

# Poultry

Grilling Guide

Chicken Fajitas

Turkey Teriyaki

Cornish Hens with  
Mandarin Rice

Smoked Whole Turkey

Grilled Chicken  
under Brick

East - West Buffalo Wings

## TIP



### WHEN COOKING POULTRY

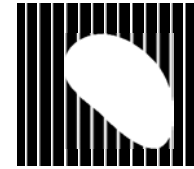
Use separate dishes for raw and cooked.  
Wash work surfaces, utensils and your hands with hot soapy water after handling raw poultry to prevent spreading bacteria to other foods.



## POULTRY GRILLING GUIDE

Follow the diagrams for that perfect diamond patten.

Preheat barbecue!  
Brush grills with olive oil  
Follow directions  
Test for completeness



Place chicken on hot grill.



Flip chicken over at a 180 degree angle.



Flip chicken over at a 90 degree angle.



Flip chicken over at a 180 degree angle.

### BREASTS, PATTIES

	Comments	Heat Setting	Time Per Side				Total Time
			A	B	C	D	
Chicken Breasts (6 to 8 ounces)	Place breasts on the oiled grill all facing the same direction, at a 45deg angle to the bars of the cast iron grill. Grill breasts until cooked, 4 to 6 minutes per side, rotating the breasts 90 degrees after 2 minutes.	HIGH	2-3	2-3	2-3	2-3	8 – 12 minutes Well Done 170deg F internal Temp

### PIECES

	Weight	Heat	Well Done 170deg F	Comments
Chicken pieces, bone-in Breasts and Wings		Medium	30 – 40 minutes	Remove skin, if desired. Place bone side down on cast iron grill. Turn halfway through cooking time. Brush with sauce during last 10 minutes of cooking.
Chicken pieces, bone-in Legs and Thighs		Medium	40 – 50 minutes	
Turkey Breast Whole	4 – 5 lbs	Medium	60 – 90 minutes	

### WHOLE BIRDS

	Weight	Heat	Well Done 170deg F	Comments
Chicken	3 ½ - 5 lbs.	Medium	1 – 1 ½ hours	Place whole bird in or over a drip pan, breast side up, on the cast iron grill. Cook to an internal temperature of 180deg F(83deg C) in the thickest part of the thigh, and 170deg F (77deg C) in the breast.
Game Hen	1 ½ - 2 lbs.	Medium	30 – 45 minutes	
Duck	3 ½ - 5 lbs.	Medium	2 – 2 ½ hours	
Quail	3 ½ - 5 lbs.	Medium	30 – 45 minutes	
Turkey, unstuffed	10 – 11 lbs.	Medium	90 – 120 minutes	
	12 – 14 lbs.		110–140 minutes	
	15 – 17 lbs.		130-160 minutes	
	18 – 22 lbs.		140 –170 minute	
	23 – 25 lbs.		150 – 180minute	

\*\* Times may be affected by wind, outdoor temperature, and thickness or temperature of meat prior to cooking



## CHICKEN FAJITAS

Makes 4 – 6 servings

3	Whole	Chicken Breast (skinned, boned and cut into halves)
½	Cup	Vegetable Oil
¼	Cup	Red Wine Vinegar
1/3	Cup	Lime Juice
¼	Cup	Onion (finely chopped)
1	Teaspoon	Sugar
1	Teaspoon	Oregano Leaves (dried)
½	Teaspoon	Salt
½	Teaspoon	Pepper
¼	Teaspoon	Ground Cumin

Preheat grill on PREHEAT then reduce to HIGH

Rinse chicken thoroughly under running cold water; pat dry with paper towels. Wash hands with soap and water.

Mix all ingredients, except chicken breasts and tortillas, in a swallow non-metal container. Add chicken, turning to coat each side. Refrigerate, covered, 4 hours, turning occasionally. Remove chicken from marinade, place on cooking grid and cook on high for 8 minutes. Lower heat to medium and cook until chicken is cooked through, 15-17 minutes longer. Slice chicken into thin slices.

4-6		Warm Flour Tortillas
	Chopped	Tomato
	Chopped	Onion
	Sliced	Avocado
		Salsa

Place chicken slices, tomato, onion, and avocado in tortillas and roll up to eat. Serve with salsa.

## TURKEY TERIYAKI

Makes 4 – 6 servings

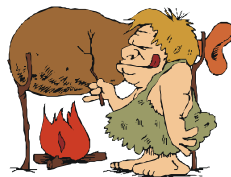
32	Ounce	Frozen White Turkey Roast
½	Cup	Brown Sugar
¾	Cup	Coca-Cola® Classic
½	Cup	Soy Sauce
2	Tablespoons	Cooking Oil
2	Teaspoons	Vinegar
1	Teaspoon	Ground Ginger
1	Minced	Clove of Garlic

Preheat grill on PREHEAT then reduce to medium

Partially thaw the turkey roast and cut it into 12 slices. Arrange the slices of turkey in a shallow dish.

For the marinade, mix the brown sugar, Coca-Cola®, soy sauce, oil, vinegar, ginger and garlic and pour over the turkey slices. Cover and chill for at least 1 hour. Drain, reserving marinade. Grill the turkey slices over medium heat about 25 minutes; turn and baste often with marinade.

**TIP** To warm floor tortillas wrap tortillas in heavy-duty aluminum foil and place on the cast iron grates. Heat about 15 minutes, on medium, turning package over once..



