outside overnight or for up 1 or 2 days before you cook it, remembering to take it out of its liquid (and wiping it dry with kitchen-towel) a good 40 or 50 minutes before it has to go into the oven. Turkeys – indeed this is the case for all meat – should be at room temperature before being put in the preheated oven. If you're at all concerned – the cold water in the brine will really chill this bird – then just cook the turkey for longer than its actual weight requires.
- ☐ Place the butter and syrup into a saucepan and cook over a low heat, while stirring, until the ingredients have melted and combined.

Brush the turkey with the glaze before roasting, and baste periodically throughout the roasting time. Preheat the oven to 425 degrees F. Cook the turkey for 30 minutes at this relatively high temperature, then turn the oven down to 350 degrees F and continue cooking, turning the oven back up to 425 degrees F for the final 15 minutes or so if you want to give a browning boost to the skin. For a 9 to 11-pound turkey, allow 2 1/2 to 3-hours in total. But remember that ovens vary enormously, so just check by piercing the flesh between leg and body with a small sharp knife: when the juices run clear, the turkey is cooked. Just as it's crucial to let the turkey come to room temperature before it goes in to the oven, so it's important to let it stand out of the oven for a good 20 minutes before you actually carve it.

Nutrition Facts



Properties

Glycemic Index:34.91, Glycemic Load:18.78, Inflammation Score:-6, Nutrition Score:27.251304398412%

Flavonoids

Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg, Hesperetin: 2.97mg Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg, Naringenin: 1.67mg Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 538.48kcal (26.92%), Fat: 19.77g (30.41%), Saturated Fat: 6.86g (42.89%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 35.04g (12.74%), Sugar: 31.5g (35%), Cholesterol: 187.34mg (62.45%), Sodium: 16489.33mg (716.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.67g (107.33%), Vitamin B3: 18.7mg (93.51%), Selenium: 55.92µg (79.89%), Vitamin B6: 1.5mg (75.09%), Vitamin B12: 2.96µg (49.29%), Phosphorus: 476.37mg (47.64%), Manganese: 0.84mg (41.97%), Vitamin B2: 0.63mg (36.84%), Zinc: 4.75mg (31.65%), Magnesium: 87.03mg (21.76%), Vitamin B5: 2.08mg (20.79%), Potassium: 703.49mg (20.1%), Copper: 0.36mg (17.94%), Iron: 3.07mg (17.05%), Vitamin B1: 0.16mg (10.96%), Calcium: 107.88mg (10.79%), Vitamin C: 8.5mg (10.31%), Vitamin K: 10.26µg (9.77%), Fiber: 2.14g (8.54%), Vitamin A: 368.71IU (7.37%), Folate: 28.61µg (7.15%), Vitamin D: 0.72µg (4.83%), Vitamin E: 0.53mg (3.54%)