Premium MARINADE INJECTOR
CONGRATULATIONS AND THANK YOU FOR PURCHASING THE MONSTER KITCHEN PRODUCTS

*Premium Marinade Injector!*

If you’re new to marinade injecting you are in for a treat, as are the friends and family you cook for. They will be lining up for your delicious meals with so much more moisture and flavor.

If you’re an old hand at marinade injecting you will appreciate the heavy duty, durable and highly effective product we have produced for you.

This book is intended to give you a head start to enjoying your new marinade injector. It contains recipes you can try immediately, hints and tips to get you up to speed quickly, and more.

Please check our website periodically if you are interested in further information about this and other Products.
Disassemble & wash all parts thoroughly before first use.

Apply a small amount of food oil into the barrel or onto the plunger seal for a smoother action.

**Choose a needle:** the multi hole needle for liquid only marinades or the single, large hole needle for liquids with very small solids such as minced garlic or herbs. The single hole needle can also be used with liquid only; in fact it's great to use for vegetables.

**To fill the injector** with marinade you can use either of the following methods:

- Screw a needle onto the barrel and place the needle into the marinade until all the holes are well covered. Slowly withdraw the plunger from the barrel to fill it.
- With the needle off the injector withdraw the plunger from the barrel completely and place it aside. With your finger covering the needle atta-
chment hole pour marinade into the barrel until about 1/4 inch (or more) from the top. Place the plunger on the barrel and screw it down (don't press it into the barrel or you will force marinade out of the barrel resulting in a small mess). Turn the barrel upwards (needle hole up) and screw on the needle.

Injecting the meat takes a little practice to find the most effective method for you and for different cuts of meat. You will pick it up after a few uses.

Start by inserting the needle as far as possible into the meat then slowly squeeze the plunger in while slowly withdrawing the needle (do not withdraw needle if it means the holes become exposed, this will result in spurts of marinade into open air!).

Distribute the marinade through the meat by injecting it in several places. Some leakage from the injection sites is normal. Try inserting the needle with the 'grain' of the meat if possible. You will see the meat swell with marinade as you inject. Go easy on the quantity to start, you don't want to over do it.

Leave the meat to stand (in refrigerator) to maximize the marinade infusion with the meat. Internal marina-

ting doesn't need to stand as long as external marinating though and will still work well if only done for a short time or even if cooked immediately.

Use any remaining or 'leaked' marinade as an external marinade or rub if desired.

To clean the injector disassemble it and hand wash thoroughly. You can use a dishwasher however remove the needle seals first because they may come off and get lost in the machine. The plunger seal may have a reduced lifespan if washed in a dishwasher regularly. Make sure there are no blockages in the needles after washing. Dry well before assembling and storing in the storage tray in the original box.
MARINADE RECIPES

Here are some excellent proven recipes to get you started.

Inject these marinades and cook your meat any way you like and enjoy the extra flavor and succulence.

Once you get the idea about how much to inject and keeping the marinade fluid enough for the needles you can use any marinade recipe you can find or dream up.

If you prefer a minimalist approach or want to make sure you don’t over power the meat’s own flavor try a brine solution. We have included some for you.
TURKEY OR CHICKEN

BEEF

PORK

LAMB

VENISON

FISH
Poultry Brine Injection

Makes enough for about 15 pounds of meat.

- 2 cups water
- ½ tablespoon salt
- ½ tablespoon sugar

Just shake everything together until salt and sugar are dissolved. Inject away!

Super Easy Super Spicy Hot Turkey/Chicken

- 1 tablespoon salt
- 1 tablespoon garlic powder
- 1 tablespoon cayenne pepper
- 3 tablespoons Worcestershire sauce
- 4 tablespoons Louisiana hot sauce

Mix it all together until the salt dissolves.
Turkey/ Chicken Butter And Beer Marinade

- ¾ cup beer
- 1 cup melted butter
- 2 teaspoons onion powder
- 5 teaspoons salt
- 5 teaspoons Worcestershire sauce
- 1 tablespoon soy sauce
- 2 teaspoons garlic powder
- 5 teaspoons Tabasco

Melt the butter over a low heat or in a microwave, add everything else and stir until the salt is dissolved. Inject into the bird.

For a lighter alternative try using 4 oz to 6 oz of light olive oil (or oil of your choice) instead of butter.

Traditional Cajun Turkey

This can be deep fried if you like, just be sure to wipe off any marinade before immersing in the oil.

- ½ cup olive oil
- ½ cup melted butter
- ½ cup liquid crab boil
- 1 cup lemon juice
- 5 teaspoons onion powder
- 5 teaspoons Cajun seasoning
- 5 teaspoons garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon Tabasco

Melt the butter and mix everything together. Use it while the butter is still runny!

Cajun Honey Fusion Turkey

- ¼ cup apple cider
- ½ cup honey
- 1 cup dark beer
- 4 teaspoons Cajun seasoning

Warm the cider, add the honey and mix, remove from the heat and add the rest mixing well. Use the marinade while the honey is runny!

