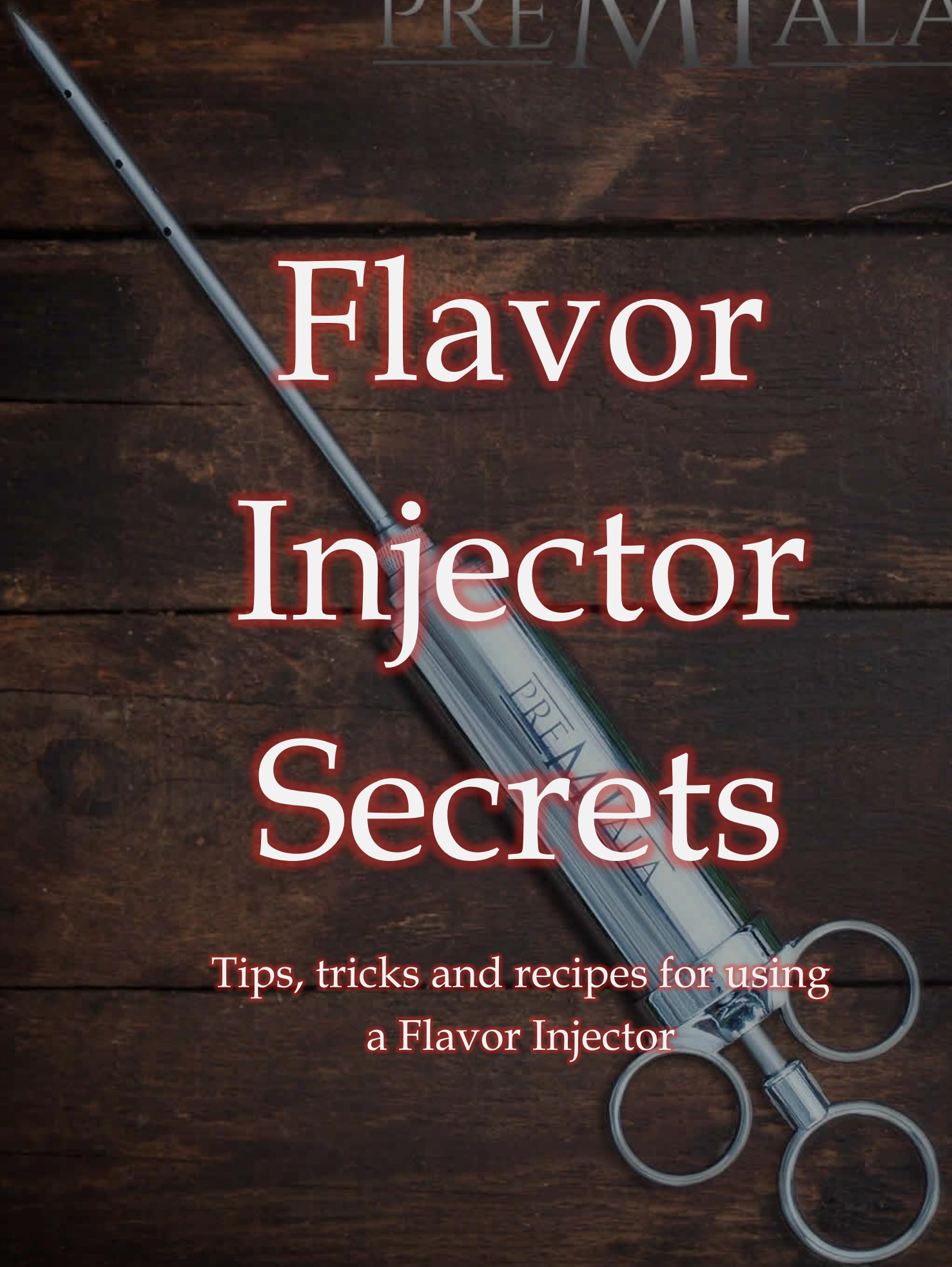


PREMIALA

Flavor Injector Secrets

Tips, tricks and recipes for using
a Flavor Injector





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1. Introduction

Thank you for choosing the Premiala Flavor Injector!

