

Injecting Is The Way To Go!



Some information to help your flavor injections really get noticed!

Table of Contents

Introduction	3
What is Flavor injecting?.....	3
The Basics of Flavor injecting.....	4
What is Flavor Injecting	4
What Tools Do I Need To Inject My Meats?	4
What do I use to inject Meat?	5
Why Does Injecting Meats Work So Well?	5
Let's Talk About Fluids!	5
So How Do I Make The Injection Fluid?	6
Deejay's Pork Butt Injection Fluids	6
Deejay's Hawaiian Style Teriyaki Injection Fluid (Good on any meat!)	6
Orange Flavored Injection Fluid (Great on poultry!)	7
Pineapple Honey Mustard Flavored Injection Fluid (Great on pork or ham!)	7
Pineapple Cherry Flavored Injection Fluid (Great on pork or ham!)	7
Butter Based Injection Fluids (For Poultry).....	7
Apple Sauce Based Injection Fluids (For Poultry)	8
Apple Cinnamon Injection Fluids (For Poultry and Pork).....	8
Carolina Mustard Sauce Injection Fluid (For Beef or Pork).....	8
Apple Rib Rub Injection Fluid (For Beef or Pork)	9
Apple Grape Injection Fluid (For Beef or Pork).....	9
Jamaican Jerk Style Injection Fluid (for poultry or fish).....	9
Basic Rub Injection Fluid	10
Another Basic Rub Injection Fluid	10
All-South Barbecue Rub For Injecton Fluid	10

Introduction

There's been a lot of talk in the past few years about injecting meat or flavor injecting. I've got to admit the first time I ever heard about it was while watching an infomercial on TV by Ron Popeil selling his Ronco 'Showtime' Rotisserie and BBQ! Best show I ever watched – Thanks Ron! I love the machine, I've had mine over 10 years and it keeps on ticking but the best part of the infomercial was that Ron introduced me to Flavor injecting.

What is Flavor injecting?

It's simple - you buy one of those big cooking hypodermic needles, fill it with a fluid and spices and inject the inside of your meat. Now the inside of the meat is full of all the flavors you love on the outside of the meat. What a concept! Ever eat a piece of chicken? What's the best part? The outside! Why? Because that's where all the flavor is from the spices and marinades you've used! DUH! Why didn't I think of this YEARS ago? Well for the most part until Ron introduced his flavor injector they weren't readily available to the general public. Now you can buy them just about anywhere and for any price.

I have been singing the praises of injecting meats for over 10 years now and several people have jumped in and tried it. Now I am going to go through the whys, where's, and how's of injecting.

NOTE: When using spices with larger pieces I keep a dedicated coffee grinder for pulverizing spices before mixing them into the injection fluid. They are fairly inexpensive and work really well for this purpose. Do find a way to mark it so that it is ONLY used for spices or your morning coffee might have an unexpected bite to it one day!

The Basics of Flavor injecting

What is Flavor Injecting

As I stated previously, flavor injecting is simply taking the spices you love that are sprinkled ON your meats, mixing them with some type of fluid and injecting them inside your meats so they taste just as good inside as they do outside.

What Tools Do I Need To Inject My Meats?

There are as many injectors on the market today as there are meats. Everyone that makes kitchen tools now makes an injector of sorts. Some are even packaged with spices for free just to get you to try their brand of spices. Hey Free is a good thing – why not?

Here are a few of the injectors I have tried over the years:



Available Anywhere

Limited to places dealing with meat processing

Which do I like best? Well I have small hands so the cheap plastic ones from Wal-Mart for \$3 are the ones I use most unless I am doing a lot of injecting.

The one with the spring loaded squeeze handle is a PITA to refill and barely holds more than the cheap ones. The long stainless steel one in the middle is a great injector and holds about twice as much as the others. I think I got it at Cabela's – it's an Eastern Sports product none the less. I like it a lot but it does take me two hands to use it. One thing I have done was to cut off the end of the needle so that it doesn't get clogged with spices.

NOTE: When using spices with larger pieces I keep a dedicated coffee grinder for pulverizing spices before mixing them into the injection fluid. They are fairly inexpensive and work really well for this purpose. Do find a way to permanently mark it so that it is ONLY used for spices or your morning coffee might have an unexpected bite to it one day!

What do I use to inject Meat?

