

10 PRO TURKEY TIPS TO BUILD A BETTER BURGER

Perfect Patties

1. Start with a tennis ball size scoop of meat, roll gently between two hands and flatten to a 1-inch height. When forming your patties, make an indent with your thumb or the back of a spoon in the middle of your burger to avoid creating a domed shape while they're cooking.

Gentle Touch

2. Use a light touch when mixing your ingredients and making your patties. Overworking the meat will lead to a tough burger.

Clean and Oil

3. Make sure you oil your grill to ensure your burgers don't stick and are easy to turn. Clean your BBQ so it's free of any debris before you grill. This will ensure your burgers don't stick and release smoothly when they're ready.

Chill It

4. Chill your burger mixture for at least 30 - 60 minutes before grilling to let burgers set up and prevent them from falling apart on the grill. This will also allow your seasonings to mingle and really absorb into the meat. Ground turkey loves spices, sauces and big, bold flavours.

Don't Scorch

5. Don't shock your meat by cooking directly on a scorching hot grill. This will toughen up meat fibres. Make sure you pre-heat your grill and cook your patties over medium heat for tender, juicy burgers.

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Leave it

6. Only turn your burgers once! Let your burgers cook halfway through, 4 - 6 minutes, before turning and continuing to cook on the other side. Resist the urge to flatten your patties with a spatula. This will squeeze out all the precious juices from your meat that keep your burger moist.

Cook it

7. Use safe grilling practices and always use a thermometer to check meat to make sure it is cooked thoroughly. Burgers should reach a temperature of 165°F before you remove from the heat.

Brush up

8. If you're applying a glaze or cheese to your burger, do it in the last 3 - 4 minutes to avoid any burning or charring.

Take a Break

9. Let your burgers rest for 10 minutes once taken off the grill. This will allow the juices to re-absorb and let the flavours shine.

Don't Forget Your Buns

10. Toast your buns while your burgers are resting. A little crust will ensure your bread doesn't fall apart when you start loading up on toppings.