

## Grillin' Skin-on Turkey Breast Instructions

### Items Needed:

Aluminum Foil

Meat Thermometer

Non-Stick Cooking Spray

Prep time - 10 minutes - Cook Time - 45 - 85min

1. Preheat grill to 350F
2. Roll out enough foil to wrap around breast a couple of times.
3. Coat one side of the foil with Non-stick Cooking Spray
4. Remove Turkey Breast from Plastic Packaging and discard of packaging
5. Place turkey breast skin side down on foil. Wrap foil around back of breast and back over the skin side. If you have more foil, just keep wrapping around until you are out. Make sure to remember what the skin side is. Take the ends of foil and fold them over several times to seal the foil package up.
6. **\*\*Very Important\*\*** Set grill up to cook breast on Indirect heat. Gas grill with multiple burners turn one burner to low and set other burners accordingly to maintain approximately 350F during cooking. Charcoal grill: Place coals to one side of grill leaving an area big enough to place the breast without any coals directly beneath it.
7. Place breast skin side down on the low heat or no coal side of the grill. (make sure you are on the indirect heat side of the grill as placing the breast on direct heat will result in a burnt and dried out product)
8. Close lid and set a timer for 20 minutes. Keep checking the temperature of the grill to make sure that it is around 350F.
9. After 20 minutes flip breast over and cook another 20 minutes.
10. After 40 minutes of total cook time use a meat thermometer and check the internal temperature of the breast. 165F is the minimum temperature we are trying to achieve. Check the breast in several places and try to get the tip of the thermometer in the center of the thickest part of the breast. If the breast has reached the 165F internal temperature then proceed to the next step. If it has not, then flip the breast over and cook for another 15 - 20 minutes and check temperature again.
11. For crispier skin place breast skin side down on the hot part or direct heat side of the grill for 5 minutes. If this is not desired, then proceed to the next step.
12. Remove breast from grill and place on cutting board. Let breast sit and cool for 10 minutes while still in the foil. Then remove foil (take extreme caution as breast will still be very hot at this point) and slice breast against the grain at whatever thickness you prefer.
13. Serve with your favorite sauce or gravy and enjoy.

- *Cooking times vary greatly depending on grills and weather conditions*
- *Breast can also be baked in the oven covered in foil or using a cooking bag. 350F for approximately 1hr or until an internal temp of 165F has been reached.*

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## Smoked Beef Brisket

*Brisket is fully cooked and can be eaten without reheating if desired. To reheat please follow the directions below.*

### Items Needed:

Meat Thermometer

Knife

13 x 9 baking dish

BBQ Sauce

### Baking Whole

1. Preheat oven to 375F.
2. Remove brisket from plastic and place in center of baking dish.
3. Bake uncovered for approximately 1hr or until an internal temperature of 145F is reached.
4. Remove from oven and let sit for 10 minutes.
5. At this point the brisket can be prepared several ways.
6. Option 1: The brisket can be dinner sliced and served. Also can be served with BBQ sauce or left plain.
7. Option 2: Brisket can be shredded for pulled beef brisket sandwiches. Slice the brisket into 1 ½ - 2" squares. Then using two large forks mash and tear apart the meat (make sure to squeeze the fat as much as possible and remove then remove any large clumps). Once meat is shredded add about a 1 ½ cups of your favorite BBQ sauce and mix until sauce is evenly distributed (can add more sauce if desired). Shredded meat can be kept warm in a crock pot until ready to serve.

### Pre-slice and Reheating

We recommend this method if a dinner slice is desired as the brisket is easier to slice when cold.

1. Preheat oven to 350F
2. Remove brisket from plastic and slice to desired thickness.
3. Place the slices in a 13 x 9 baking pan.
4. Using about 2 ½ - 3 cups of BBQ sauce completely cover slices of brisket. Can substitute beef stock for BBQ sauce if pre-sauced brisket is not desired.
5. Cover pan with foil.
6. Place in the oven and bake for approximately 45 minutes or until an internal temperature of 145F is reached.
7. Remove from oven and let sit for 10-15min before serving.

