



Tips and Tricks to **Get Ready for Summer Grilling**, Turkey Style.





Canadian Turkey's BBQ Bootcamp series gives you all the tools you need to get started this grilling season.

Here are *5 reasons* to get grilling with turkey.

1. EASY SUB

Canadian turkey makes everyday meals delicious and tasty. It's packed with nutrition and satisfying flavour, and can easily be substituted into ANY of your favourite grilling recipes.

2. LEAN BUT JUICY

It's hard to believe but with turkey, both white and dark meat cuts are lean! That means you can enjoy any cut you prefer, and feel good knowing you are choosing a healthy protein without compromising on flavour, tenderness or juiciness.

3. SO MUCH TO CHOOSE FROM

Turkey is a versatile protein, with so many cuts of both dark and white meat to choose from including ground meat, legs, drumsticks, thighs, breast roasts, breast steaks, breast rolls, drumettes, wings, sausages, and burgers. With such a wide selection, you can turn any meal into a backyard feast, with leftovers that taste delicious the next day.

4. PACK A FLAVOUR PUNCH

Turkey plays well with other flavours. It has a hearty taste and texture that marries well with bold profiles, making turkey the perfect partner for spices and rubs. Make recipes your own way using your family's favourite flavours, and change up your everyday grilled turkey dishes using rubs, marinades and sauces.

5. PERFECT FOR PENNY PINCHERS

Turkeys are generally larger than other poultry choices and deliver a lot of meat for the price. Whole turkeys can be grilled for a few dollars per pound, and are a perfect choice for batch cooking meals, or for freezing leftover meat that comes in handy as an everyday meal starter. Cuts like drums, breasts and thighs are perfect for snacks and quick weeknight meals.





Grilling a **WHOLE TURKEY** or **TURKEY CUTS**?

The choice is totally up to you.

Grilling whole turkeys or turkey cuts is easy. Canadian Turkey shows you how.

Remember to:

- Safely thaw and refrigerate fresh turkey meat.
- Consult best before dates on packaging for safe storage times.
- Cook turkey meat based on recommended cooking times for each cut.
- *Don't leave turkey out at room temperature for more than 2 hours!*
- Safely store leftover turkey in the refrigerator or freezer.

Go to canadianturkey.ca for delicious grilling recipes and more.





Not familiar with turkey cuts?

Here are Some Options.

Don't forget to put turkey on your grocery list!



turkey drumsticks

- Great on the BBQ, oven roasted or braised.



turkey scallopini / cutlets

- White or dark meat.
- Perfect for a quick sear on the BBQ, great for rolling or stuffing.



turkey thighs

- Boneless or bone-in.
- Skinless or skin-on.
- Perfect for the BBQ, oven roasted or braised.



turkey wings and drums

- Great on the BBQ, oven roasted or for soups.





turkey thigh roasts

- Boneless or bone-in.
- Skinless or skin-on.
- Stuffed or unstuffed. White or dark meat.
- Perfect for the BBQ or oven roasted.



turkey medallions

- Plain or bacon wrapped.
- Perfect for the BBQ or pan seared.



turkey burgers

- A great alternative to traditional burgers.
- Lighter and leaner made with ground turkey.



turkey breast roast

- Boneless or bone-in.
- Skinless or skin-on.
- Stuffed or unstuffed.
- Delicious BBQ'd or oven roasted.



turkey kebabs

- White or dark meat.
- Ready to go.
- Perfect on the BBQ.



turkey sausages

- Lean and juicy, perfect for the BBQ. or substituted in your favourite sausage recipes.

Before you grill,
try Canadian Turkey's own
selection of

make-at-home
**Flavour Packed
Spice Blends.**

Combine all 8 ingredients
in each recipe
to make your rubs.



CANADIAN TURKEY'S
special seasoning blend



1 TABLESPOON
OREGANO



1 TABLESPOON
THYME



2 TABLESPOONS
GARLIC
POWDER



2 TABLESPOONS
SAGE



1 TABLESPOON
CORIANDER



1 TABLESPOON
ROSEMARY



1 TABLESPOON
PEPPER



2 TABLESPOONS
GROUND
FENNEL SEEDS

TIP: Triple the recipes and keep them on hand to
use all season long.



CANADIAN TURKEY'S *southern-style BBQ rub*



1 TABLESPOON
SWEET
PAPRIKA



2 TABLESPOONS
GROUND
MUSTARD



1 TEASPOON
ALLSPICE



2 TABLESPOONS
CHILI
POWDER



1 TABLESPOON
GROUND
CORIANDER



3 TABLESPOONS
BROWN
SUGAR



2 TABLESPOONS
CUMIN



1 TABLESPOON
GARLIC
POWDER

TIP: Add 1/4 cup olive oil or vegetable oil to any of these rubs to create a paste.