ONE CUP OF MARINADE WILL FILL YOUR INJECTOR ABOUT FOUR TIMES. IT WILL MARINATE ABOUT 5 POUNDS OF MEAT.
Chicken With Orange and Teriyake

- ⅓ cup fresh orange juice
- ⅓ cup soy sauce
- ¼ cup sherry (medium or dry is best)

Mix and strain any pith unless using the large hole needle.

If cooking a whole chicken throw a few slices of orange in the cavity!

Garlic Butter Whole Chicken

- 2 ounces melted butter
- ¼ cup apple juice
- 2 teaspoons brown sugar
- 1 teaspoon garlic powder

Mix and inject (heat the ingredients in a saucepan or with short microwave bursts to melt the butter).

Go all out and use your favorite rub on the outside of the bird!

Yummy Maple Butter Chicken

- ¼ cup Maple syrup
- ½ cup chicken stock
- 1 tablespoon Worcestershire sauce
- 3 tablespoons lemon juice
- 1 tablespoon garlic powder (or use some minced or finely grated garlic)
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2 teaspoons onion powder

Mix everything, dissolve the salt, inject.

DIP THE INJECTOR NEEDLE IN FOOD OIL TO MAKE IT SLIDE IN THE MEAT SUPER EASY!
Simple Lemon Soy Chicken

- ¼ cup soy sauce
- ⅓ cup lemon juice
- 2 tablespoons melted butter

Just soy and lemon mixed and injected in this one. The butter is to pour on the top of the chicken.

**BEEF**

If in doubt about solids in the marinade, use the large hole needle to prevent blockages.
Beef Brine Injection
(Makes enough for about 15 pounds of meat.)
• 2 cups water
• 2 teaspoons Worcestershire sauce
• 2 tablespoons canola oil
• ½ tablespoon salt
• ½ tablespoon sugar

Just shake everything together until salt and sugar are dissolved.

Easy Brisket
• 1 teaspoon beef base
• 1 tablespoon Worcestershire Sauce
• 1 tablespoon soy sauce
• 1 cup water

Warm the water enough to dissolve the beef base, add it and mix, then add the rest.

Versatile Beef Roast
• ½ cup Soy sauce
• ¼ cup Worcestershire sauce
• ½ cup lemon juice
• ¼ cup Dijon mustard
• 1 tablespoon crushed peppercorns
• 1 tablespoon finely grated or minced garlic

Just mix and inject!

EXPERIMENT! IT’S MORE ART THAN SCIENCE. TRY DIFFERENT INGREDIENTS AND QUANTITIES.
Red Wine And Herb Beef

- ½ cup red wine
- ¼ cup red wine vinegar or sherry vinegar
- 1 tablespoon Worcestershire sauce
- ½ cup olive oil
- 2 tablespoons Soy sauce
- 1 teaspoon sugar
- 2 teaspoons minced or finely grated garlic
- 2 tablespoons chopped fresh parsley
- 2 tablespoons fresh or dried mix of Rosemary, Tarragon and Thyme.

Blend it. Inject it.

Beer Based Beef

- 12 ounces beer
- ¼ cup olive oil
- 1 tablespoon lemon juice
- 2 teaspoons wine vinegar
- 2 teaspoons prepared horseradish
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon Cayenne pepper
- 1 teaspoon salt

Mix it together, go wild with the injector.

Another Easy Brisket Marinade

- ½ cup vinegar
- ½ cup Worcestershire sauce
- ⅓ cup catsup
- 1 teaspoon onion powder
- 1 tablespoon garlic powder
- 1 tablespoon pepper

Mix it up, shoot it in.

USE A MORTAR AND PESTLE TO FINELY CRUSH INGREDIENTS. BLENDEERS WORK TOO. OR EVEN A COFFEE GRINDER FOR DRY INGREDIENTS.
Simple Pork Butt

- ½ cup water
- ¾ cup apple juice
- ¼ cup kosher salt
- ½ cup sugar
- 2 tablespoons Worcestershire sauce

Just mix it together until the salt is dissolved.

Pork Brine Injection

Makes enough for about 15 pounds of meat.

- ½ cup apple juice
- 1 ½ cups water
- 1 tablespoon rice vinegar
- ½ tablespoon Worcestershire sauce
- ½ tablespoon salt
- ½ tablespoon sugar

Just shake everything together until salt and sugar are dissolved.
**Fantastic Pork Shoulder or Butt**

- ¾ cup apple juice
- ½ cup water
- ½ cup white sugar
- 2 TB Worcestershire Sauce
- 2 TB Dry Rub (see below)

**Dry Rub:**
- 5 tablespoons Paprika
- 4 tablespoons brown sugar
- 2 tablespoons salt
- 3 tablespoons onion powder
- 3 tablespoons garlic powder
- 2 tablespoons ground black pepper
- 1 tablespoon Chili powder
- 2 tablespoons dry mustard
- 2 tablespoons Thyme or Coriander

Boil the water, dissolve dry rub and sugar. Stir in everything else until fully combined.

