

RECIPE TRAIL PRESENTED BY



Turkey Grilling 101



Brine + Marinade:

The Secret to Great Grilled Turkey

A brine helps turkey absorb moisture and seasoning before it ever reaches the grill. Because turkey is naturally lean, brining helps create a juicier, more tender turkey dish. Brine turkey for 4 - 12 hours, then pat dry before adding the marinade.

While the brine works below the surface, a marinade adds flavor to the exterior of the turkey and helps create a delicious grilled crust. Marinate the turkey for 2 - 8 hours before grilling.

Grill to Temperature, Not Time

Use a meat thermometer and cook turkey to an internal temperature of 165°F in the thickest part.

Besides the thermometer, a good set of tongs and a tool to clean your grill (like a wooden grill scraper) are essential tools for grilling.

Use Two-Zone Heat

Create a hot side and a cooler side on your grill. Sear over the direct heat of the hot side, then finish cooking over the indirect heat of the cooler side. While it will take longer to grill the turkey using this method, your taste buds will thank you for juicy turkey that is more evenly cooked.

Try grilling your turkey in a disposable aluminum foil pan to catch any drippings.

Always keep a clean grill to help prevent sticking or burning.

Let it Rest

Allow the turkey to rest for 10-15 minutes after grilling. This helps redistribute juices for a more tender bite.

Always remember, be patient and enjoy the process! Even the experts make mistakes, just have fun and enjoy the delicious experience!



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TURKEY MARINADES

For each Marinade, combine the ingredients in a bowl and then pour over the turkey. Refrigerate for 2-8 hours before grilling.

White Wine Soy Sauce Marinade

- 1 cup dry white wine
- 1/2 cup soy sauce
- 1/2 teaspoon ground ginger or grated fresh ginger root
- 1/2 cup peanut oil
- 1/2 teaspoon garlic powder
- 1/2 cup chopped onion

Citrus Herb Marinade

- 1/4 cup olive oil
- Juice of 2 lemons
- 2 cloves garlic, minced
- 1 tablespoon chopped rosemary
- 1 tablespoon chopped thyme
- Salt and pepper to taste

Sweet & Smoky BBQ Marinade

- 1/4 cup barbecue sauce
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder

EASY TURKEY BRINE

Ingredients

- 1 gallon ice cold water
- 1 cup kosher salt
- 1/2 cup brown sugar
- 2 cloves garlic, smashed
- 1 tablespoon black peppercorns
- 2 bay leaves

Directions

1. Stir the salt and brown sugar into the ice cold water until dissolved.
2. Add garlic, peppercorns, and bay leaves.
3. Submerge the turkey completely in the brine.
4. Refrigerate:
 - Turkey breast or tenderloins for 4-8 hours
 - Turkey Drumsticks or wings for 2-6 hours
5. Remove the turkey from the brine and pat dry with a damp paper towel to remove excess salt. Now you are ready to marinate the turkey or apply spices and grill it.

For extra flavor, replace some of the water with apple cider, citrus juice, or iced tea, and add fresh herbs such as rosemary, thyme, or sage. Make the brine your own, experiment with fresh seasonal herbs to elevate the brine.