## CORNISH HENS WITH MANDARIN RICE

Makes 4 servings

4	Whole	Cornish Game Hens
		Mandarin Rice (Below)
		Cooking Oil
		Paprika
		Orange Marmalade

Preheat grill on PREHEAT then reduce to MEDIUM.

Rinse Cornish hens and pat dry with paper towels.

Prepare Mandarin Rice.

### Mandarin Rice

¼	Cup	Slivered Almonds
2	Tablespoons	Chopped Celery
1	Small	Green Onion And Top (thinly sliced)
2	Tablespoons	Butter
1	11 Ounce Can	Mandarin orange Segments (well-drained)
2	Tablespoons	Orange Juice (concentrate)
2	Cups	Cooked Rice

Sauté almonds, celery and onion in butter in small skillet until almonds are lightly toasted. Combine almond mixture, orange segments, orange juice concentrate and rice, tossing to a mix.

Makes 3 Cups.

Stuff Cornish hens with mixture and tie legs and string. Brush hens lightly with oil; sprinkle with paprika.

Place hens on cooking grate, If you want to catch the dripping to make gravy, place the hens in a foil pan and add enough water or juice to cover the bottom about ¼ inch thick. Grill until the stuffing reaches 165°F, the juices run clear and drumstick meat falls tender when pressed, about 45 to 60 minutes. Baste hens with orange marmalade during last 20 minutes of cooking time. Remove hens from cooking grate and arrange on serving platter.

## WHOLE SMOKED TURKEY

Feeds a small army

1	Whole	Turkey 20 – 25 pounds, thawed
		Seasoning Salt
		Paprika

Preheat grill on PREHEAT then reduce to medium

Remove the neck and giblets. Rinse turkey thoroughly and pat dry with paper towels.

Rub outer surface of turkey with seasoning salt and paprika inside and out. Place turkey, breast side up, in center of cooking grate and grill until turkey is tender and golden brown; 11 to 13 minutes per pound or to an internal temperature of 180°F in the thickest part of the thigh and 170°F in the breast. Remove turkey from cooking grate and let stand for 10 minutes before carving.

**Variation:** If you like to use the drippings to make a gravy with flavour, place turkey on a cooking grill and place inside a large aluminum foil roast pan. Add approximately a ¼" of water to the bottom of the pan. You may need to add more water during the roasting period.



## GRILLED CHICKEN UNDER BRICKS

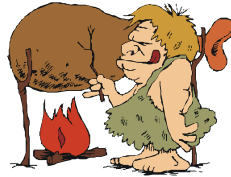
Makes 2 servings

2	Large	Chicken Breasts (boneless, skinless)
1	Teaspoon	Course Salt
1	Teaspoon	Cracked Black Peppercorns
1 1/2	Teaspoon	Hot Red Pepper Flakes
1	Tablespoon	Chopped Garlic
1	Tablespoon	Chopped Fresh Rosemary
		Juice of ONE Lemon
3/4	Cup	Extra-Virgin Olive Oil

Preheat grill on PREHEAT

Cut each chicken breast in half. Trim any sinews or excess fat off the chicken breasts and discard. Rinse the breasts under cold running water, then drain and blot dry with paper towels. Sprinkle the breasts on both sides with the salt, cracked black pepper and hot red peppers. Sprinkle the breasts with the garlic and rosemary, patting them on with your fingers. Arrange the breasts in a non re-active backing dish or inside a zip lock type bag. Pour lemons juice and oil over them and let marinate in the refrigerator, covered for 30 minutes to 1 hour turning several times. Set grill on high. Brush and oil the cast iron grates. Arrange the chicken breasts on the hot grill at a 45 degree angle. Place a brick (wrapped in aluminium foil) on top of each breast. Grill the breasts until cooked, 4-6 minutes per side, rotating the breasts 90 degrees after 2 minutes on each side to create an attractive cross-hatch of the grill marks. See Grilling Guide for example.

**TIP** To increase the depth of the grill marks, to give you that true restaurant look, just wrap a clean brick in aluminum foil and lay on top of each piece.



## EAST-WEST BUFFALO WINGS

Makes 2 – 4 servings

16	Whole	Chicken Wings (3 1/2 pounds)
1	Cup	Butter
4	Cloves	Garlic(minced)
4		Scallions (trimmed, white parts minced green parts finely chopped, for garnish)
1	Tablespoon	Fresh Ginger (peeled, minced)
1	Cup	Thai Hot Sauce OR Other Hot Sauce
3	Tablespoons	Lime Juice
1	Teaspoons	Black Pepper

Preheat grill on PREHEAT then reduce to MEDIUM

Rinse the chicken wings under cold running water and blot dry with paper towels. Skewer the wings lengthwise with wooden or metal skewers and arrange on a baking dish. Prepare marinade: Melt 3 tablespoons butter in a saucepan over medium heat. Add garlic, scallion whites and ginger and cook until fragrant but not brown, about 3 minutes. Add the remaining butter, hot sauce, lime juice, and pepper, and season with salt to taste. Bring to a boil. Then remove from the heat and let cool to room temperature. Pour the mixture over the wings, turning the wings to coat evenly. Let marinate in the refrigerator, covered for 1 hour. When ready to cook drain the wings, reserving any marinade. Transfer the remaining marinade to a sauce pan and boil for 3 minutes. Place the wings on the grill. Grill until crisp and golden brown on the outside and cooked through, 8 to 12 minutes per side. Transfer wing to a platter and pour boiled marinade over them. Sprinkle scallion greens and serve.

