

Celebrate Canada!



**Get Cooking
with Canadian Turkey**

Summer Grilling Guide
WHOLE TURKEY

TASTY. NUTRITIOUS. VERSATILE.



Turkey packs a powerful flavour punch and is a healthy choice for everyday living!

Naturally high on taste, it pairs well with a multitude of sides, rubs, glazes and flavour profiles that will guarantee a wonderful BBQ taste experience.

Putting a whole turkey on the grill is a great way to put lean, nutrient-rich Canadian turkey on the table for your summer gatherings.

Read on to find out more about:

- Buying a Whole Turkey
- Thawing, Storing and Carving
- Cooking Turkey
- Recipes and Meal Solutions
- Nutrition Notes

Go to [canadianturkey.ca/whole turkey](https://canadianturkey.ca/whole-turkey) for more information on preparing your turkey and view the complete set of **Turkey Basics: Whole Turkey How To videos**.

BUYING

Ask your grocer or butcher for *tasty, lean Canadian turkey all year long.*

For more information on how to select your whole turkey, watch our [Turkey Basics: How to Buy video](#).

Wondering about portions? See our [Whole Bird Turkey Calculator](#) to estimate what size of turkey you will need and how many it will feed. Don't forget to plan for delicious leftovers.

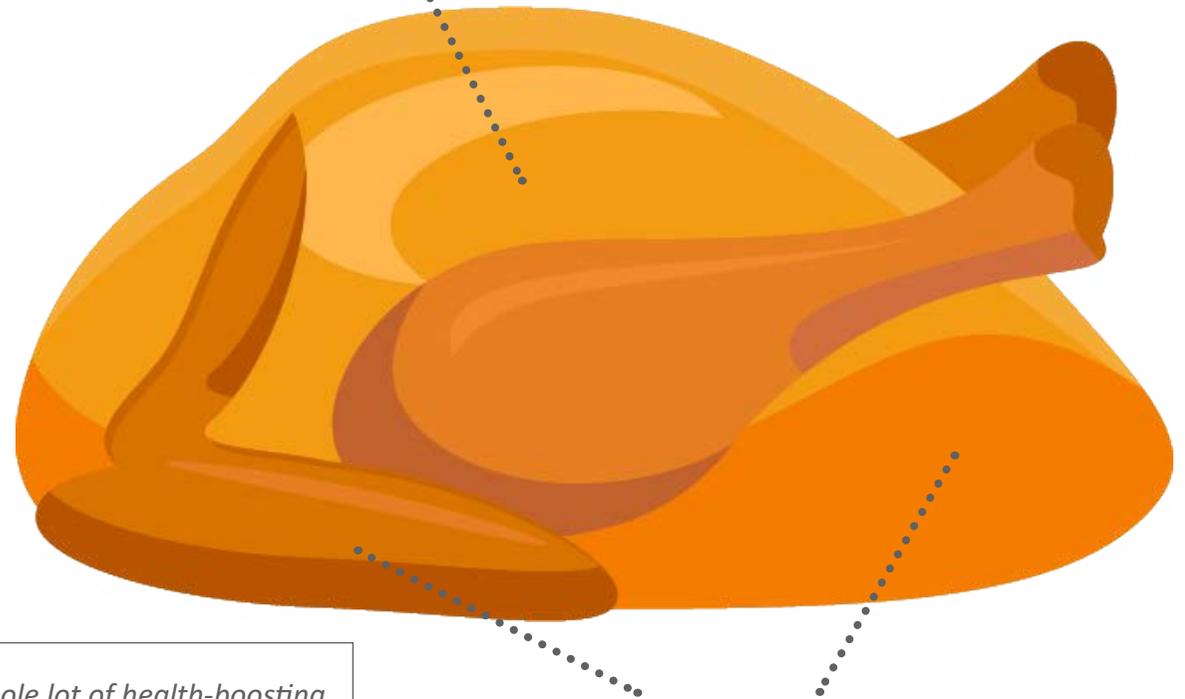
Get creative with a variety of packaged fresh **turkey cuts** like ground turkey, turkey breast, thighs, drumsticks and wings, or try turkey hot dogs and sausages if a whole turkey is too large.

For more information go to canadianturkey.ca/nutrition.

Turkey. A Nutritional Powerhouse.

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

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



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.

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

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



THAWING

The safest way to thaw frozen turkey is either in the refrigerator or in cold water and, remember to always follow safe food handling procedures.

Once thawed, keep your turkey refrigerated and cook within 48 hours.

Never thaw your turkey at room temperature!

Refrigerator Method:

- Place turkey 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 in its original wrapping.
- In a large container, cover the turkey completely with cold water.
- Change the water at least every hour.
- Allow 1 hour of thawing time per pound (2 hours/kg).

(See the video)

STORING

Always consult best-before dates on product packaging to determine how long a fresh, whole turkey can be safely stored in the refrigerator.

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!

Storing Frozen Turkey: Whole turkeys can be kept frozen for 1 year. Do not refreeze once thawed.

