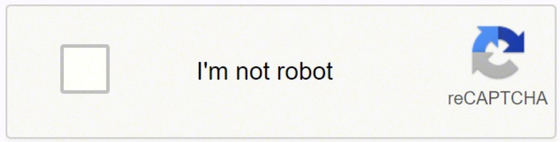

Next

Big green egg bbq turkey breast

Big Green Egg, medium, set up for indirect cookingMeat thermometer (Chugod)Quarter-sheet panWire rack for quarter-sheet panSmoking chips, cherry or hickory 8-10 pound turkey breast 3 tablespoons dark brown sugar1 tablespoon table salt2 teaspoons ground black pepper During all preparations, assume the raw turkey has bacteria that you do not want to transfer anywhere else in your kitchen. Therefore WASH YOUR HANDS after you touch the turkey BEFORE you touch anything else. Cooking the turkey will get rid of any bacteria that might be present. The day before you plan to cook the turkey, pat the turkey dry with paper towels. Mix 2 tablespoons dark brown sugar and the salt in a bowl. Loosen skin from turkey and rub with sugar and salt mixture. Put turkey in giant plastic zip-loc bag and refrigerate for at least 8 hours or overnight. Unwrap turkey and pat dry again with paper towels. Mix remaining tablespoon of brown sugar and pepper in bowl. Rub mixture under and over turkey breast skin. Using skewer, pierce turkey skin all over. Soak wood chips in bowl of water to cover for 15 minutes. Set up Big Green Egg for indirect cooking and intersperse soaked wood chips throughout the fire box. Start fire and allow temperature to rise to about 400°F. Place turkey, skin side up, on rack in quarter-sheet pan on grill. Bring Big Green Egg temperature down to 325°F and cook until skin is well-browned and crisp. Thickest part of meat should register 160°F. Cooking time will be about 1 1/2 to 2 hours. If you prefer to cook the turkey more slowly at a lower temperature, do it. Just end up at 160°F by an hour before dinner to give the turkey time to rest and yourself time to carve. Remove breast to cutting board, cover loosely with foil, and let rest for 20 minutes. Carve and serve. Cooking a turkey for Thanksgiving is something everyone should be responsible for at least once in their life. Talk to several different cooks and they all have their own method of cooking a turkey including smoking, frying, baking, and spatchcock. At the end of the day, you want to serve a turkey that is moist, delicious and looks beautiful. This recipe will walk you through roasting a turkey for Thanksgiving on a Big Green Egg. This is not about smoking a turkey, though this does have a hint of smoke flavor. Now sit back, grab a nice glass of Beaujolais nouveau, and enjoy this post for Big Green Egg Thanksgiving Turkey. Get yourself started with a fresh turkey, Lane's Signature Brine, and your favorite BBQ rub (I used Dizzy Pig's Mad Max rub). Making the brine couldn't be easier than with Ryan Lane's new product. The Apple Cider Vinegar gives this brine the perfect flavor profile for the turkey. Just mix 3 cups with 2.5 gallons of water and you are good to go. Place the turkey in the brine, cover, and refrigerate overnight (12-24 hours). Brined Turkey After 24 hours remove the brined turkey from the bucket and rinse well ensuring all the salt is removed. Pat the brined turkey dry with paper towels and place back in the fridge for another 24 hours. This will dry the bird's skin helping you to achieve that crispiness everyone loves. After 24 hours remove the bird from the fridge while you set up the Big Green Egg. To ensure the breasts cook at the same time as the thighs/legs place a Ziploc bag full of ice on top of the turkey breasts (trust me on this). Set up your Big Green Egg for indirect cooking using a ConvEGGerator. Place several chunks of hickory wood in with the charcoal to give your bird a hint of smoke. Pick your favorite BBQ rub for the turkey to add some extra flavor to the skin. Mad Max from Dizzy Pig is a great choice as the flavor profile is built just for turkey with garlic, salt, sugar, and lemon peel. Rub the outside of your bird with olive oil or with softened butter and then apply the rub. Use a drip pan on top of the ConvEGGerator filled halfway with chicken stock, white wine, and some aromatics. This will catch all the drippings from the turkey as it cooks and can be used later for the gravy. Once the Big Green Egg is up to 325° and is stabilized it is time to place the bird inside. Set the turkey on the grilling grate above the drip pan sitting on top of the ConvEGGerator. You want the bird to measurer 165° in the breast and thigh using a digital thermometer. Check the turkey every hour to measure the temp and baste it with the drippings. This 14-pound bird took 2.5 hours until it was ready. Once it measures 165° pull the turkey off the Big Green Egg and place on a carving board. Let the turkey rest for 10 minutes before slicing and serving. Big Green Egg Thanksgiving Turkey Big Green Egg Thanksgiving Turkey Big Green Egg Thanksgiving Turkey Big Green Egg Thanksgiving Turkey Big Green Egg Thanksgiving Turkey 3.5.3226 For many years I dreamed of traveling the country learning about barbecue — and now I am privileged to make a