CANADIAN TURKEY'S

sunny mediterranean seasoning



2 TABLESPOONS
LEMON
PEEL



1 TABLESPOON
MINT



1 TABLESPOON
CINNAMON



1 TABLESPOON
PEPPER



1 TABLESPOON
DILL



1 TABLESPOON
MARJORAM



2 TABLESPOONS
GARLIC
POWDER



1 TABLESPOON
OREGANO

TIP: Pre-season your turkey 2-8 hours in advance for maximum flavour infusion.



CANADIAN TURKEY'S *piri-piri rub*



1 TABLESPOON
OREGANO



1 TEASPOON
CAYENNE



1 TEASPOON
CARDAMOM



1 TEASPOON
GINGER



1 TABLESPOON
CORIANDER



1 TABLESPOON
LEMON
PEEL



1 TABLESPOON
PEPPER



1 TABLESPOON
SWEET
PAPRIKA

TIP: All rubs should be tightly sealed and can be safely stored with your other spices, up to 2 months.

While you are grilling,
try Canadian Turkey's own
selection of

make-at-home
Finishing Sauces.



CANADIAN TURKEY'S
sriracha maple sauce



1/2 CUP
SRIRACHA
SAUCE



1/2 CUP
OLIVE OIL



1/2 CUP
MAPLE SYRUP



1 TABLESPOON
GARLIC
POWDER



1 TEASPOON
APPLE CIDER
VINEGAR



SALT / PEPPER
TO TASTE

1. Mix to combine.
2. Brush sauce generously onto meat twice during the last hour of cooking.
3. If you prefer less heat in your sauce, reduce Sriracha to 1/3 cup.



CANADIAN TURKEY'S

honey garlic ginger sauce



1/4 CUP
HONEY



1 TABLESPOON
MINT,
CHOPPED



2 TABLESPOONS
GINGER,
GRATED



1/4 CUP
OLIVE OIL



1 TABLESPOON
GARLIC,
CRUSHED



SALT / PEPPER
TO TASTE



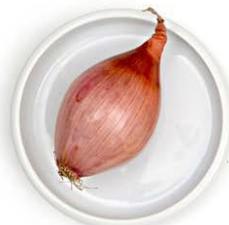
1/4 CUP
TAMARI OR
LIGHT SOY SAUCE

1. Mix to combine.
2. Brush sauce generously onto meat twice during the last hour of cooking.



CANADIAN TURKEY'S

orange sage brown butter



1 SHALLOT,
MINCED



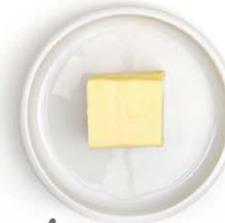
6 LEAVES
SAGE



1/4 CUP
ORANGE JUICE



2 TABLESPOONS
ORANGE
ZEST



1/2 CUP
BUTTER,
MELTED AND BROWNED



SALT / PEPPER
TO TASTE

1. You can use olive oil in place of butter for a lighter sauce.
2. Once butter is browned, add shallots, sage, orange juice, zest and salt and pepper.
3. Heat gently to blend flavours, 2-3 minutes.
4. Brush sauce generously onto meat twice during the last hour of cooking.



CANADIAN TURKEY'S *summer pesto*



1/2 CUP
CILANTRO



1/4 CUP
DILL



2 TABLESPOONS
LEMON ZEST

2 TABLESPOONS
LEMON JUICE



1/2 CUP
OLIVE OIL



SALT / PEPPER
TO TASTE

3 CLOVES
GARLIC



3/4 CUP
PUMPKIN
SEEDS



3/4 CUP
PARSLEY

1. Blend thoroughly using a food processor or hand blender to combine.
2. Set aside some pesto to serve alongside meat.
3. Brush remaining sauce onto meat twice during the last half hour of cooking.

Need some quick and tasty complete meal ideas? Try these
5 Recipes to Fire Up Your Grill.



**TURKEY SAUSAGE AND
RAPINI PASTA**



**CANADIAN TURKEY, BACON
AND PINEAPPLE SKEWERS**



**FAMILY-STYLE GRILLED
TURKEY TACO BAR**



**GRILLED TURKEY SAUSAGE
AND SUMMER GREENS PIZZA**



**GRILLED TURKEY
PANZANELLA SALAD**

Get the low-down
on **Nutrition**

Turkey has a whole lot of health-boosting nutrients per calorie, such as **IRON, ZINC** and **SELENIUM**.