Soaking meat in a marinade may be an age-old practice, and the composition of most marinades help tenderize the meat; but marinade rarely soaks more than a few centimetres below the surface, so inside the meat it's often dry and flavorless.

So what's the answer? Injecting! Injecting marinade means all that flavor gets deep into the meat where it's needed, giving you a juicy, tender roast every time!

Other Uses

The Premiala Flavor Injector isn't just for meat – you can use this pretty well any time you need to get a liquid inside something! Consider these ideas some of our customers have come up with!

- Jam into donuts
- Maple syrup or sweet sauces into ice-cream
- Cream filling into cakes
- Garlic sauce into Chicken Kiev
- Melted butter into potatoes, sweet potatoes or squash (apply when they're half-cooked)
- Curing solution into ham if you like to make home-made hams

The possibilities and variations are limited only by your imagination! However in this e-book we're going to focus on using it for its primary purpose – injecting marinade into meat.

2. How Does Marinating Work?

Marinating is the process of adding extra liquid to meat in order to increase its flavor and moisture.

There are two main types of marinades. **Acidic** marinades "denature" the proteins in the meat, and when meat is exposed to an acidic marinade its protein bonds break and unwind. They then form a loose mesh with other unwound proteins which traps water molecules, and it's this moisture which helps the meat to initially remain juicy and tender. If you leave it too long however, the protein mesh tightens, water is squeezed out, and the meat becomes tough.

Enzymatic marinades, on the other hand, break down muscle fiber and collagen (connective tissue). Unfortunately, these enzymes work almost too well, turning tough meat muscle into mush without passing through any intermediate stage of tenderness. The longer the meat marinates, the greater the breakdown of proteins and the mushier the texture.

Both types of marinades can tenderize meat and infuse them with different flavors, however in both cases you don't want too concentrated a marinade, nor to marinate for too long! This guide will help you create marinades which will provide you with succulent roasts and BBQ's, so read on!

3. Creating a Marinade

The best solutions for starters are the simple ones – brine, salted butter, or stock. If you make your own brine, aim for no more than 2% salt by weight. After a brine injection, you can inject a small amount of oil like canola (rapeseed), corn or melted butter to add a fuller mouthfeel to the meat (you can't mix these with the brine since the oils float to the top).

When you're ready to create a multi-ingredient marinade, here's the typical formula:

1 part Acid or Enzyme + 3 parts Oil + optional Flavorings

Examples of each include:

- **Acid:** Vinegar, citrus juice, wine, beer, rum, peach nectar, cranberry juice, tomatoes.
- **Enzyme:** Pineapple, papaya, fig, honeydew melon, kiwi, milk, buttermilk, yoghurt, honey.
- **Oil:** Oils enhance flavor and prevent food from sticking to the grill. These can be whatever you like – canola (rapeseed), corn, melted butter, coconut oil, almond oil etc., but consider the flavor of the oil when deciding how much to inject - some oils like olive or peanut can be quite strong, so go easy on these.
- **Flavorings:** herbs, spices, garlic, maple syrup, you can really go to town here, anything which adds a flavor kick! This is one way to really make a recipe your own!

When making your own marinade the first thing to remember is: **don't overdo the flavors!** The marinade should complement the natural flavor of the meat, not mask it. Pork with a hint of apple is delicious; pork which tastes like apple juice is not!

Marinades with chunks, flakes or purees

If you're adding solid flavorings like flaky herbs, crushed garlic or ginger, remember these need to fit through the needle. So firstly (and we can't emphasise this strongly enough), **make sure the ingredients are minced fine enough to fit through the open-ended needle!** You can avoid chunks in your marinade either by using a blender to turn them into a puree, by chopping / crushing them very finely into a chunky liquid or by straining the solids out leaving you with a flavored liquid. If you have any solid components, try pushing a little bit into the open end of the open needle and make sure it fits through very easily. If it doesn't, you'll need to mince or grind it finer first – if you don't do this, the needle **WILL** get clogged and you **WILL** get frustrated!

