

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sugar-And-Spice Cured Turkey

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Makes 8-10 servings

- 1 (12-pound) whole turkey
- ¼ cup firmly packed light brown sugar
- 2 tablespoons kosher or coarse-grain sea salt
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon ground allspice
- ½ teaspoon ground cloves
- ½ teaspoon ground mace
- 1 large onion, quartered
- 2 (14-ounce) cans chicken broth (Look for one without monosodium glutamate (MSG). Look for organic or free range chicken broth in the natural food aisle, or look for Swanson's organic chicken broth which can found next to the non-organic version.)

Additional chicken broth

2 tablespoons all-purpose flour

Garnishes: fresh rosemary sprigs, apple slices, nuts

1. Remove giblets and neck; rinse turkey with cold water. Pat dry. Tie legs together with string; tuck wingtips under. Combine brown sugar and next 6 ingredients. Rub over turkey. Cover with plastic wrap; chill 8 hours.
2. Place turkey on a rack in a roasting pan, breast side up. Arrange onion quarters around turkey. Pour 2 cans broth in bottom of pan.
3. Bake, loosely covered with foil, at 325 degrees for 1 ½ hours. Uncover and bake 1 ½ more hours or until meat thermometer registers 180 degrees. (Cover with foil to prevent excessive browning, if necessary.) Remove onion; discard, reserving pan drippings. Let turkey stand 15 minutes before carving.
4. Combine pan drippings and enough chicken broth to equal 2 cups in a saucepan over medium heat. Whisk in flour, and cook, whisking constantly, 5 minutes or until thickened. Serve with turkey. Garnish, if desired.