

Maple-Sage Brined Turkey

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Servings: 20

*4 quarts water
1 1/2 cups packed brown sugar
1 cup sea salt
1 cup maple syrup
1 cup cider vinegar
24 fresh sage leaves
6 bay leaves
2 tablespoons yellow prepared mustard
2 tablespoons coarsely ground pepper
1 teaspoon ground cloves
4 quarts ice water
2 turkey-size oven roasting bags
1 (14 to 16 pound) turkey
2 tablespoons olive oil
1/2 teaspoon pepper
1/2 teaspoon salt*

Preparation Time: 40 minutes

Bake Time: 2 hours 30 minutes

In a stockpot, combine four quarts of water, brown sugar, salt, maple syrup, cider vinegar, sage leaves, bay leaves, mustard, ground pepper and cloves. Bring to a boil. Cook and stir until the sugar and salt are dissolved. Remove from the heat. Add four quarts of ice water to cool the brine to room temperature.

Put one turkey-size oven roasting bag inside the other. Place in a large stockpot. Place the turkey inside the inner bag. Pour in the cooled brine. Seal the bags, pressing out as much air as possible.

Refrigerate for eighteen to twenty-four hours.

Preheat the oven to 350 degrees.

Remove the turkey from the brine. Rinse and pat dry. Discard the brine.

Place the turkey on a rack in a shallow baking pan, breast-side up. Tuck the wings under the turkey. Tie the drumsticks together. Rub oil over the outside of the turkey. Sprinkle with pepper and, if desired, salt..

Roast the turkey for 2-1/2 to 3 hours, uncovered, until a thermometer inserted in the thickest part of the thigh reads 170 to 175 degrees. (Cover loosely with foil if the turkey browns too quickly.)

Remove the turkey from the oven. Tent with foil. Let stand for 20 minutes before carving.

Per Serving (excluding unknown items): 530 Calories; 22g Fat (38.1% calories from fat); 52g Protein; 28g Carbohydrate; trace Dietary Fiber; 174mg Cholesterol; 4752mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 1/2 Fat; 2 Other Carbohydrates.