Combining the ingredients

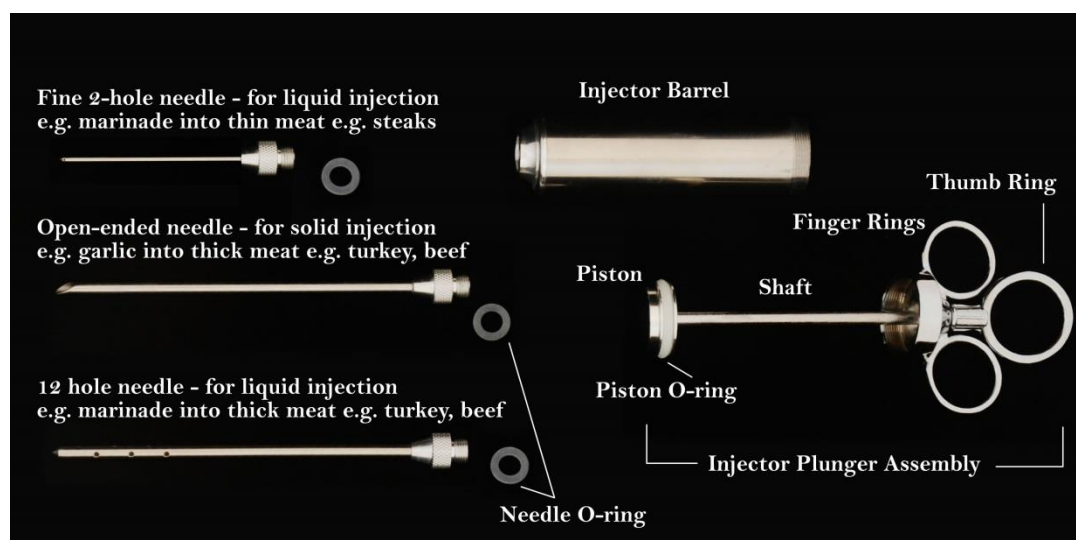
Once you've chosen your ingredients, combine the flavorings in a non-reactive container (ceramic, glass or plastic). This is very important, as metal containers often react with marinades and add unpleasant flavors to the meat!

Add the acid/enzyme and oil, then soak for 30 – 60 minutes if time allows. You may also like to gently warm the marinade in the microwave to help the flavors mix. Unless it's a substance which will go hard when it cools (like butter), always allow the marinade to cool before injecting.

If you plan to use some of the marinade as a serving sauce, now is the time to separate it from the marinade you'll inject to ensure it's not contaminated with bacteria from the raw meat.



4. Before Use



Wash all components in warm soapy water to remove the clear food-safe silicone oil we apply during assembly. Then, apply a thin film of clean food oil (e.g. canola, olive oil) around the inside of the barrel. Without this, the plunger will be VERY hard to push! Make sure there is oil on the inside of the barrel before each use.

Make sure you thaw the meat (if frozen) before injecting.

5. Filling Your Flavor Injector

Pure or Chunky Liquids (blended very fine)

1. Needle-Swap Method (for small volumes of liquids)

The simplest way to fill the injector with a small amount of marinade is simply to install the garlic needle to draw the marinade up into the chamber. Once the chamber is nearly full (not completely), withdraw the needle from the marinade and pull the plunger the rest of the way out. Then you can swap the needles over and install the 12-hole (or steak) needle. So long as you don't move the plunger the marinade won't leak out even though it's full! Make sure you stir the marinade before drawing it up.

2. Medical Vial Method (for larger amounts of liquids)

This method is longer but doesn't require you to swap the needles and is worth the time overhead if you have to do a number of refills. Essentially you'll fill the injector the same way a nurse fills a medical syringe from a small vial! You'll need a clean empty plastic spring water bottle with lid, a small piece of electrical insulation tape and a cigarette lighter.

1. Remove the silicon O-ring from the 12-hole needle, and then screw the needle onto the barrel.
2. Heat the end of the injector needle with the cigarette lighter and push the needle through the lid of the water bottle, then withdraw. When the needle has cooled, remove it and reinstall the O-ring. Now cover the hole in the cap with the piece of electrical tape.
3. Remove the bottle cap, pour the marinade into the bottle, and then replace the cap.

