



# **Get Cooking with Canadian Turkey**

Summer Grilling Guide  
**TURKEY CUTS**

# TASTY. NUTRITIOUS. VERSATILE.



## NUTRITION FACT:

Turkey is **NUTRIENT-RICH** and packed with protein! Each 100-gram serving of turkey has about 30 grams of high quality **PROTEIN**.

Turkey is naturally high on taste and pairs well with a multitude of sides, sauces and flavour profiles that will guarantee a wonderful BBQ taste experience.

Putting turkey on the grill is a great way to put lean, nutrient-rich Canadian **turkey cuts** on the table for your friends and family to enjoy all summer long.

Read on to find out more about:

- Buying Turkey Cuts
- Thawing and Storing Turkey Cuts
- Cooking Turkey Cuts
- Recipes and Meal Solutions
- Nutrition Notes

Go to [canadianturkey.ca](http://canadianturkey.ca) to learn more about turkey cuts, nutrition and much more.

# Buying Turkey Cuts

Ask your grocer or butcher for Canadian turkey cuts and use your imagination. The possibilities are endless!

There are a variety of packaged **turkey cuts** available in grocery stores right across the country...ready for putting on the grill.

- breast
- thigh
- drumstick (leg)
- wings (winglet and drumettes)
- ground turkey

Also look for other turkey BBQ products:

- sausage
- hot dogs

OR, ask your butcher to section a whole turkey for you. You can also do this at home. See our step-by-step guide at [canadianturkey.ca/sectioning](http://canadianturkey.ca/sectioning).