living by passing on what I've learned. In my two decades of travels I have found endless surprises, but there is always one constant and that's the passion for food. Over the years I have come to realize that cooking on the Big Green Egg is an experience as much as it's a way to prepare a meal. The versatility of the EGG seems to bring out the best in cooks no matter what their level, and the Big Green Egg is all about serving great food for family and friends during the holidays! For this next installment of my video recipes I'll show you how to prepare two holiday turkeys — an Injected Cajun Creole Butter Turkey and a Lemon, Pepper and Herb Turkey. If you are preparing a whole turkey, just double the injection recipe and inject into the thighs as well as the breasts. These are great recipes for Thanksgiving, Christmas or a delicious meal throughout the year. Learn more about Dr. BBQ in our Big Green Egg Lifestyle Magazine click here Whole bone-in turkey breast (approx. 6 lbs) Set the EGG for indirect cooking with the convEGGtor at 325°F/163°C. (If you are cooking a whole turkey, cook at 325°F/163°C for 12 minutes per pound until the turkey has reached a safe minimum internal temperature of 165°F/74°C throughout the product.) Prepare based on specifications below, depending on which recipe you are using. Cook the turkey breast for approximately 1.5 hours, or until the internal temperature is 165°F/74°C Remove the breast from EGG. Tent with foil and allow to rest for 20-30 minutes. Creole butterCreole rubApple (if cooking a whole turkey)Onion (if cooking a whole turkey) Inject turkey, using the Big Green Egg Injector with Creole butter in a grid pattern. Rub turkey breast with Creole rub. If cooking a whole turkey, place the apple and onion inside turkey and set on grid of EGG. Lemon juiceFine grain sea salt and black pepper1 bundle of herbs Squeeze lemon juice all over the breast and rub with sea salt and pepper. Place the bundle of herbs on top of the breast and set on the cooking grid. If you haven't smoked a turkey breast yet, RUN, don't walk to make this recipe. Seriously, I don't know what took me so long to make this. And it doesn't need to be Thanksgiving or a holiday to make turkey. Smoked Turkey Breast is an easy, tasty and economical protein to smoke on your Egg! In my opinion, Turkey is an underrated protein. With Chicken breast being so popular, I don't know why people haven't started using Turkey more often, and not just for Sandwiches, though this turkey is amazing for sandwiches of course. And honestly, why don't we all just start smoking turkey breasts so we don't have to buy smoked turkey at the deli for our sandwiches anymore? The added bonus of that would be the fact that it is missing all those weird things they like to put in sandwich meat! And, because I didn't want to leave you hanging – I went ahead and showed you how you can do a healthy, low carb option for making sandwiches when you do have leftover turkey which is the CHAFFLE! If you haven't heard of the chaffle and you are trying to limit your carbs but really want a sandwich then this is for you!! Should You Brine Your Turkey? If you can get your act together and brine your turkey ahead of time then by all means DO IT! This question always comes up and the answer is always YES! Brining will always give you a more moist, juicy turkey. Pickle Juice is your new Brining BFF. If you brine, here is my all purpose brine recipe that can be used for all poultry, but I have to tell you that my FAVORITE WAY TO BRINE is with PICKLE JUICE. Yes, pickle juice. If you tried my Pickle Juice Brined Spatchcocked Turkey you know that brining in pickle juice is a game changer. If you've ever had Chick-Fil A sandwiches and wanted to know why they're so good (other than all that MSG they put in there!) well it is because they brine theirs in pickle juice. Recently I've become red pilled about all the weird stuff they put into pickle juice so I now recommend that you make your own pickle juice OR look for a pickle company that doesn't put weird preservatives in their pickle juice like my favorite, the Chilll Dill. So, for the brine I recommend using my pickle juice brine recipe that I used in my smoked quick pickles recipe that was originally found in my cook book. Smoking Turkey on the Big Green Egg It is super easy to smoke a Turkey Breast on the Egg. You can do boneless or bone in but I prefer bone in because you will get the beauty of having the bones to make turkey stock which can be used to make my Smoked Turkey Kale Quinoa soup that is a truly tasty, healthy and economical way to enjoy all that smoked turkey for days! I've done Smoked turkey boneless and bone in and bone-in will take longer but I do feel that it doesn't dry out as easily. It's up to you. Alabama White Sauce is an amazing baste and sauce to serve with smoked turkey. The key to smoking turkey on the Egg is to use your Conveggtor also known as the place