Store cooked turkey: For up to 4 days in the refrigerator or up to 3 months in the freezer.

Carving a whole turkey: It's easy. Check out our video for some expert tips.

(See the video)

CARVING



PREP & FLAVOURING

There are many options for flavouring your turkey before, during and after cooking.

- **Before you cook**, try **brining** your turkey. Brining adds flavour and moisture to turkey meat by soaking the whole turkey in salted water. See how to brine your turkey [here](#).
- **Rubs** and **finishing sauces** are a perfect complement to flavour-boost your grilled turkey.

PREP TIP:

Plan for leftovers and use for snacks, lunches and dinners, and prolong that BBQ flavour all week long.

EASY PREP:

Because turkey is so lean, there are less flair ups.

make-at-home
FLAVOUR PACKED SPICE BLENDS

BBQ *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

combine all 8 ingredients to make your rub

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

Try **Canadian Turkey's** **Make-at-Home Spice Blends and Finishing Sauces.**

Get the blends and more, [here](#).

delectable finishing sauces
TO FLAVOUR YOUR BBQ TURKEY

BBQ *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 TABLESPOON APPLE CIDER VINEGAR SALT / PEPPER TO TASTE

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

COOKING

Grilling a whole turkey on the BBQ is easy and makes for a moist, tender, delicious and nutritious turkey!



Prepare turkey as you would if you were roasting it in your oven:

1. Place the turkey with breast side up in roasting pan and lightly brush with oil or melted butter and sprinkle outside and cavity with seasonings.
2. Add ½ cup (125 ml) water or clear soup stock to bottom of pan and insert oven-proof meat thermometer into thigh without touching the bone.
3. Place pan on barbeque grill preheated to medium and close lid.
4. After 20 – 30 minutes, lower heat to medium-low and tent turkey with foil to prevent over-browning. Baste every 15 – 20 minutes. Add more water/stock to pan if it dries out during cooking.

Turkey is cooked when the meat thermometer reads 170°F (77°C) for an **unstuffed turkey**.

Turkey Size (by weight)	Approx. Cooking Times (at medium heat)
Timetable for Barbecuing a Whole Turkey	
6 – 8 lbs (3.0 – 3.5 kg)	1 – 1 ¾ hours
8 – 10 lbs (3.5 – 4.5 kg)	1 ¼ – 2 hours
10 – 12 lbs (4.5 – 5.5 kg)	1 ½ – 2 ¼ hours
12 – 16 lbs (5.5 – 7.0 kg)	2 – 2 ¾ hours
16 – 20 lbs (7.0 – 9.0 kg)	2 ½ – 3 ¼ hours
20 – 24 lbs (9.0 – 10.9 kg)	3 ¾ – 4 ½ hours

For barbeques with temperature settings, keep barbeque adjusted to 350°F – 375°F (177°C – 190°C).



GRILLING WHOLE

Here are a few recipe ideas for grilling your turkey **whole**.

Plan for leftovers and use for snacks, lunches and dinners and prolong that BBQ flavour all week long.

If a whole turkey is too much, ask your grocer or butcher to prepare a **half** turkey.

Backyard BBQ'd Tasty Canadian Turkey



GET THE RECIPE!

Summer's Best BBQ'd Turkey

Sweet and Spicy
BBQ Half Turkey on the Grill



GET THE RECIPE!

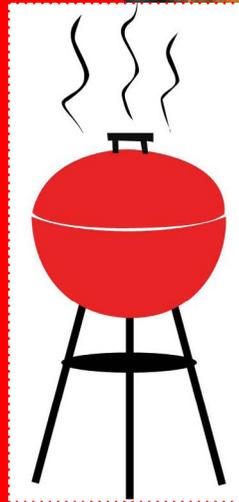


GET THE RECIPE!

GET CREATIVE

Try **spatchcocking** (flattening) a whole turkey for the grill.

Intimidating? Not at all. Ask your grocer or check out **how to** do it at home.



PREP TIP:

Cook your entire meal on the BBQ – appetizers, side dishes, vegetables and even desserts can be cooked over the grill.



SMOKED OR DEEP FRIED

If you want to get adventurous and step away from the BBQ, try smoking or deep-frying your turkey. Here's how.

Smoked Turkey Recipe
(thecookiewriter.com)

GET THE RECIPE!



Either way, it will taste delicious!

GET THE RECIPE!

Deep-Frying a Whole Turkey



LEFTOVERS

Turkey is a versatile, economical meat protein option when planning for leftovers.

Swap leftover turkey into your favourite recipes, or freeze portioned amounts as easy meal starters.

Here are some great ideas.

Check out canadianturkey.ca/leftovers for many more.

The possibilities are endless!



GET THE RECIPE!

Grab and Go
Turkey Muffins



GET THE RECIPE!

BBQ Turkey Club
with Spicy Mayo



GET THE RECIPE!

BBQ Turkey
Mixed Grill Dinner



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!



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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