

TODAY'S TURKEY:

GRILLING TIPS



Whether using a gas or charcoal grill, your results will be juicy and delicious following these pointers.

Today's TURKEY
Serve up something unexpected

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WHAT TO GRILL

Turkey tenderloins/cutlets, bone-in breasts, drumsticks, thighs and ground turkey are perfect for grilling.

GRILLING TIPS

Turkey will brown quickly. Always cook turkey tenderloins, cutlets, breast, bone-in, burgers and sausages to the internal temperature of 165°F and drumsticks and thighs to the internal temperature of 175°F according to a food thermometer.

Rotate all cuts often to maintain juiciness and enhance flavor.

Use tongs and spatulas! Piercing the turkey meat causes flavorful juices to escape.

Apply sauces or glazes containing sugar during the last 10-15 minutes to avoid burning.

BEFORE YOU GRILL

Apply a thin coating of non-stick vegetable cooking oil to the unheated grill rack to reduce sticking. Brush or spray the outer surface of turkey meat with light flavored cooking oils. All cuts are delicious when marinated in bold, rich flavors, then grilled.



Grill time varies!

The size and shape of the cut of meat, the distance from the heat, temperature of the coals and the outside air temperature will all affect grilling time.

Direct grill using medium-high heat for small turkey cuts that require 25 minutes or less cooking time (turkey burgers, breast tenderloins, and cutlets).

Grill with the lid closed to evenly circulate heat, prevent flare-ups and reduce fuel use.

Searing: the leaner the cut (cutlets), the higher the heat can be; meatier cuts (thigh), should be seared at a slightly lower heat.

ALWAYS REMEMBER: FOOD SAFETY FIRST

Prevent cross-contamination:

- Use separate cutting boards for raw meats and vegetables.
- Carefully clean all cutting boards, countertops and utensils with soap and hot water.
- Wash hands frequently (vigorously with soap and water for about 20 seconds) as you shift between handling each type of raw food.
- Keep raw meats separate from prepared foods. Never place cooked meat on a plate used for raw meat.
- Always rely on a meat thermometer, inserted into the thickest portion of the meat away from the bone, to confirm proper cooked temperature.
- Refrigerate any leftovers promptly in shallow containers. Discard any food left out for more than 2 hours (1 hour if temperatures are above 90°F).
- Never reuse marinade as a sauce at the table.

PRODUCT	METHOD	TIME	INTERNAL TEMPERATURE
TURKEY BURGERS (4-ounces each)	Direct/ Medium	5-6 min/side	165°F
TURKEY TENDERLOIN/ CUTLETS (8-ounces each)	Direct/ Medium	15-20 min	165°F
TURKEY SAUSAGES (4-ounces each)	Indirect/ Medium	18-22 min	165°F
TURKEY DRUMSTICKS & THIGHS (8-ounces each)	Indirect/ Medium	45-60 min	175°F
TURKEY BREAST BONE-IN (4-7 pounds)	Indirect/ Medium	1hr, 45 min	165°F