## Calculating Portions

**Boneless turkey breast:** ¼ lb (125 g)\*

**Turkey thighs, drumsticks & wings:** ½ lb (250 g)\*

**Ground turkey:** ¼ lb (125 g)\*

\*per person/serving

### NUTRITION FACT:

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

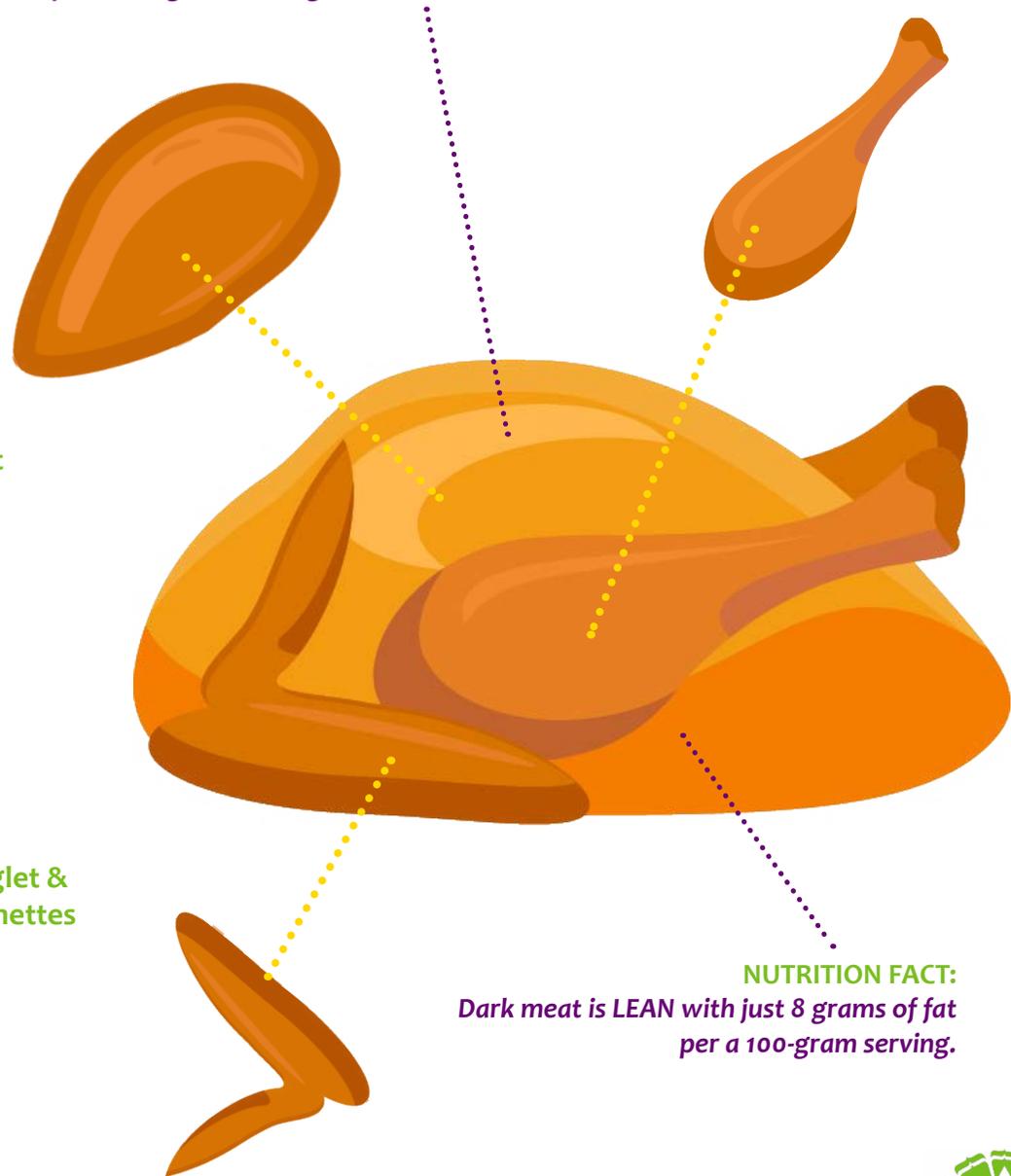
### Drumstick & Thigh

### Breast

### Winglet & Drumettes

### NUTRITION FACT:

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



# Thawing Turkey Cuts



Frozen turkey cuts should be thawed in the refrigerator or by using the cold water method and, when thawed, cooked within 48 hours.

While turkey cuts may be thawed using a microwave, it should be done with care and the thawed meat must be cooked immediately following thawing.

## **REFRIGERATOR METHOD:**

This method of thawing turkey cuts is the safest, as it keeps the meat cold until it is completely defrosted.

- Place tray pack on a tray on a bottom shelf in the refrigerator.
- Allow 5 hours of thawing time per pound (10 hours/kg).

## **COLD WATER METHOD:**

- Keep the turkey cut in its tray pack.
- In a container, cover the tray pack completely with cold water.
- Change the water at least every hour.
- Allow 1 hour of thawing time per pound (2 hours/kg).
- Once thawed, keep your turkey meat refrigerated and cook within 48 hours.

# Storing Turkey Cuts



Consult best before dates on product packaging to determine how long fresh turkey meat can be safely stored in the refrigerator. If none, Health Canada recommends using refrigerated turkey meat within 2-3 days of purchase.

## **STORING FROZEN TURKEY MEAT:**

Turkey cuts can be kept frozen for up to 6 months. Ground turkey can be kept in the freezer for 2-3 months.

Once thawed, treat previously frozen turkey meat as fresh and do not refreeze until cooked.

## **STORING COOKED TURKEY:**

Cooked turkey and cold cuts can be stored in a covered container, plastic bag or aluminum foil for up to 4 days in the refrigerator or up to 3 months in the freezer.

NOTE: After cooking, keep turkey hot (**above 140°F - 60°C**) or refrigerate (**below 40°F - 4°C**).

**DO NOT LEAVE TURKEY AT ROOM TEMPERATURE FOR MORE THAN 2 HOURS!**

# Barbequing Turkey Cuts

*Direct on the grill or rotisserie style turkey is great on the BBQ.*

These handy charts will help you determine whether to use indirect, direct or rotisserie heat for various turkey cuts.

These are guidelines only as all barbeques cook at different rates and each has hot and cold spots.

## EASY PREP:

*Because turkey is so lean there are less flare ups, making for an easy clean.*

Recommended BBQ method



May be grilled with indirect heat method when prepared by marinating overnight



Bone, roll and tie breast for rotisserie grilling



Boneless cuts will take longer



	Direct Heat Regular	Direct Heat Foil Wrap	Indirect Heat	Rotisserie	Approx. Cooking Times
<b>BONE-IN (RAW) TURKEY (WITH SKIN)</b>					
<b>Drumsticks</b> ¾ – 1½ lbs (340 – 680 g) ea.		✓	🔥		1½ – 1¾ hrs.
<b>Wings</b> ¾ – 1¼ lbs (340 – 565 g) ea.		✓	🔥		1¼ – 1½ hrs.
<b>Thighs</b> ½ – 1½ lbs (225 – 680 g) ea.	(small) ✓	(large) ✓	(large) ✓ 🔥		1½ – 1¾ hrs.
<b>Whole Breast</b> 4 – 7 lbs (1.75 – 3 kg)			✓	✓ ★	1½ – 2½ hrs. 🕒
<b>Half Breast</b> 2 – 5 lbs (900 g – 2.25 kg)		✓	✓	✓	1¾ – 2 hrs. 🕒

## PREP TIP:

*Always use a meat thermometer to ensure meat is properly cooked to a registered temperature of 165°F - 74°C.*



# Barbequing Turkey Cuts

Barbeques should be kept closed as much as possible while cooking turkey cuts.