**Tasty Pork Roast Marinade**

- ½ cup Worcestershire sauce
- 2 tablespoons cider vinegar
- 2 tablespoons honey
- 1 teaspoon lemon pepper
- 1 teaspoon mustard powder
- ½ teaspoon celery salt
- 1 teaspoon finely grated or minced garlic

Mix it all together and warm until the honey mixes easily (low heat in a saucepan or short bursts in the microwave). Do your injecting thing!

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YOU CAN LEAVE INGREDIENTS OUT OR CHANGE QUANTITIES IN THESE RECIPES, ACCORDING TO YOUR TASTE.
Honey Soy Garlic Lamb

- 2 cloves of garlic very finely grated or 1 tablespoon minced garlic
- \( \frac{1}{3} \) cup soy sauce
- \( \frac{1}{2} \) cup water
- 3 tablespoon honey
- 2 tablespoons sesame oil
- 2 tablespoons lemon juice

Heat it all just enough to make it runny enough to inject.

Greek Inspired Lamb

- \( \frac{2}{3} \) cup white wine
- \( \frac{1}{2} \) cup olive oil
- 1 lemon zest
- 1 clove garlic very finely grated or 1 tablespoon minced garlic
- \( \frac{1}{2} \) teaspoon dried rosemary
- \( \frac{1}{2} \) teaspoon sea salt
- 4 mint leaves minced/finely chopped
- \( \frac{1}{2} \) teaspoon oregano

Mix everything, boil then cool. Smash a plate against the wall on the final injection!
**Apricot And Soy Lamb**  
(or Beef/Pork!)
- ¼ cup lemon juice
- ⅓ cup water
- 2 tablespoons light olive oil
- 2 tablespoons Soy sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon finely grated or minced garlic
- 3 tablespoons apricot jam
- 2 tablespoons honey mustard
- ⅛ teaspoon black pepper
- 3 tablespoons brown sugar

**Rosemary Garlic Mustard Lamb**
- ¼ white wine (dry is best)
- ½ cup lite olive oil
- ½ cup grainy Dijon mustard
- 4 teaspoons dried Rosemary (or 2 tablespoons blended fresh)
- 2 tablespoons lemon juice
- 3 cloves garlic very finely grated or 3 teaspoons minced garlic

You know what to do. Mix and inject!

**Rosemary Lamb**
- 4 teaspoons dried Rosemary
- 1 small onion minced or 4 teaspoons onion powder
- ½ cup olive oil
- ½ cup balsamic vinegar
- 2 tablespoons lemon juice

Mix. Inject!

A blender is easiest to mix this one.
Classic Italian Venison

- ⅓ cup wine or cider vinegar
- ½ cup olive oil
- 1 teaspoon mustard
- 1 teaspoon finely grated or minced garlic (or sub with powder)
- 1 tablespoon Italian seasoning (or oregano)

Just mix together!

Teriyake Venison

- ½ cup sake (the Japanese alcohol)
- ½ cup mirin (Japanese rice wine)
- 5 tablespoons soy sauce
- 4 teaspoons sugar

Heat ingredients in a saucepan to dissolve the sugar.
**BBQ Style Venison**

- 1 tablespoon onion powder
- ¼ cup brown sugar
- ¼ cup mild mustard
- ¼ cup cider vinegar
- 1 teaspoon mustard powder
- 1 teaspoon cayenne
- 4 tablespoons melted butter

Mix together over low heat to melt the butter.

**Greek Venison**

- ½ cup olive oil
- ½ cup lemon juice
- 1 teaspoon black pepper
- 4 teaspoons dried oregano
- 1 lemon zest finely grated
- 1 teaspoon salt

Mix. Make sure you use the large hole needle so the lemon zest doesn’t clog!

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To substitute for rice vinegar use any vinegar with equal amounts of sugar.
Injecting is recommended only for larger cuts of fish and not recommended for 'flakey' flesh fish (i.e. Atlantic salmon).

Lemon And Herb Fish (try this in chicken too)

- ¼ cup olive oil
- ¼ cup white wine
- 2 tablespoons lemon juice
- 2 tablespoons brown sugar
- 1 tablespoon fresh thyme
- 1 tablespoon fresh rosemary
- 2 teaspoons minced garlic
- 2 teaspoons fine lemon zest

Blend this one until the fresh herbs are small enough not to block the large hole needle.
**Teriyaki Style Fish**

- ¼ cup soy sauce
- ¼ cup water
- ½ cup dry white wine
- 1 teaspoon minced or finely grated garlic
- 1 tablespoon minced or finely grated onion
- ½ teaspoon ground black pepper
- 2 tablespoons brown sugar
- ½ teaspoon Tabasco

Mix together until the sugar is dissolved. Just make sure the onion is small enough to go through the large hole needle.

**Thai Garlic Fish**

- ½ cup water
- 3 tablespoons Oyster Sauce
- 3 tablespoons Soy Sauce
- 1 tablespoon Fish Sauce
- 1 tablespoon lime juice
- 2 teaspoons minced or finely grated garlic
- Dash of Cayenne to taste (or not – it’s optional!)

You certainly know what to do by now; mix, inject and enjoy!

**Microplane™** Make a super fine grater that will easily grate garlic, onion, zest etc. into injectable form.