

THINK TURKEY™

Get Grilling Canadian Turkey





Jalapeno Turkey Bombs

MAKES: 20 BOMBS | PREP TIME: 10 MINS | COOK TIME: 20 MINS

INGREDIENTS:

1 lb 450 g	ground turkey
1 package	applewood smoked turkey bacon
4 tbsp 60 ml	jalapeno pepper, finely chopped
1/2 cup 125 ml	old cheddar, shredded
1 tbsp 15 ml	corn meal
1/4 cup 65 ml	egg whites
1/2 tsp 2.5 ml	salt
1/2 cup 125 ml	your favourite BBQ sauce

DIRECTIONS:

1. Preheat grill to medium heat 350°F (175°C).
2. Combine ground turkey, jalapeno, cheese, corn meal, salt and egg whites. Mix well.
3. Cut bacon strips in half lengthwise. Place a heaping tablespoon of turkey mixture in the middle of each piece of bacon and roll into small bombs.
4. Grill bombs over direct medium heat for about 10 minutes on one side. Turn and brush generously with barbeque sauce and then grill for an additional 10 minutes. Bombs are fully cooked when a digital meat thermometer reads 170°F (77°C).

MAKE A SWEET & STICKY BBQ SAUCE!

1/4 cup 65 ml	honey or maple syrup
2 tbsp 30 ml	brown sugar
2 tbsp 30 ml	ketchup
1/2 tbsp 7 ml	soy sauce
1/2 tbsp 7 ml	Worcestershire sauce
1/2 tsp 2.5 ml	hot sauce

In a bowl, mix all sauce ingredients together. Sauce as per your recipe or enjoy as a dipping sauce!

You can also try this recipe with turkey breast, turkey thighs or turkey drumsticks! Add your sauce during the last 10 minutes of grilling. Apply sauce multiple times to create a sticky sauce. Always watch your turkey after you apply the sauce in case of flare ups!

Paprika and Parsley Turkey Rub

SERVES: 10-12 | PREP TIME: 10 MINS | COOK TIME: 2-3 HOURS

INGREDIENTS:

1	whole turkey, fresh or thawed*
1/4 cup 65 ml	olive oil
2 tbsp 30 ml	garlic, coarsely chopped
2 tbsp 30 ml	smoked paprika
1/2 cup 125 ml	Italian parsley, coarsely chopped
1/2 tsp 2.5 ml	pepper

DIRECTIONS:

1. Combine all ingredients except turkey and mix into a paste with a hand blender or small food processor.
2. Rub seasoning under the skin and all over turkey, spreading it around as much as possible. Extra should be added to the inside of the cavity.
3. Place the turkey on the barbecue and cook using one of the two following methods:

Gas Grill: Roast the turkey in a shallow foil pan on very low or indirect heat. The barbecue should remain covered while cooking. Maintain a barbecue temperature of 350°F - 375°F (180°C - 190°C).

Charcoal Grill: Build up hot coals around a drip pan placed in the center of the barbecue's bottom section. Place the turkey directly on the grill over the drip pan. Cover, open all vents and add more coals, as required, to maintain a barbecue temperature of 350°F - 375°F (180°C - 190°C).

4. A digital meat thermometer should read 170°F (77°C), not touching any bones, when the turkey is fully cooked. Allow turkey to rest for 20 minutes before carving.

**Cooking times are dependant on the size of your turkey, temperature of barbecue and weather conditions. Find approximate cooking times at thinkturkey.ca.*

**Always use a digital meat thermometer to check for doneness.*

**Never stuff a barbecued whole turkey.*

BARBECUING A WHOLE TURKEY ADDS SMOKEY FLAVOURS THAT ARE SURE TO BE A HIT FOR EVERYONE AROUND THE PICNIC TABLE! YOU CAN ADD WOOD CHIPS TO A SMOKING PAN TO GET EVEN MORE FLAVOURFUL RESULTS.



