AMERICAN · DINNER · LUNCH

Texas-Style Smoked Turkey Breast Wrapped in Butter

230 min · Serves 8 · 321 kcal a serve · Video 9:11 · HowToBBQRight

Carnivore · Gluten-free ingredients · No nuts listed

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Skinless turkey breast is very lean, so even with the butter wrap one serve gives about 44 g of protein for around 320 kcal, plus selenium and vitamin B6, with no sugar in the rub.

Diet notes: Low carb (0.4 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more; Paleo with a swap: ghee instead of the butter.

Ingredients 4 · SERVES 8

- [ ] 1 **boneless turkey breast** (skin on), about 4 lb, skin and excess fat trimmed off
- [ ] 4 tsp **coarse black pepper** (2 parts of a 2 tbsp salt-and-pepper rub)
- [ ] 2 tsp **kosher salt** (1 part of the rub)
- [ ] 1 stick (½ cup) **butter**, cut into pieces

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Set up a smoker or covered grill for indirect cooking at 275°F, with oak or another hardwood for smoke. 2:06
2. Pull the skin off the turkey breast and trim away excess fat and silver skin. Mix 2 parts coarse black pepper to 1 part kosher salt and season the breast all over. 0:53
3. Smoke the turkey for about 2 hours, topping up the wood every 45 minutes or so, until the outside is golden with a peppery bark. 2:44
4. Lay half the butter on a double layer of foil, set the turkey top-side down on it, put the rest of the butter on top and wrap tightly. 3:53
5. Return it to the pit with a probe thermometer and cook until the centre reaches 162°F, about another hour. 4:18
6. Rest it, still wrapped, for 20–30 minutes, then slice about ¼ inch (¼ in) thick and spoon some of the melted butter and juices over the slices. 4:55

> **Tip** Serves about 8 (our estimate from 4 lb of turkey). The cook uses a Texas brisket rub; plain 2:1 coarse pepper and kosher salt is his stated swap. Leftovers make great cold cuts for 4 days.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
321 kcal 1,340 kJ	45 g 89% of a day	0.7 g 0.4 g net · 0 g sugars 0% of a day	0.3 g 1% of a day	15 g 8.2 g saturated 19% of a day	660 mg 29% of a day

Energy from net carbs 1% · protein 56% · fat 43% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Selenium 81% · Vitamin B6 70% · Vitamin B12 26% · Zinc 23%

Source of (10–19%) Magnesium 11% · Vitamin A 11%

Recipe and video: HowToBBQRight (@howtobbqright) on YouTube — youtube.com/watch?v=aq5Pk7RgMEA, published 21 November 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/texas-smoked-turkey-breast-butter