4. Pull the injector plunger about half way back so the injector contains some air. Install the 12 hole needle (for pure liquids) or the open-ended needle (for chunky liquids), and poke the needle down through the electrical tape into the hole and into the bottle.
5. Push the plunger down which will inject air into the bottle. This pressurizes the bottle slightly and counteracts the vacuum effect, making it much easier to withdraw liquid.
6. Now turn it all upside down and pull the plunger to withdraw the liquid! Make sure the holes in the needle are as close as possible to the bottle cap.

Purees

If your marinade is a puree of thicker ingredients that won't easily be sucked up into the needle (e.g. apple sauce, mint jelly), you need to do things differently. Make sure you read Section 3 "[Marinades with chunks, flakes or purees](#)" first.

Once the puree is fine enough, screw the open-ended needle onto the barrel. Now unscrew the plunger assembly and spoon the flavoring into the open end of the syringe. Once it's sufficiently filled, screw the plunger assembly back onto the barrel with the plunger fully pulled out.

With the needle end pointing upwards, firmly tap the side of the barrel with a non-marking object like a wooden spoon to shake all the ingredients down to the plunger end of the barrel. Then, slowly push the plunger in until all the air is expelled and the ingredients start to come out the end of the needle.

6. Injecting the Marinade!

Your injector is now washed, oiled and full of marinade. You're ready to start injecting!

1. Plan a few evenly spaced injection points around the meat so marinade will be dispersed evenly throughout the meat. Aim to inject downwards (i.e. approaching the meat from above) to prevent marinade leaking out after injecting.
2. Lift the skin (if the meat has one) and push the needle all the way into the meat without it coming out the other side. Then, gently depress the plunger as you slowly draw the needle out of the meat. Don't overdo it or the marinade will come spurting out!
3. Re-use the same hole several times by injecting at different angles. This prevents making too many holes in the meat and losing moisture and flavor! Ideally you want to aim for about 60ml of marinade per kilogram of meat, so you may have to refill the syringe.

Dry the surface with a paper towel and apply any rub.





7. Marinating, Cooking and Resting

The marinade is now in the meat, and those acids or enzymes are busy getting to work! As you'd remember from section 2 '[How Does Marinating Work](#)', you can destroy your meat if you leave it marinating too long. If you have to cook straight away, go ahead, but you'll get a better result if you can let it sit for a while. But don't let it go too long, or the meat will be too tough (for acidic marinades) or pulpy (for enzymatic marinades). Make sure you put the meat in the fridge while it's marinating!

The ideal marinating time will depend on the concentration of marinade, its volume and a several other factors, but use this table as a starting guide. You can fine-tune these times based on results:

Meat Type	Marinating Time Guide (it's OK to go shorter!)
Shellfish	15 minutes
Seafood	20-30 minutes
Poultry (Chicken, Turkey etc.)	2-4 hours
Pork	2-6 hours
Lamb	3-8 Hours
Beef	3-24 hours

You can now roast, grill or smoke your marinated meat!

When the meat is cooked, it's important to allow it to rest before slicing and serving as this allows the moisture in the meat to spread evenly throughout the meat. If you carve the meat too early a lot of that valuable juice will run straight onto the plate. How long to rest? As a rule of thumb, let the meat rest for five minutes per inch of thickness, but if you have a meat thermometer let it rest until the temperature at the middle is down to about 120°F (49°C).

Resist the temptation to use any left-over marinade as a sauce unless you kept it separate from the injector – remember that needle went into raw meat and back into that marinade! Throw it away.

8. Cleaning and Maintenance

The barrel and needles are all stainless steel so they can go straight into the dishwasher (we recommend removing the silicon washers on the needles for longer life and so they don't get lost in the dishwasher). The Injector Plunger Assembly (see picture earlier in this guide) is all stainless steel apart from the finger rings which are a chromed alloy, and while it will go through the dishwasher just fine we do recommend you wash this part by hand to get the longest life out of the unit. This will also avoid having to remove the plunger O-ring before cleaning.