Photo courtesy of Turkey Farmers of Canada



Turkey Souvlaki

SERVES: 6 | PREP TIME: 15 MINS | COOK TIME: 15 MINS

INGREDIENTS:

4	turkey thighs
6	pita
6	leaf lettuce leaves
1/4 cup 65 ml	red onion, sliced
Marinade	
1/4 cup 65 ml	fresh lemon juice
1/4 cup 65 ml	olive oil
1 tbsp 15 ml	oregano
1 tbsp 15 ml	garlic, finely chopped
1 tsp 5 ml	salt
1/2 tsp 2.5 ml	pepper
Tzatziki Sauce	
1/2 cup 125 ml	Greek yogurt
1/2 cup 125 ml	14% sour cream
2 tbsp 30 ml	fresh cucumber, seeded and finely diced
1/2 tsp 2.5 ml	garlic, finely chopped
1 tsp 5 ml	fresh dill, coarsely chopped
to taste	salt and pepper

DIRECTIONS:

1. Mix all Tzatziki sauce ingredients, cover and refrigerate.
2. Remove skin & bones, if required, from turkey and cut into 1.5" (3.8cm) cubes.
3. Mix all marinade ingredients in a bowl and mix well.
4. Add turkey to marinade and marinate in the refrigerator for 1-2 hours but no longer than 4 hours.
5. Preheat grill to medium high heat 375°F (190°C).
6. Thread marinated turkey onto skewers.
7. Cook over direct heat for approximately 10 minutes, flipping once halfway. Turkey is fully cooked when a digital meat thermometer reads 165°F (74°C).
8. Serve with grilled pita bread, Tzatziki sauce and other vegetable ingredients of your choice.

Mojo Marinated Turkey

SERVES: 8-10 | PREP TIME: 20 MINS | COOK TIME: 20 MINS

INGREDIENTS:

1	turkey breast
Mojo Turkey Brine	
3/4 cup 175 ml	orange juice
1/3 cup 80 ml	fresh lime juice
2 tbsp 30 ml	canola oil
2 tbsp 30 ml	garlic
1/2 tsp 2.5 ml	cumin seeds, ground
1/2 tsp 2.5 ml	oregano
1/2 tsp 2.5 ml	salt
2	stems of mint leaves
Kabob Ingredients	
1/2 cup 125 ml	red or green pepper, chopped
1/2 cup 125 ml	pineapple, chopped
1/2 cup 125 ml	grape tomatoes
1/2 cup 125 ml	zucchini, chopped
1/2 cup 125 ml	red onion
1/2 cup 125 ml	cremini or white button mushrooms

DIRECTIONS:

For the Brine

1. Combine all ingredients into a sealable bag or bowl. Mix well.
2. Add the whole turkey breast to the marinade if making a whole breast or slice into cubes if making kabobs then marinate in the refrigerator for no more than 4 hours.

Grilled Turkey Breast

1. Preheat grill to medium-high heat 375°F (190°C).
2. Remove turkey breast from marinade and pat dry. Discard marinade.
3. Place the turkey breast over indirect heat and grill for 20 minutes. Flip once and grill for additional 15 minutes or until a digital meat thermometer reads 165°F (74°C).
4. Remove the turkey breast from the grill, cover loosely with foil and allow to rest for 15 minutes. Slice and serve over a citrus salad.

Skewered Kabobs

1. Preheat grill to medium heat 350°F (175°C).
2. Remove turkey cubes from marinade and pat dry. Discard marinade.
3. Skewer ingredients on prepared skewers.
4. Cook over direct heat for approximately 10 minutes, flipping once halfway. Turkey is fully cooked when a digital meat thermometer reads 165°F (74°C).





Cornmeal Turkey Burger

SERVES: 6 | PREP TIME: 10 MINS | COOK TIME: 30 MINS

INGREDIENTS:

Turkey Burger

2 lb | 900 g
1/4 cup | 65 ml
1/4 cup | 65 ml
1 tsp | 5 ml
2 tbsp | 30 ml
1/4 cup | 65 ml
1 tsp | 5 ml
2 tbsp | 30 ml

ground turkey
cornmeal
onion, finely chopped
garlic, minced
egg white
fresh parsley, chopped
salt
grainy mustard

Toppings

6
6 slices
1 head
1
1

burger buns
cheddar cheese
leaf lettuce, separated
tomato, sliced
red onion, sliced

DIRECTIONS:

1. Preheat grill to medium-high heat 375°F (190°C).
2. Combine all turkey burger ingredients. Form into 6 patties.
3. Place patties on a sheet pan lined with parchment paper and chill for at least 15 minutes in the freezer to firm up.
4. Grill patties for 5-10 minutes per side on an oiled grill. The patties are fully cooked when a digital meat thermometer reads 170°F (77°C).
5. Add patties to buns and layer toppings in desired order.

