

Rotisserie

GRILLING

Whole turkeys under 12 lbs (5.5 kg) work best on the spit. Prepare turkey as you would if you were roasting in your oven, but do not stuff as an uneven cooking temperature may not heat stuffing safely to the required temperature.

- Tie the wings securely to the body and the legs to the tail. Insert the spit in front of the tail and through the bird so it is balanced and securely fastened.
- Brush the skin with oil, or melted margarine.
- A foil drip pan under the turkey controls flare-ups. Add water to the drip pan.
- Cook until the temperature reaches 170 F (77°C). Remove from barbecue and let sit for 20 minutes before carving.



Teriyaki

TURKEY BURGER

with Wasabi Mayonnaise

1 ½ lbs	ground turkey	750 g
2	garlic cloves, minced	2
1 tbs	fresh ginger, grated	15 mL
¼ cup	thick teriyaki sauce	60 mL
3	green onions, finely chopped	
cup	toasted sesame seeds	60 mL
½ cup	dry bread crumbs	125 mL
½ cup	light mayonnaise	125 mL
1 tsp	wasabi paste	5 mL

Method:

- In a large bowl, combine ground turkey, garlic, ginger, teriyaki sauce, green onions, sesame seeds and bread crumbs.
- Shape into 6 burger patties.
- Broil or grill burgers 4 - 6 inches (10 - 15 cm) from broiler or over medium-hot coals for 10 - 12 minutes turning once.
- Meanwhile, mix together mayonnaise and wasabi paste; spread on 6 lightly toasted burger buns. Place cooked burgers in buns.
- Serve with sliced cucumber and watercress or arugula.

Makes 6 serving



Granny's Poultry Cooperative
(Manitoba) Ltd.
Phone: (204) 488-2230
www.grannys.ca



Manitoba Turkey Producers
Recipe Line: (204) 934-1860
Email: mbturkey@turkey.mb.ca
www.turkey.mb.ca

Barbecue

BASICS



TIPS AND TRICKS
ON PREPARING MOIST
AND DELICIOUS TURKEY
ON THE BARBECUE

WHOLE Turkey

Use your barbecue to prepare roast turkey that's moist, tender, delicious and nutritious. Prepare turkey as you would if you were roasting in your oven, but do not stuff as an uneven cooking temperature may not heat stuffing safely to the required temperature. An 8-12 lb turkey will take 2-3 hours to cook.

- Remove neck and giblets from thawed or fresh turkey and rinse inside and out. Place breast side up in a roasting pan and lightly brush with oil or melted margarine.
- Sprinkle outside and cavity with seasonings.
- Add ½ cup water to the bottom of the pan and insert a meat thermometer into the thigh being careful not to touch the bone.
- Place pan on grills preheated to medium and close lid. After 20 to 30 minutes, lower heat to medium-low and tent turkey with foil to prevent over-browning.
- Baste every 15 to 20 minutes. For barbecues with temperature settings, keep adjusted to 325°F – 375°F (160°C – 190°C).
- Add more water to pan as needed.
- Cook until the temperature reaches 170°F (77°C). Remove from barbecue and let sit for 20 minutes before carving.



TURKEY GRILLING GUIDELINES			
Product	Grill Method/ Temperature	Grilling Time*	Internal Temp.
Turkey Tenderloins or Cutlets	Direct/ Medium	15-20 min	179° F
Drumsticks and Thighs	Indirecy/ Medium	approx. 1 hr	170° F
Turkey Breast Bone-In 4-7 lbs	Indirect/ Medium	approx. 1 3/4 hrs	170° F
Turkey Burger	Direct/ Medium	5-6 min per side	165° F
Turkey Sausages	Indirect/ Medium	18-22 min	165° F

*Times are approximate. Use a meat thermometer to gauge doneness.

Turkey PARTS

Always start with a clean grill rack, bottom tray and drip pan. Gas grills must be preheated. All preheating and cooking should be done with the lid closed. When preheating, turn the burners to high and close the lid. Preheating usually takes 10-15 minutes and the grill temperature should be about 500°F. The temperature is then lowered for most grilling to medium or 325°F – 375°F (160°C – 190°C). Since turkey meat is lower in fat, it will stick to the grills unless you grease them, or spray with non-stick spray.

Direct Method - Direct grilling is similar to broiling as food is cooked directly by the heat source. This method is best for cooking small turkey cuts that require 25 minutes or less cooking time (turkey burgers, breast tenderloins and cutlets). Be sure to trim excessive fat from the foods to prevent flare-ups.

Indirect Method - Indirect grilling is similar to roasting with circulating heat inside the closed grill cooking the food. It is achieved by turning off the burner directly beneath the food, while the burners on either side, or the opposite side, of the food are turned to the required heat setting (typically medium). If you have a grill with only one burner, place an aluminum pan under the rack, directly under the meat, to push the heat up and around. The indirect method is best for cooking large turkey pieces (bone-in breast, bone-in thighs, and drumsticks) and sausages.