setter. You don't have to technically keep it at 250 for smoking as you will still get smoked flavor if you crank the turkey up to 325 which means you will be smoke roasting the turkey which will still give you all the glorious smoke flavor in your turkey. If the turkey starts to get too browned on the outside, but hasn't reached an internal temp or 165 yet, then you will want to cover any parts that are getting over-browned with foil. Seasoning the Turkey Breast (here is my chance to recommend my Sunshine State of Mind Craft BBQ Rub) If you'd like to give my rub a try, use code TURKEY for $1 off!. Sunshine State of Mind Craft BBQ Rub is an amazing addition to seafood, chicken, turkey, pork, and even used as a cocktail rimmer. For this turkey, the main goal is to keep it moist and infuse it with smoke flavor so I recommend keeping the seasoning light. I recommend a light dusting of salt and pepper and if you want to use a rub I highly recommend my Sunshine State of Mind Craft BBQ Rub. Alabama White BBQ Sauce Recipe If you haven't heard of Alabama White BBQ Sauce, which has gained popularity recently even by non-Southerners, well then you are also well overdue to give this a try. It is an atypical BBQ sauce that has NO sugar and a Mayo base which is why it's amazing for Poultry – it adds flavor while moisturizing at the same time. You can read all about the history of Alabama white BBQ sauce in my recipe post here, but the short story is that it obviously comes from Alabama, but was made popular by Big Bob Gibson's BBQ in the last century. Big Bob used Alabama White Sauce on Chickens and Pork but I've found that it is AMAZING on turkey. Make this recipe Alabama White BBQ Sauce recipe and put it in a cute mason jar and put it on the table to be served with this smoked turkey breast. How long to smoke Turkey Breast Time and temp are going to determine how long it takes to get this turkey breast to an internal temp of 165 degrees. At 325, it took me about 2 hours until it was done. All smokers are different so the key is to let temperature be your guide and if you haven't purchase an internal read thermometer yet then you are overdue. A Thermopop from Thermoworks will run you about $35 and it well worth the investment, and of course you can get the latest Thermapen One that gives one second readings which eliminates all that extra time spilling heat from your smoker! Okay, so that's all the info you need to know to get started! Let's smoke this turkey! Don't forget to tag me on instagram or facebook if you use this recipe so I can share on my feed! What Kind of Wood to use for Smoked Turkey? I am not a fan of overpowering meat with smoke flavor but letting it accentuate instead of dominating the flavor profile so I recommend fruit wood, pecan, oak or maple. Print clock icon cutlery icon flag icon folder icon instagram icon pinterest icon facebook icon print icon squares icon heart icon heart solid icon Smoked Turkey Breast is an incredibly easy yet tasty way to enjoy turkey and is surprisingly easy to make on your Big Green Egg or any smoker! Ingredients: One bone in Turkey Breast Salt, pepper, to taste Sunshine State of Mind BBQ Rub (optional) If you choose to brine, the pickle juice recipe can be found here in my Smoked Quick Pickles Recipe. Alabama White Sauce Recipe 2 cups mayo (Southerners prefer Duke's) 1 cup distilled white vinegar 1/3 cup apple juice 2 tsp prepared horseradish 1 tbsp fresh ground pepper Juice AND zest of one lemon 1 tsp sea salt ½ tsp cayenne 1 tsp sugar Dash (or more) hot sauce Dash smoked paprika Place charcoal into your grill and let it get to maximum 325 degrees setting up direct and indirect zones. (If you are using a different type of smoker reference my recipe here) If brining, pull out brine and rub with salt and pepper and Sunshine State of Mind. Add wood chips and let them being to smoke and add your turkey breast. Smoke the turkey breast at 325 until the internal temperature reads 165 in various places on the breast with a thermapen, at 325 this should take about 2 hours give or take. While the Turkey is smoking, combine the ingredients for your Alabama White Sauce and let it chill in the refrigerator until it's ready to be used. Once the Turkey has reached an internal temp of 165, tent it under foil for 10 minutes before slicing into it. Slice the turkey breast against the grain and pair with a generous amount of Alabama White Sauce. Prepare to experience Turkey ecstasy!!!! Prep Time: 10 minutes (unless making a brine, then 24 hours)Cook Time: 2-3 hoursCategory: Turkey, Turkey BreastMethod: Smoked TurkeyCuisine: American Keywords: smoked turkey breast, easy smoked turkey breast, smoked turkey breast on the big green egg, easy smoked turkey breast kamado joe, how to smoke turkey breast Note: Affiliate links have been used! They help support this website and I only recommend products I use and recommend!

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