If you've used thick or sticky ingredients you may like to use a bottle brush to scrub the inside of the injector barrel.

The silicon O-rings provide a really good seal, however like any seal they will eventually start to leak. When this happens you can just swap it with the spares we provided with your unit! ☺ The easiest way to remove the plunger O-ring is to squeeze the sides of the plunger disc and pull the O-ring sideways. We have a video on our website <http://premiala.com> which shows how to do this.

9. Support

If you ever need any support or assistance please contact us through our website
<http://premiala.com>

Happy injecting! ☺
The Premiala Team.



10. Marinade Recipes

Brine, salted butter, or stock are great starting points, but take a look at these ideas once you want to step things up a bit. Don't be afraid to extend these either - smoke the salt for extra flavor; add in-season herbs and spices, or off the shelf products like garlic and pepper. If it's an acidic marinade, try replacing the acidic component with an enzyme (see [Section 2](#)).

Remember to create these recipes as per [Section 3](#) - crush / chop the solid ingredients as fine as you possibly can; melt / dissolve the soluble ingredients, then mix with the liquid and inject. The more complex recipes may benefit from the liquid being brought to a boil, and then simmered for 20 minutes while stirring occasionally.

As for volume of marinade, remember as a starting point:
60ml of marinade treats about 1kg of meat, so
1 cup (250ml) of marinade treats about 4kg of meat



Make sure you follow Premiala on Pinterest to get a regular feed of great marinade recipes!

All-Purpose Injections

Basic Brine

- 1 teaspoon table salt
- 1 teaspoon sugar
- 1 cup water

Smokey Barbecue Injection

- 1/3 cup Barbecue sauce
- 1/3 cup maple syrup
- 2 tablespoons apple cider vinegar
- 2 teaspoons smoked paprika
- 2 garlic cloves, finely crushed

Teriyaki Injection

- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 5 tablespoons low-sodium soy sauce
- 2 tablespoons + 2 teaspoons brown sugar
- 1/2 tablespoon minced fresh ginger
- 2 cloves finely minced garlic

Greek Injection

- 1/2 cup extra virgin olive oil
- 1/2 cup fresh lemon juice
- 2 garlic cloves, crushed
- 1 tablespoon dried oregano leaves
- 2 teaspoons dried thyme leaves

Moroccan Injection

- 1/2 cup lemon juice
- 2 tablespoons oil
- 1 tablespoon honey
- 2 garlic cloves, crushed
- 2 teaspoons ground cumin
- 2 teaspoons salt
- 1 teaspoon ground turmeric
- 1/2 teaspoon cayenne pepper
- 1/4 teaspoon ground cinnamon

Sweet and Tangy BBQ Sauce

- 2 tablespoons butter (melted)
- 1 small onion, minced
- 2 cups ketchup
- 1/2 cup cider vinegar 1/4 cup water
- 1/4 cup apple juice
- 1/4 cup Worcestershire sauce
- 2 tablespoons brown sugar 2 tablespoons molasses
- 2 tablespoons honey
- 2 teaspoons dry mustard powder
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon ground cayenne pepper

Pork

Apple Brine

1 teaspoon table salt
 1 teaspoon sugar
 1/3 teaspoon Worcestershire sauce
 2 teaspoons rice vinegar
 1/3 cup apple juice or low sodium pork stock
 1 cup water

Hot Pork Injection

As above, but add:
 1 teaspoon hot chilli powder
 1 teaspoon English mustard

Beef or Venison

Mild Worcestershire Brine

1 teaspoon table salt
 1 teaspoon sugar
 2/3 teaspoons Worcestershire sauce
 1 cup water or low sodium beef stock, or a mix of both

Brandy and Butter Injection

20ml brandy
 2 tablespoons butter (melted)
 1 cup water

Turkey and Chicken

Chicken Stock Brine Injection

1 teaspoon table salt
 1 teaspoon sugar
 1 cup water or low sodium chicken stock, or a mix of both

