

Flavour Injecting

An injection is a great way to add flavour to meats; it is particularly good for adding sweet flavours without the risk of the sugars burning. You can add moisture to meats that can be dry or you can add a flavour after the meat is cooked.

Injecting opens up a world of possibilities!



Urban Griller

Always Play With Your Food



Basic Brined Oil Injection

The salt is provided by the soy sauce and the oil lubricates the meat. This is great with Beef or Game.

1/2 cup canola oil

1/4 cup soy sauce

2 tablespoons Worcestershire sauce

1 teaspoon of Pepper to taste

Option:

Replace the oil with melted butter and inject into dry meats like Chicken breast or Turkey, return to the fridge so the butter sets before cooking.

Celebration Turkey Injectable Marinade.

A rich and sweet combination that lifts the flavour and moisture of Turkey for a luscious meal.

3 tablespoons butter or margarine, melted

1/3 cup maple syrup

3/4 cup chicken stock

3 tablespoons lemon juice

1 tablespoon Worcestershire sauce

4 tablespoons fresh crushed garlic

2 tablespoons fresh finely chopped onion

1 teaspoon pepper

1/2 teaspoon salt

Cook the ingredients in a small saucepan till all the ingredients have combined well

Strain and allow to cool.

Cuban Mojo Marinade

Mojo It is the signature marinade of Cuba, it has a bold tart flavour that is great with pork.

The key ingredient is sour orange, an almost bitter orange that grows in Cuba and is difficult to find if you are not there. To imitate the flavour of sour orange, add the juice of half a large lime per 2/3 cup regular orange juice.

8 to 10 cloves garlic

1/2 teaspoon salt

1/2 teaspoon freshly ground black pepper

1 teaspoon dry oregano

3/4 cup sour orange juice (see note above)

Add the garlic, salt, pepper and oregano and using a mortar and pestle, pound them into a paste. Combine with the sour orange juice. Allow to sit at room temperature for 30 minutes or longer, then use immediately or refrigerate for using later.

Venezuelan Adobo Marinade

A refreshing and earthy marinade, great with chicken but particularly good with Lamb or Goat.

1/2 cup Brandy

Juice of three Limes

2 inch piece fresh Ginger cut fine

4-6 cloves Garlic crushed

1 teaspoon ground Cumin

1 teaspoon Sugar

1-2 teaspoons Black Pepper, coarsely ground

1 teaspoon Sea Salt

Allow the ingredients to steep together overnight; strain before using as an injection, the solids can be blended with a little olive oil to make a wet rub.

Roasted Garlic Injector Marinade

Roast the garlic to give it a great sweet flavour.

2 heads of garlic roasted in the oven for an hour

1 cup orange juice

1/2 cup dry mustard powder

4 tablespoons honey

2 tablespoons olive oil

1 teaspoon thyme

Cut the top of the garlic bulbs so that the tops of the cloves are exposed, then pour one tablespoon of olive oil over the top of each and roast gently for an hour or until the cloves are soft. Remove from the oven and allow to cool. Squeeze the cloves of garlic out of the bulbs. Add the remaining ingredients and blend until smooth. This injection works great with Lamb and as a marinade for almost anything else.

Island Rum and Ginger Injectable Marinade

This Caribbean-style Steak or Lamb marinade packs a punch.

1/2 cup pineapple juice

1/3 cup rum

1/4 cup soy sauce

2 tablespoons brown sugar

1 tablespoon ginger, grated

2 cloves garlic, minced

1/2 teaspoon chilli flakes

Put the Rum aside. Melt the sugar in a pan till it just starts to brown, carefully add the pineapple juice then the other ingredients and heat gently for a few minutes, allow to cool then blend well in a food processor, strain and add the rum just before using.

Sage and Wine Injectable Marinade

This Injectable marinade has a big herby flavour, great for Lamb.

- 1/2 cup olive oil
- 1/2 cup dry white wine
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon lemon juice
- 2 teaspoons dried sage
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Combine all the ingredients in a small saucepan, heat gently to allow the ingredients to infuse. Cool the liquid before straining.

Coffee Buzz Marinade

The Coffee adds a fantastic earthy bite to red meats.

- 1 cup hot fresh strong espresso coffee
- 3/4 cup brown sugar
- 1/2 cup cider vinegar
- 1/4 cup chopped onion
- 1 tablespoon olive oil
- 1 teaspoon ground black pepper
- 1 teaspoon dry mustard powder
- 1 teaspoon Cumin

Combine all the ingredients and mix well. Store in a glass container after the liquid has cooled, then strain before using.

