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GRILLED TURKEY WINGS

Roasting a turkey at Thanksgiving is a stress-inducing experience for many people. On the other hand, cooking turkey pieces at a low temperature in your Convection or Steam oven and finishing them on the grill is a stress-free way to achieve amazing results.

The process is very simple, simply season the meat with a dry rub, place it on a rimmed baking sheet and cook it in the Convection mode at 200 degrees. Then the meat can be "finished" on a hot grill, or using the Convection Roast mode at 425 degrees.

Timing is the only tricky part. I usually allow between 30 - 40 minutes at low temperatures but these turkey pieces were so large and actually took closer to 50 minutes to reach an internal temperature of 160 degrees.

I used my oven meat probe to monitor the internal temperature of the thigh but you can also check the meat with an instant-read thermometer after 30 minutes to get a sense of the degree of doneness.

Ingredients

2 turkey wings

1 turkey thigh or 2 drumsticks

1 tbsp of your preferred dry BBQ seasoning

BBQ Sauce

Preparation

Heat the oven in the Convection or Convection Bake mode at 200 degrees.

If you are using a Steam oven use the Low-Temperature Mode or combination Convection Steam Mode at 200 degrees

Lightly oil and season the turkey pieces with some kosher salt and your preferred dry rub a few hours or a day before cooking. Place them on a rimmed baking sheet and bake at 200 degrees for approximately 40 minutes.



Grilled Turkey Wings

Low-temperature cooking is a slow process so in order to determine the degree of doneness of the meat use the oven meat probe if your oven has one, or check the food with an instant-read thermometer. Ideally, aim for an internal temperature 10 degrees below the target temperature you want the meat to achieve because it will continue to cook on the hot grill.

The turkey pieces can be brushed with BBQ sauce during the final phase of high-heat cooking.

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