

# Turkey ... a sizzling sensation on the grill

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Colorful South of the Border Turkey Kabobs bring wonderful taste and texture to summertime meals.

Fresh boneless turkey breast medallions, yellow squash, onions and peppers are coated with a special lime juice-based mixture, then skewered and grilled. These kabobs are a great way to showcase summer's fresh produce and put a little twist on a grilling favorite.

## SOUTH OF THE BORDER TURKEY KABOBS

1 package Butterball Fresh Boneless Turkey Breast Medallions

1/4 cup vegetable oil

1/4 cup fresh lime juice

2 teaspoons salt

1 teaspoon chili powder

1/2 teaspoon garlic powder

2 medium yellow squash, cut into 3/4-inch chunks

2 medium onions, cut into 3/4-inch chunks

2 red bell peppers, cut into 3/4-inch chunks

2 green bell peppers, cut into 3/4-inch chunks

Combine oil, lime juice, salt, chili powder and garlic powder in large bowl. Toss vegetables in oil mixture; stir to coat. Transfer vegetables to separate large bowl. Add turkey medallions to oil mixture; stir to coat.

Thread turkey and vegetables alternately onto skewers, leaving a small space between pieces. Grill over hot coals about 20 minutes or until turkey is no longer pink in center, turning occasionally to pre-

pare grill for indirect-heat cooking. Place turkey, skin-side-up, on rack over drip pan. Cover and grill turkey breast 1 to 1 1/4 hours or until meat thermometer reaches 170 degrees F.

In small saucepan, over medium heat, combine water, cornstarch, and bouillon. Stir in jelly, cilantro, garlic, cumin and red pepper flakes. Cook and stir until mixture is slightly thickened.

Brush turkey with 2 table-

spoons sauce during last 5-10

minutes of cooking. Serve turkey with remaining sauce. Refrigerate leftovers. Serve 6.

Nutritional Information

(per serving): 288 calories, 37

grams protein, 10 grams fat (31

percent), and 10 grams carbohydrates.

Recipe compliments of the

National Turkey Federation

veat burning. Serves 6. Preparation time: 30 minutes.

Recipe compliments of the Butterball Turkey Company

## JALAPENO GLAZED TURKEY BREAST

1 bone-in turkey breast half (about 2 1/2 pounds)

1/2 cup water

2 teaspoons cornstarch

2 tablespoons reduced-sodium chicken bouillon

1/4 cup jalapeno or apple jelly

1 tablespoon fresh cilantro, finely chopped

2 cloves garlic finely chopped

1/2 teaspoon ground cumin

1/4 teaspoon red pepper flakes (optional)

Prepare grill for indirect-heat cooking. Place turkey, skin-side-up, on rack over drip pan. Cover and grill turkey breast 1 to 1 1/4 hours or until meat thermometer reaches 170 degrees F.

In small saucepan, over medium heat, combine water, cornstarch, and bouillon. Stir in jelly, cilantro, garlic, cumin and red pepper flakes. Cook and stir until mixture is slightly thickened.

Brush turkey with 2 tablespoons sauce during last 5-10 minutes of cooking. Serve turkey with remaining sauce. Refrigerate leftovers. Serve 6.

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## CHICAGO FIRE ITALIAN SAUSAGE SANDWICHES

1 package Butterball Fresh Fresh Turkey Hot Italian Sausage

5 large hot dog buns

5 teaspoons yellow mustard

5 tablespoons chopped onion

5 tablespoons pickle relish

10 tomato wedges

10 jalapeno peppers, if desired

Grill sausage according to package directions. Place in buns. Add mustard, onion, relish, tomato wedges and peppers to each sandwich.

Makes 5 sandwiches. Preparation time: 15 minutes.

## BARBECUE TURKEY BURGERS

1 package Butterball Fresh Ground Turkey

1/2 cup chopped onion

1/2 cup Hunts Hickory & Brown Sugar Barbecue Sauce, divided

1/2 cup dry bread crumbs

1/2 teaspoon salt

1/8 teaspoon ground black pepper

6 burger buns

Prepare Chipotle Pepper Mole Sauce, combine chicken broth, raisins, garlic, chipotle pepper, almonds and cacao in medium saucepan. Simmer over low heat 10 minutes. Pour into food processor or blender; process until smooth. Add cilantro, lime juice and salt.

Grill cutlets according to package directions. Serve chipotle sauce over grilled cutlets with Mexican polenta.

Serves 7. Preparation time: 20 minutes.

\*To make Mexican polenta, cool 1 cup instant cornmeal polenta according to package directions. Stir in 1/2 teaspoon garlic powder, 1/2 teaspoon salt and 2 cups seasoned cheese.

Recipes compliments of the Butterball Turkey Company

Makes 6 burgers. Preparation time: 25 minutes.

## TURKEY CUTLETS WITH CHIPOTLE PEPPER MOLE SAUCE

1 package Butterball Fresh Boneless Turkey Breast Cutlets

1 can (14 1/2 ounces) chicken broth

1/4 cup raisins

1 chipotle chili pepper in adobo sauce

2 tablespoons ground almonds

2 teaspoons unsweetened cocoa

1/2 cup chopped fresh cilantro

2 tablespoons fresh lime juice

1/2 teaspoon salt

To prepare Chipotle Pepper Mole Sauce, combine chicken broth, raisins, garlic, chipotle pepper, almonds and cacao in medium saucepan. Simmer over low heat 10 minutes. Pour into food processor or blender; process until smooth. Add cilantro, lime juice and salt.

Grill cutlets according to package directions. Serve chipotle sauce over grilled cutlets with Mexican polenta.

Serves 7. Preparation time: 20 minutes.

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# Turkey from page D1

wood can add.

"First I light the coals with an electric starter instead of lighter or smell," she said. "While they are heating up, I soak some pieces of apple or cherry wood in water. Once the coals are hot, I move them to the sides of the grill, and add the drip pan with water and put the fruit wood on top."

Mozen never uses softwood (pine, fir, cedar or spruce) as it gives the food a turpentine flavor and coats it with a black pitch or resin.

## Grilling turkey parts

Whether you're feeding a smaller crowd or supplementing that meal for a large one, a turkey breast is a great idea. Grill a 3 to 3 1/2 pound boneless turkey breast by the indirect method for one to two hours until the internal temperature reaches 160°F.

Small turkeys, six to eight pounds, can be quartered before grilling. Grill turkey pieces, turning occasionally, for at least one hour or until the internal temperature reaches 165°F. Kabobs made with boneless turkey breast medallions and vegetables, are a quick and delicious grilling option.

If you are marinating or basting a dish, prepare extra to use for dipping. Dip the meat in the marinade as was used to brush

during the last 3 minutes of cooking. When using a sugar-based barbecue sauce, apply it toward the end of the cooking time. The sugar in these sauces burns easily and should not be exposed to prolonged heat.

Never squirt lighter fluid directly into an already lit fire.

Let meats rest. Beef, steak, chicken, almost anything you grill will taste better if you let it stand on the cutting board for a few minutes before serving. This allows the meat juices, which have been driven to the center of a cut of meat by the searing heat, to return to the surface.

Chef Kelli L. Lewton is owner of 2 Unique Caterers and Event Planners in Bloomfield Hills. A graduate of Schoolcraft College's Culinary Arts program, Kelli is a part-time instructor at the college. Look for her column in Taste on the second Sunday of the month. See recipes inside.

# 2 Unique from page D1

The result is a juicier, tastier piece of meat.

Don't leave the grill. Grilling is an easy cooking method, but it demands constant attention. Once you put something on the grill (especially when using the direct method), stay with it until it's cooked.

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