GROUND TURKEY BURGERS ARE LEAN WHICH MEANS THEY ARE A LOW FAT ALTERNATIVE TO OTHER PROTEINS. THAT ALSO MEANS THEY WILL PRODUCE LESS FLARE UPS ON THE GRILL WHILE BARBECUING. EASY GRILLING FOR THE WIN!

FIND MORE BURGER RECIPES AT [THINKTURKEY.CA](http://thinkturkey.ca)



Sweet & Smokey Dry Turkey Rub

SERVES: 4 | PREP TIME: 10 MINS | COOK TIME: 40 MINS

INGREDIENTS:

1	turkey breast; or,
2	turkey thighs
1 tbsp 15 ml	cornmeal
2 tbsp 30 ml	brown sugar
1 tbsp 15 ml	smoked paprika
1 tsp 5 ml	cumin
1/2 tsp 2.5 ml	dried roasted garlic powder
1/4 tsp 1.25 ml	cayenne pepper
1/4 tsp 1.25 ml	ground black pepper
1/2 tsp 2.5 ml	mustard powder
1/2 tsp 2.5 ml	salt

DIRECTIONS:

1. Preheat grill to high heat 400°F (200°C).
2. Combine all ingredients, except turkey, in a bowl to make rub.
3. Optional: remove the skin from turkey.
4. Fully coat the turkey with the rub on all sides.
5. Grill turkey over direct heat for about 40 minutes or until a digital meat thermometer reads 170°F (77°C), not touching any bones.
6. Allow turkey to rest for 15 minutes before slicing and serving.



TURKEY IS PERFECT FOR BOTH GAS AND CHARCOAL GRILLS! TURKEY IS ALWAYS FLAVOURFUL, JUICY AND DELICIOUS. TRY COMBINING DIFFERENT SPECIES AND HERBS TO MAKE YOUR OWN DRY OR WET RUB!

FIND MORE RUB RECIPES AT [THINKTURKEY.CA](http://thinkturkey.ca)





Grilled Turkey Drumsticks

SERVES: 4 | PREP TIME: 20 MINS | COOK TIME: 40 MINS

INGREDIENTS:

Classic Turkey Brine

4	turkey drumsticks
6 cups 1.5 L	water
1/4 cup 60 ml	salt
1/4 cup 60 ml	brown sugar
1 cup 235 ml	onion, diced
2 tbsp 30 ml	garlic, chopped
1 tsp 5 ml	coriander seed
1 tsp 5 ml	cumin
1/2 tsp 2.5 ml	chili flakes
1/2 cup 125 ml	your favourite BBQ sauce

Maple Whisky Turkey Brine

4	turkey drumsticks
6 cups 1.5 L	water
1/4 cup 60 ml	salt
3/4 cup 175 ml	whiskey
1/2 cup 125 ml	maple syrup
2 tbsp 30 ml	dijon mustard
1 tbsp 15 ml	peppercorns
1 tsp 5 ml	dried thyme
1/4 tsp 1.25	clove
2	bay leaves

DIRECTIONS:

Classic Turkey Brine

1. Combine all ingredients except drumsticks and bring to a boil in a large pot. Simmer for 15 minutes, then cool and strain, reserving brine liquid.
2. Place drumsticks in a large container. Cover with cooled brine and store refrigerated for 4-24 hours.
3. Preheat grill to medium-high heat 375°F (190°C).
4. Drain brine from drumsticks and discard liquid. Pat drumsticks dry.
5. Grill drumsticks over indirect heat for 45-60 minutes. The drumsticks are fully cooked when a meat thermometer reaches 170°F (77°C), not touching any bones.
6. Coat drumsticks in barbecue sauce and continue cooking for 10 minutes, turning them and adding more sauce from time to time.
7. Let drumsticks rest for 15 minutes before serving.