Dark meat is especially rich in these nutrients.

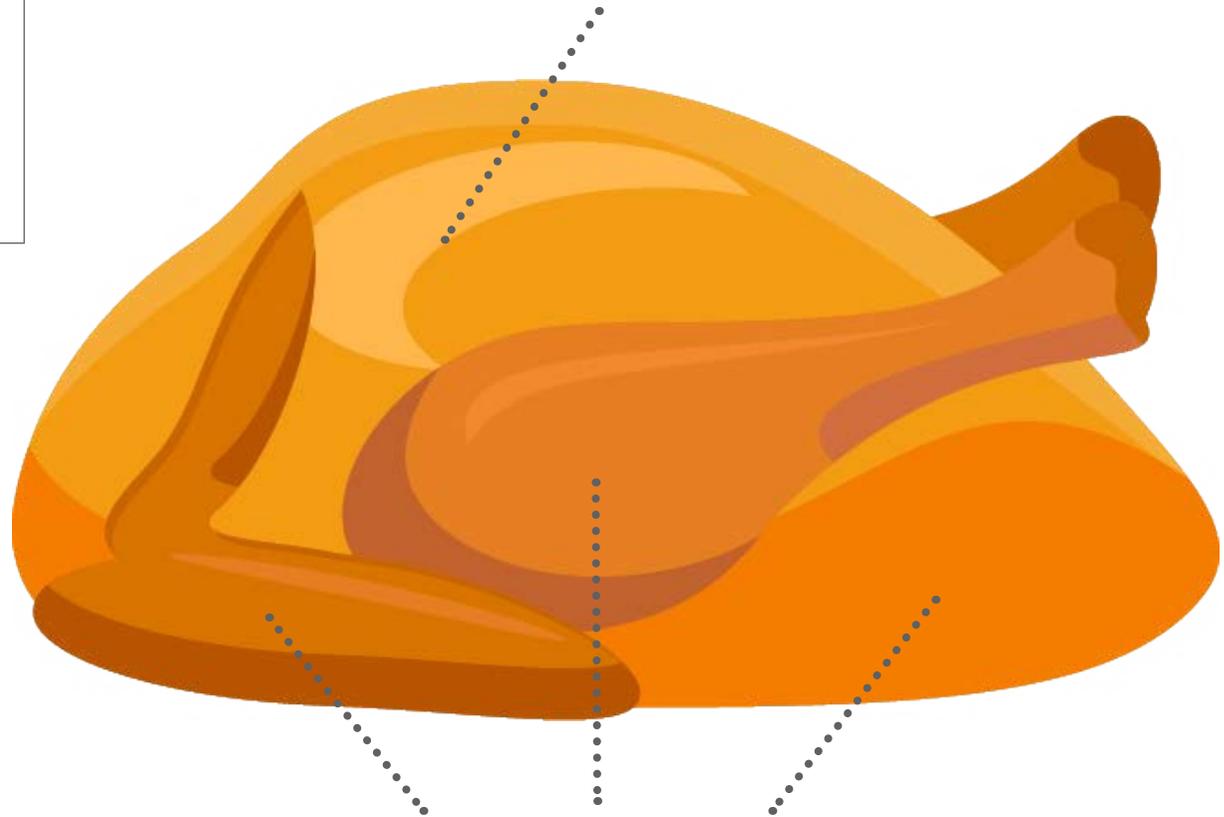
Naturally low in SODIUM. All fresh cuts of turkey are low in sodium.

Packed with PROTEIN. Each 100-gram serving has about 30 grams of high-quality protein.

For more information go to canadianturkey.ca/nutrition.

Turkey. A Healthy Choice for Everyday Living.

White meat is **LEAN** with just 3 grams of fat per a 100-gram serving.



Dark meat is **LEAN** with just 8 grams of fat per a 100-gram serving.

Want More?

Sign up to receive the [*Get Cooking with Canadian Turkey*](#) eNewsletter every month.

Find recipe ideas, nutrition tips, easy meal planning solutions and enter our monthly contest from **Canadian Turkey**.

Join the conversation!



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Canadian turkey is *raised with pride*[™]
by over 550 turkey farmers across Canada.

This publication has been brought to you by:



Turkey Farmers of Canada (TFC) is the national voice of Canadian turkey farmers.

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