Never re-use tools, plates or platters that touched raw turkey.

Use the temperatures noted to determine when turkey cuts are cooked safely on the barbeque.

Check out our [Get Grilling](#) section for delicious recipe ideas.

## PREP TIP:

*Grill extra turkey and save leftovers for snacks, lunches and dinners and prolong that BBQ flavour all week long.*

	Direct Heat Regular	Direct Heat Foil Wrap	Indirect Heat	Rotisserie	Approx. Cooking Times
<b>BONELESS (RAW) TURKEY</b>					
<b>Breast Cutlets, Steaks, Slices, Tenderloins, Fillets</b> 2-9 oz (55g - 255 g) ea.	✓				2 - 10 min. / side
<b>Ground Turkey Burgers</b> 3 ½ oz (100 g) patties	✓				4 - 6 min. / side
<b>Boneless Turkey Roast, Netted</b> 2½ - 6 lbs (1 - 2 ½ kg)			✓	✓	1¾ - 2½ hrs.
<b>TURKEY DELI PRODUCTS</b>					
<b>Hot Dogs</b> 1.6 - 2.6 oz (45 - 75 g) ea.	✓				4 - 6 min.
<b>Sausages</b> Sizes vary - cook to 165°F (74°C) end-point temperature.	✓				Follow package directions



# Turkey Cuts

## BREAST

Choosing turkey **breast** allows for a lot of flexibility on the grill.

Boneless or bone-in, with or without skin, turkey breast can be cooked whole, rolled and stuffed, as cutlets (scallopini) or cubed and used in kabobs.

### TASTY TIP:

*Grilling with the skin on keeps turkey moist during cooking and locks in flavour. You can always remove the skin afterwards.*

GET THE RECIPE!



BBQ Bacon Wrapped Turkey Medallions with Grilled Peach Salsa

GET THE RECIPE!



Grilled Turkey and Summer Vegetable Salad

GET THE RECIPE!



Grilled Turkey Scallopini with Corn Bacon Sauté

GET THE RECIPE!



Chimichurri Turkey Breast on the Grill

## Turkey Cuts

# WINGLETS and DRUMMETTES

Cook the whole wing or split it up into the **winglet** and **drummettes**. Either way, these are a real summer treat.

### TASTY TIP:

*Marinate with your favourite herbs and spices to infuse flavour before grilling.*

GET THE  
RECIPE!



Korean BBQ  
Turkey Wings



PIRI PIRI Grilled  
Turkey Drummettes

GET THE  
RECIPE!

## Turkey Cuts

# DRUMSTICKS and THIGHS

Turkey **drumsticks** and **thighs** are great for dark meat lovers but still lean and tasty. No need to wait for the fair, you can grill them right at home with plenty to share.

Check out these delicious recipes and more at [canadianturkey.ca/get-grilling](http://canadianturkey.ca/get-grilling).

### TASTY TIP:

*Brining is an excellent way to add more flavour to turkey meat.*

*Experiment with flavours but make sure that you brine for no less than 4 hours for best results.*

GET THE  
RECIPE!



**Bold Bourbon BBQ**

GET THE  
RECIPE!



**Jerk BBQ Turkey Kebobs with  
Mango Salsa**

GET THE  
RECIPE!



**Honey Garlic  
Brined Turkey Legs**

# Turkey Cuts

## GROUND

Ground turkey meat shines on the grill.

With less fat per 100 gram serving and higher in protein than other grilling meats, its perfect with or without the bun.

### TASTY TIP:

*Make the patties and freeze them ahead of time for quick and easy meals.*

### NUTRITION FACT:

*With just 8.7 grams of fat per 100 grams, ground turkey is an extra lean option with your favourite burger toppings.*

GET THE RECIPE!



Apple-Cheddar  
Turkey Burgers

GET THE RECIPE!



Cheddar Smokey Turkey &  
Lentil Burgers

GET THE RECIPE!