Maple Whisky Turkey Brine

1. Combine salt and water in a large pot. Boil and stir until salt is completely dissolved.
2. Lower heat to a simmer and add all other ingredients except drumsticks to the warm brine mixture. Mix well. Remove from heat and leave to cool completely.
3. Place drumsticks in a large container. Cover with cooled brine and store refrigerated for 12-24 hours.
4. Preheat grill to medium-high heat 375°F (190°C).
5. Drain brine from drumsticks and discard liquid. Pat drumsticks dry.
6. Grill drumsticks over indirect heat for 45-60 minutes. The drumsticks are fully cooked when a meat thermometer reaches 170°F (77°C), not touching any bones.
7. Let drumsticks rest for 15 minutes before serving.

Mediterranean Turkey Foil Pack

SERVES: 4 | PREP TIME: 15 MINS | COOK TIME: 30 MINS

INGREDIENTS:

2	turkey thighs
1 tbsp 15 ml	olive oil
1/2 cup 125 ml	red onion, sliced
1 cup 235 ml	red pepper, coarsely chopped
2 cups 475 ml	baby potatoes, sliced into 1/4" (0.5 cm) rounds
1 cup 235 ml	zucchini, sliced into 1/2" (1 cm) rounds
1 cup 235 ml	cremini mushrooms, sliced in half
1 tbsp 15 ml	garlic, chopped
1 tsp 5 ml	salt
1/4 tsp 1.25 ml	pepper
1 tsp 5 ml	fresh oregano, coarsely chopped
1 tsp 5 ml	fresh thyme, coarsely chopped
1 tsp 5 ml	Italian parsley, coarsely chopped

DIRECTIONS:

1. Preheat grill to high heat 400°F (200°C).
2. Remove skin and bone from turkey and slice into bite sized pieces.
3. Combine all ingredients except for fresh herbs in a bowl and mix well.
4. Place one 18-inch piece of heavy-duty foil on the counter top and transfer turkey mixture to foil.
5. Fold foil into a pack to prepare for the grill. Double wrap the foil pack with another layer of foil.
6. Place foil pack on the grill over indirect heat and grill for 30 minutes. The turkey is fully cooked when a meat thermometer reaches 170°F (77°C).
7. Toss foil pack with fresh herbs before serving hot.



FOIL PACKS ARE PERFECT FOR CAMPING! USE A PORTABLE GRILL OR CAMPFIRE TO COOK FOIL PACKS FOR QUICK AND EASY DINNERS! ALWAYS USE A MEAT THERMOMETER TO CHECK IF THE TURKEY IS FULLY COOKED.





Turkey Macs

SERVES: 4 | PREP TIME: 20 MINS | COOK TIME: 15 MINS

INGREDIENTS:

8	frozen turkey burgers
4	burger buns (top & bottom)
4	burger buns (bottom)
16	pickle slices
1/2 cup 125 ml	white onion, diced
3/4 cup 175 ml	iceberg lettuce, shredded
4	cheddar cheese slices
Turkey Mac Sauce	
1/2 cup 125 ml	mayonnaise
2 tbsp 30 ml	sweet relish
1 tbsp 15 ml	mustard
1/2 tsp 2.5 ml	white wine vinegar
1/2 tsp 2.5 ml	paprika
pinch	garlic powder
pinch	onion powder

DIRECTIONS:

Turkey Mac Sauce

1. Mix all sauce ingredients together in a bowl. Cover and refrigerate to allow flavours to combine for at least 30 minutes before serving.

Burgers

1. Preheat grill to medium heat 350°F (175°C).
2. Lightly brush frozen burgers with vegetable oil. Do not thaw burgers.
3. Grill burgers over direct heat for 5 minutes on one side, flip, then cook for another 5-7 minutes. The burgers are fully cooked when a meat thermometer reaches 165°F (74°C).
4. Divide all ingredients into 4 portions.
5. From bottom-up, spread turkey mac sauce on bottom bun followed by lettuce, cheese, turkey burger, second bottom bun, turkey mac sauce, lettuce, onion, pickles, turkey burger, then, top bun.