Five Spiced Poultry Injection

6 tablespoons low-sodium soya sauce
 1 tablespoon garlic powder
 1 teaspoon ground ginger
 2 teaspoons paprika
 1 tablespoon fresh chopped basil
 2 teaspoon parsley
 1/4 tsp black pepper
 2 teaspoons Chinese five-spice powder
 1x 12-pound turkey
 3 cups water

Thyme, Mustard and White Wine Injection

1/2 cup extra virgin olive oil
 1/4 cup white wine
 1 tablespoon fresh thyme, finely chopped
 3 garlic cloves, crushed
 1 tablespoon wholegrain mustard

Lamb

Red Wine and Rosemary Injection

100ml red wine
 100ml dark soy sauce
 3 tablespoons oyster sauce
 1 clove garlic
 2 sprigs rosemary finely chopped
 1 tbsp Rock salt
 1/4 cup olive oil

11. Full Meal Recipes

Buffalo Turkey With Pots and Peas



1. Preheat your grill to 375°F. Prepare for indirect grilling.
2. Fill your marinade injector with buffalo sauce (most people have their own favorite but do a quick web search if you want some ideas) and inject the bird in several places, moving the needle out slowly while pushing the plunger down.
3. Place the turkey into a baking dish if you wish to collect the fat for buffalo gravy. Roast the turkey over indirect heat for 35 to 45 minutes.
4. Peel and boil the potatoes while the turkey is cooking. When a fork or knife can pierce the potato effortlessly and then slide out without force, they're ready.
5. Drain the potatoes and mash with the tatziki, roasted garlic, buffalo sauce, cream and salt to taste.
6. The turkey is done when the liquid runs clear or a meat thermometer reads 165°F.
7. Pour the drippings off into a small saucepan over medium-low heat. Add +/- 1 tbsp. flour until you have a paste. Add stock slowly to the paste, whisking the whole time, until you have the perfect gravy consistency.
8. Slice the turkey and serve with potatoes and peas. OR Slice the turkey into bite sized morsels. Fill a piping bag, or ziplock bag with the mashed potatoes and pipe a dollop of mashed potatoes on to each bite of turkey. Skewer each bite with a toothpick and serve with the gravy as a dipping sauce.

Red Wine Injected Roast Beef With Injected Baked Potato

1. Preheat your grill to 345°F.
2. Brush the potatoes with some of the melted butter, season them with salt and pepper, then place them over the "on" side of the grill on the warming rack to bake.
3. Prepare the beef by scoring the fat cap in a diamond pattern, then rubbing it thoroughly with the steak rub.
4. Combine the red wine and beef broth in a measuring cup.
5. In a small dish, mix 6 tbsp. of the beef broth mixture and 2 tbsp. of the melted butter. Suck it up with your marinade injector. In several places over the roast, insert the needle of the injector and depress the plunger as you pull the needle out slowly. Do this at least once with a full syringe. If it is a large roast, you can do it twice.
6. Place the roast into a roasting pan with a lid, (make sure that it fits on your grill) and place it over indirect heat to roast.
7. Roast the beef for 35 minutes, or until a meat thermometer reads medium rare, about 145°F.
8. When the roast is done to your liking, remove it from the grill and place it on a plate to rest, covered with some foil and a tea towel. While the meat is resting, check the potatoes. Fill the marinade injector with the remaining butter, with garlic powder added and inject the potatoes in several places with butter. Turn off the grill but leave the potatoes until you are ready to serve.
9. Make the gravy by pouring any of the meat drippings into a sauce pan over medium-low heat. Slowly add the flour until you have a thick paste. Whisk in the remaining red wine and beef broth, a little at a time, until you have the perfect gravy consistency. Remember you will need more or less of both the flour and the beef broth mixture for doing this.
10. Slice the beef, and serve it with the potatoes, topped with your favourites like sour cream, chives and bacon bits, and some veggies too. Don't forget the gravy.