Teriyaki Turkey Burgers  
with Wasabi Mayonnaise

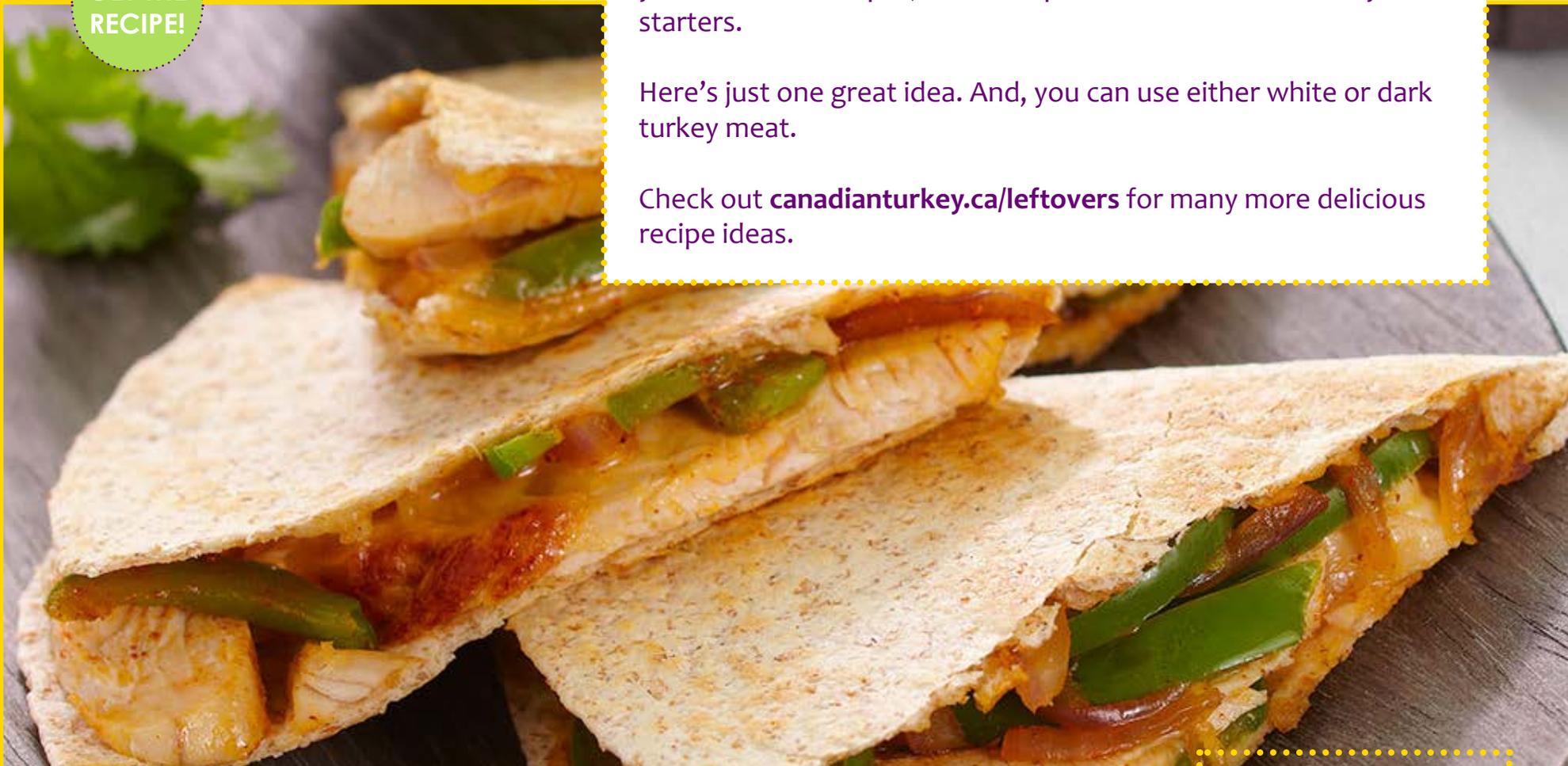
GET THE RECIPE!



Turkey Bagel  
Burgers

# Leftovers?

GET THE  
RECIPE!



Turkey is versatile. Plan ahead for leftovers and swap turkey in your favourite recipes, or freeze portioned amounts as easy meal starters.

Here's just one great idea. And, you can use either white or dark turkey meat.

Check out [canadianturkey.ca/leftovers](https://canadianturkey.ca/leftovers) for many more delicious recipe ideas.