Turkey Franks Four Ways

SERVES: 8 | PREP TIME: 30 MINS | COOK TIME: 10 MINS

INGREDIENTS:

Hawaiian Turkey Dogs

1 turkey frank
1 hot dog bun
2 tbsp | 30 ml pineapple, diced
2 tbsp | 30 ml bbq sauce
2 tbsp | 30 ml bacon, cooked and chopped
1 tsp | 5 ml fresh cilantro, chopped

Coney Island Turkey Dogs

1 turkey frank
1 hot dog bun
1/4 cup | 65 ml chili
3 tbsp | 45 ml cheese sauce
2 tbsp | 30 ml onions, finely chopped

Korean Turkey Dogs

1 turkey frank
1 hot dog bun
1/4 cup | 65 ml kimchi
2 tbsp | 30 ml spicy mayo
2 tbsp | 30 ml green onions, finely sliced
1 tsp | 5 ml black sesame seeds

Mexican Turkey Dogs

1 turkey frank
1 hot dog bun
2 tbsp | 30 ml sour cream
1/4 cup | 65 ml pico de gallo
1/4 avocado, thinly sliced
to taste hot sauce

DIRECTIONS:

1. Preheat grill to low heat 250°F (120°C)
2. Cook franks for 7-10 minutes, turning occasionally. The franks are fully cooked when a meat thermometer reaches 165°F (74°C).
3. Assemble each turkey dog by placing a grilled frank inside a bun. Add ingredients in your preferred order.



CLASSIC TOPPINGS LIKE KETCHUP, MUSTARD, RELISH, MAYO, CHEESE AND BARBECUE SAUCE ARE ALWAYS A HIT ON TURKEY FRANKS! DRESS IT UP EVEN FURTHER WITH TOPPINGS LIKE SAUERKRAUT, COLESLAW OR FRIED ONIONS!





Smokey Barbecued Turkey Strips

SERVES: 4 | PREP TIME: 15 MINS | COOK TIME: 20 MINS

INGREDIENTS:

1	turkey breast
1/2 cup 125 ml	flour
2	eggs, beaten
1 cup 235 ml	breadcrumbs
1 tbsp 15 ml	olive oil
1/2 tsp 2.5 ml	garlic powder
1 tbsp 15 ml	smoked paprika
1 tsp 5 ml	mustard powder
1/4 tsp 1.25 ml	salt
1/4 tsp 1.25 ml	pepper

DIRECTIONS:

1. Preheat grill to high heat 400°F (200°C).
2. Slice turkey breast into strips 3/4 inch (1.5 cm) thick x 4 inch (10 cm) long.
3. Mix breadcrumbs with olive oil, garlic, paprika, mustard, pepper and salt in a bowl.
4. Add flour to a separate bowl and beaten egg to another bowl.
5. Taking a few turkey strips at a time, dredge the turkey strips into the flour bowl, then dip into egg, and finally, roll in the breadcrumb mixture until well coated. Repeat until all strips are coated.
6. Grill coated turkey strips over indirect heat for 10-15 minutes on each side until they are crispy and fully cooked. The turkey strips are fully cooked when a meat thermometer reaches 170°F (77°C).
7. Serve hot with your favourite dipping sauce.

MAKE A HOMEMADE HONEY DILL SAUCE!

1/2 cup 125 ml	Greek yogurt
2 tbsp 30 ml	mayonnaise
1 tbsp 15 ml	honey
1 tbsp 15 ml	fresh dill, chopped

In a bowl, mix all sauce ingredients together. Enjoy as a dipping sauce!

About Turkey Farmers of Canada

Turkey Farmers of Canada is a national organization representing Canada's 500+ turkey farmers. Created in 1974 under the federal Farm Products Agencies Act, the Agency encourages cooperation throughout the Canadian turkey industry, promotes the consumption of turkey meat and oversees the supply management system for turkey in Canada.

FOR MORE GREAT RECIPES, VISIT **THINKTURKEY.CA**