Greek Lamb Injection and Marinade

Is there anything better than Greek Spit roasted Lamb? This Greek-style marinade can be applied to any meat, but is heaven on lamb. Inject the Lamb then use the remaining liquid to marinate the meat overnight.

- 1 cup lemon juice
- 1 cup water
- 1/4 cup olive oil
- 4 cloves garlic, minced
- 1 teaspoon oregano
- 1 teaspoon bay leaf
- 1 teaspoon thyme
- Salt and pepper to taste

Combine all the ingredients in a small saucepan, heat gently and allow the ingredients to steep in the cooking liquid before straining.

Lemon and Rosemary Injection Marinade

Great for Chicken and Lamb.

- 3 large lemons
- 1/2 cup water
- 1/2 cup fresh rosemary leaves
- 1/4 cup of olive oil
- 6 cloves garlic, minced

Cut the lemons in half and squeeze out the juice into a bowl. Combine with the remaining ingredients and drop in the Lemon halves. Mix well and allow to infuse overnight, strain before using.

Buttery Injector Mix

- 4 Tablespoons butter
- 1 Cup chicken stock
- 2 Tablespoons fresh lemon juice
- 1/2 teaspoon garlic crushed
- 1/2 teaspoon salt
- 1/2 teaspoon Cracked black pepper

Add all the ingredients to a small saucepan and heat until the butter melts and the salt has completely dissolved. Cool before using.

Turkey Injection Flavouring Recipe

Add a bit of zing to your next roasted or deep-fried turkey.

- ½ cup water
- ½ cup lemon juice
- 10 drops Hot Tabasco sauce
- 1 ½ tablespoons garlic salt

Mix all ingredients in a small bowl and stir until the salt is dissolved fully.

Hot Sauce Injection

This injection marinade adds real heat to poultry make sure to use sparingly.

- 1 cup chicken stock
- 4 tablespoons hot Tabasco sauce
- 3 tablespoon Worcestershire sauce
- 1 tablespoon garlic powder
- 1 tablespoon salt
- 1 tablespoon cayenne pepper

Combine all ingredients and stir well until the salt has dissolved

Butter Beer Injection for Poultry

Make sure the mixture is kept warm while injecting. Apologies to Potter fans.

- 250 grams butter
- ½ can beer (Stout is great)
- 2 tablespoons salt
- 2 tablespoons Worcestershire sauce
- 2 tablespoons Tabasco sauce
- 1 tablespoon dark soy sauce
- 2 teaspoons garlic powder
- 2 teaspoons onion powder

Combine all the ingredients in a saucepan and heat over a low heat until the salt is dissolved and the sauce is an even runny texture. Keep warm (but not hot) while injecting.

“The Sirens Kiss” Injectable Marinade

A sweet buttery marinade with an adult citrus kick. This Injection is good for Lamb and Poultry and Baked Ham.

- 1 Cup of water
- 1 Cup of light Karo (corn) syrup
- 6 Tablespoons of Southern Comfort
- 2 Tablespoons of Butter
- 2 Tablespoons of orange juice boiled with a little zest
- 1 to 2 Tablespoons Vanilla extract

Into a medium size saucepan add the water and Karo syrup heating very slowly to avoid burning the sugars. Then add all the remaining ingredients and continue to heat slowly, stirring all the time. When the mix is uniform in colour and smooth, allow it to cool to almost room temperature.

Sweet Maple Injection

- ½ cup brown sugar
- ¼ cup dark maple syrup or golden syrup
- ¼ cup honey
- ½ cup water
- 2 Tablespoons apple cider vinegar
- 1 to 2 Tablespoons Worcestershire sauce
- 2 Tablespoons of instant coffee granules
- 1 Tablespoons dry mustard powder
- 2 Tablespoons orange juice boiled with a little zest

Blend all ingredients in a saucepan everything combines into a thick looking sauce, cool a little before using.

Lime & Cumin Injectable Marinade

- 8 limes, juiced
- 2 garlic cloves, minced
- 1/4 cups of olive oil
- 5 teaspoons of ground cumin
- 1 teaspoon of ancho chili powder (sometimes hard to find. Substitute ½ teaspoon of chilli powder and 1 teaspoon of smoked Hot paprika.
- 1 teaspoon of salt
- 1/2 teaspoon of black pepper

Lightly fry the dry spices in a little oil, add the lime juice and immediately after add the oil.

Use as is for a marinade or mix with ½ cup of warmed butter for an injection.

Make twice as much as you need, a teaspoon of this poured over ice in a martini glass with white rum is ideal while you are waiting for the sun to go down and the steaks to cook!