Roast Turkey with Herbal Rub

Ingredients:

- 1 13-Pound WHOLE TURKEY fresh or thawed
- 1 Medium onion quartered
- 1 lemon quartered
- 1/4 Cup vegetable oil
- 1 Teaspoon dried thyme
- 1 Teaspoon dried tarragon
- 1 Tablespoon dried rosemary
- 1 Teaspoon salt
- 1/2 Teaspoon freshly ground black pepper

Method:

1. Preheat oven to 325F.
2. Remove giblets and neck from turkey and reserve for broth.
3. Rinse turkey with cold running water and pat dry with paper towels. Place onion and lemon quarters in neck and body cavities.
4. In a small bowl, mix oil with herbs, salt and pepper. With your finger tips, gently loosen skin from the breast without pulling off the skin.
5. Inject marinade in various parts of the bird. Rub cavities and outside of turkey with any remaining marinade.
6. Secure the neck skin to the back with skewers. Fold wings under back of turkey. Place legs in tucked position. May be prepared to this point, covered and refrigerated for several hours.
7. Place turkey, breast side up, on a rack in a large shallow (no more than 2-1/2 inches) deep roasting pan. Insert an oven-safe thermometer into the thickest part of the thigh, being careful it does not touch the bone.
8. Cover bird with a loose tent of foil. Roast turkey in a preheated 325 degree F. oven for about 2-1/2 hours.
9. Remove foil and baste bird with pan juices. Continue to roast for about another hour until meat thermometer registers 180 degrees F. in the thigh.
10. Remove turkey from oven and allow to rest for 15-20 minutes before carving. Transfer to a large platter and serve with gravy.

30-Min: Lamb Grill For Two

Yield: 2 Servings

Ingredients

- 1 T low-sodium soy sauce
- 2 t sesame oil
- 1 green onion, chopped
- 1 garlic clove, minced
- 1 t gingerroot, minced
- 1/4t pepper
- lamb loin chops (8 oz)
- Salt

Method

- 1 In shallow dish, whisk together soy sauce, oil, onion, garlic, ginger and pepper.
- 2 Using the open-ended needle, inject marinade into lamb (unless the chops are thick enough to cover all 12 holes).
- 3 Place lamb on greased grill over medium-high heat; cover and cook for 5-7 minutes on each side for medium-rare or until desired doneness. If you have any spare marinade you can baste the chops with this.
- 4 Season with salt to taste.
- 5 Serve with sauteed zucchini slices and sweet potatoes.

Teriyaki Injected Whole Chicken

Ingredients:

- 3-4 pound whole chicken
- 1 tablespoon olive oil
- 1 tablespoon sesame oil
- 5 tablespoons low-sodium soy sauce
- 2 tablespoons + 2 teaspoons brown sugar
- 1/2 tablespoon minced fresh ginger 2 cloves finely minced garlic

Method:

1. Pre-heat oven to 400 degrees.
2. In a small bowl, mix all of the ingredients, except chicken.
3. Remove the chicken gizzards and liver (freeze for later use), rinse and dry the chicken well.
4. Fill the injector with marinade and inject a small amount every 1/2-inch or so around the chicken.
5. Pour the rest of the marinade over the chicken.
6. Place the chicken in a roasting pan on a middle rack in the oven for 50-60 minutes, or until inner temperature reaches 170 degrees.
7. Allow chicken to sit about 15-20 minutes before serving.

Herb Injected Grilled Chicken

Serves 4

This is a succulent, very flavorful and easy to make grilled chicken. The subtle flavor of the herbs enhance the chicken without overpowering it.

Ingredients

- 4 thighs (or other chicken pieces)
- 2 tablespoons olive oil
- 1 tablespoon dry sherry
- 1 tablespoon white wine vinegar
- 1 tablespoon finely minced fresh herbs (any single herb or combination of rosemary, tarragon, parsley, oregano or basil)

Method

1. In a small pan over medium heat combine olive oil, sherry, vinegar and herbs. Simmer for 15-20 minutes. Allow to come to room temperature.
2. Inject marinade into chicken. It's best to inject as many holes as possible using a small amount of marinade each time.
3. Grill indirectly turning chicken over 1/2 way. Cook until done, about 30-45 minutes depending on size.

