

How To Grill Turkey Breast

When it comes to cooking turkey, I am not always in the mood to cook an 18-20 lb beast. Sometimes we want turkey and we want it now!! Guess what? Now you can have turkey, right now!!! Here's a recipe that will work on any grill you have, it's that easy and helpful too. Happy Cooking, Chef Jason

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

Yield: Serves 4-6

Prep time: 10 Minutes

Cook time: 90 - 120 Minutes

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
1 ea	Turkey Breast, Cage (rib cage)	7-8#
2 Tbsp	Oil, Olive Blend	
Taste	Rub-A-Dub, Chef Jason	BBQ Provisions Rubs
If desired		
1 lb	Bacon, Thick Sliced	Applewood Smoked

Cooking Directions:

- Purchase Turkey Breast Cage. Things to look for:
 - Fresh vs Frozen (both are good)
 - Allow frozen breast 1-1.5 Days in the fridge to fully defrost
 - Natural or Solution Enhanced
 - Solution can contain 8-20% solution of salt, sugar, spices and seasonings
 - Solution also contains roughly 200mg sodium per 4oz serving of turkey
- Open package and remove any giblets
- Drain liquid off turkey and pat dry
- Remove and extra skin or fat that you don't want
- Rub all over with oil
- Season to Taste with Rub-A-Dub
- Allow Turkey to sit, on a cookie sheet pan for 10-15 minutes
- Start your grill and adjust temp to hold at 350°

- Once grill is heated to 350°, turn off burners or adjust grill to indirect and ensure that temp is holding at 350°
- Load the turkey breast with the cage standing up
- Load your temperature probe if desired into the thickest part of the breast lobe
- Cook at 350° until breast reaches internal temp. of 105°
 - Approx 1 Hour
- If desired – cover with a bacon blanket (bacon weave blanket of 1lb thick sliced bacon)
 - Carefully place the breast into a cast iron skillet and let heat up for 5 minutes
 - Cover with the bacon blanket and cook until desired doneness
 - For crispy turkey skin, remove bacon when temp reaches 135° internal
 - For more flavor, leave bacon blanket on until fully cooked
- Cook Turkey to 165°
- Once at temp, carefully remove the turkey
- Rest on Cutting board for 5 minutes
- Sliced and serve

Supplies Used:

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| ○ Rub-A-Dub, 5280 Culinary | Ace Sku 8562050 |
| ○ Weber Connect, Smart Grilling Hub | Ace Sku 8029955 |