## **NUTRITION FACT:**

*Turkey has a whole lot of health-boosting nutrients per calorie, such as iron (to deliver oxygen through your body), zinc (for a healthy immune system) and selenium (an antioxidant mineral). Dark meat is especially rich in these nutrients.*

**Turkey Quesadillas**



# Want more?

Sign up to receive our **Get Cooking with Canadian Turkey** eNewsletter every month.

You will find our feature recipe, nutrition tips, be able to enter our monthly contest and get suggestions on easy meal planning options and recipe ideas from **Canadian Turkey**.

Join the conversation.



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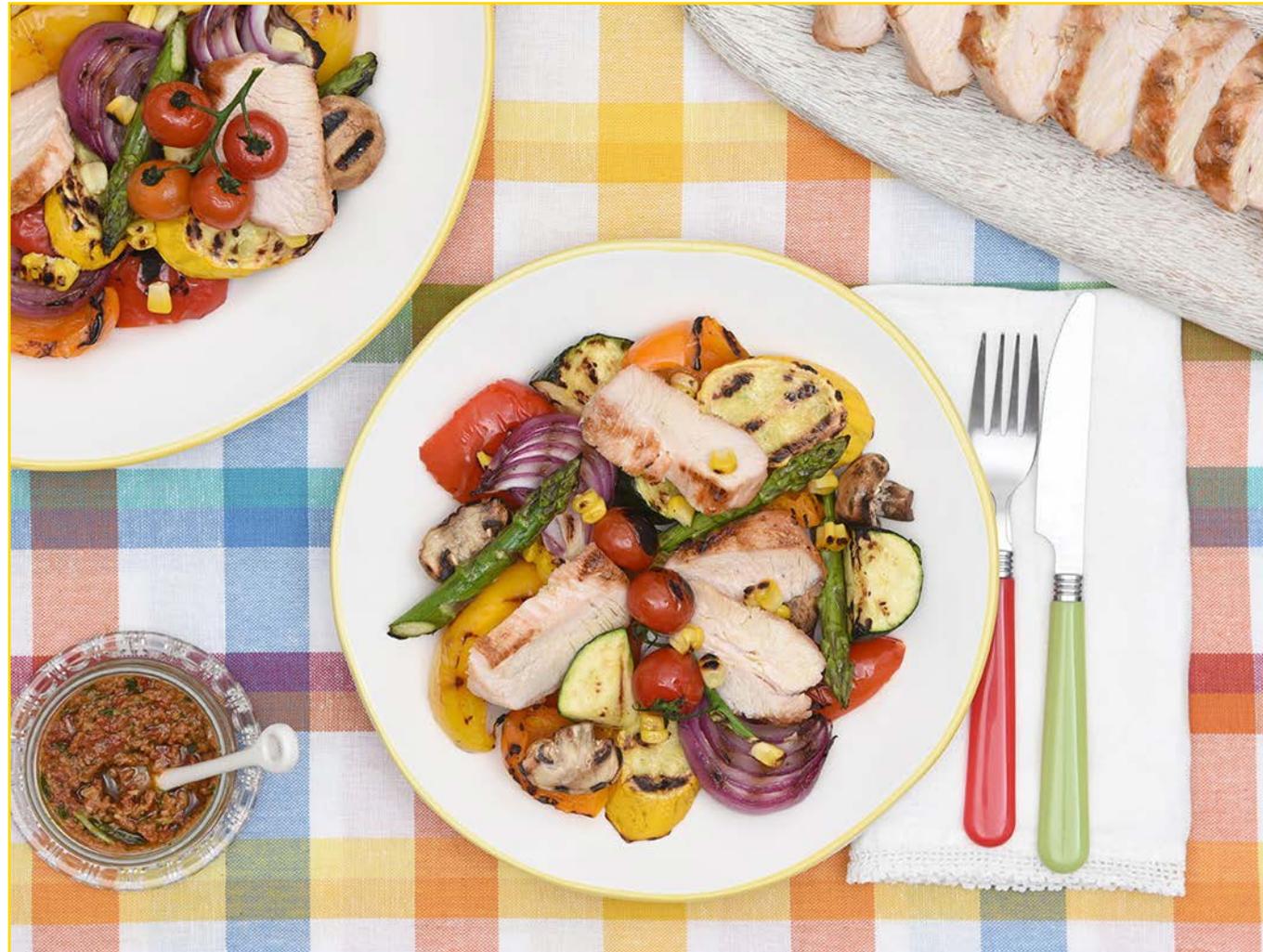
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Canadian turkey is *raised with pride*<sup>™</sup>  
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