Like I said, anything you like on the outside of your meat will be great on the inside. The real challenge is what medium (fluid) will you mix with the spices to make it injectable?

The liquid will depend a lot on what type of meat you are injecting but it could be a salt water brine, juice, butter, vegetable oil it's up to you and what you like on/in your meats We'll cover some recipes for what I call injection fluids a bit later after we cover why this works.

Why Does Injecting Meats Work So Well?

Well let's think about this ... What happens to meat when you cook or smoke it? The meat heats up and it loses fluids and shrinks up a bit to make up for those lost juices. The color changes because the meat mixes with oxygen turning the meat brown. While all this is happening the fats are breaking down, melting and flowing out of the meat. Searing slows this process down but we are going to take advantage of this process by letting those juices carry our spices all through the meat!

Let's Talk About Fluids!

There are all kinds of fluids you could use for your flavor injections. If it's edible and won't spoil with slow heating it'll probably work. Vinegar and oil are a good choice for tough lean cuts of meat because the vinegar helps tenderize and the oil add more fat to the meats. Italian salad dressing is a quick and dirty injection fluid as well as a good marinade that can be doctored up easily with the addition of spices or even soy sauce for a nice Asian slant.

Citrus juices are good as an injection fluid because the acids act as a tenderizer but add a lot of flavor as well. Lemons and limes are my biggest acids of choice. I think they just enhance the flavors of meats and vegetables so well. Oranges and grapefruits are also good choices for adding acid to your meats. Just make sure not to get any of the pith into your squeezing that is bitter.

Apple juice and apple sauce. I love to use apple juice as a spritz when smoking. Apple juice and especially apple sauce make a great medium for injecting meats – especially pork! Remember the line from a Humphrey Bogart movie – “Pork chops and apple sauce.” Well there was a reason this reference was made - Pork and apple sauce goes great together!

Fluids like apple, lemon, lime, orange, grapefruit, pineapple, pomegranate, mango, grape, melted butter, oil and/or vinegar, soy sauce, salted water, beer, wine, rum, whiskey, soda, soy and list go on and on.

Are you getting the idea? It's almost limitless. I like to use a mild fluid like apple juice or apple sauce to mix my seasonings with unless I am using that liquid as a part of the flavoring. For example maybe I am making orange chicken I might use a small amount of orange juice for the injection fluid or grated orange rind mixed in with the apple juice. Or I might use melted butter with orange zest and my other spices. Sometimes it's just a matter of what I have at hand or the mood I'm in that day.

So How Do I Make The Injection Fluid?

Let me give you an example using my favorite pork butt for pulled pork injection fluid.

First I start with unsweetened apple sauce. Why unsweetened? Well I just like to be more in charge of what amount of sweetness goes into my food so unsweetened apple sauce adds very little sugar and it easy to figure out how much additional sweetness if any is needed. Any cheap apple sauce will work just make sure it's unsweetened and un-spiced. I used the cheapest stuff on the shelf.

There are rough estimates but you can taste it and see what you like best.

Deejay's Pork Butt Injection Fluids

1.5 cups of unsweetened apple sauce
4 tablespoons rub or Tony Chacherey's Creole Seasoning
4 tablespoons of Sweet Baby Rays BBQ Sauce.
1/2 tablespoon onion powder

Stir it up good to mix and suck it up or pour it into the needle and inject every few inches all over the meat. Any fluid that spills out just rub it all over the meat then add you rub, mustard or whatever to the outside before smoking.

If you need more just filler up again and keep going until the whole butt has been injected.

You could mix any spices you like to use on your pork butts in with the apple sauce but let me tell you apple sauce is great mix in with pork meat or pork sausages to add moisture and flavors.

Deejay's Hawaiian Style Teriyaki Injection Fluid (Good on any meat!)

I learn to eat teriyaki when I was stationed I Hawaii back in the 70's so this is the local version of Teriyaki not a Japanese version. I like this one best! Now this recipe works well with apple sauce or a vinegar and oil base. I'll list both.

Vinegar and Oil Based Hawaiian Style Teriyaki fluid

2/3 cup oil
1/3 cup vinegar
2 to 3 tablespoons brown sugar or to taste
1/2 tablespoons garlic powder
1/2 tablespoon onion powder
1/4 teaspoon ginger powder
1/4 teaspoons cayenne pepper (Optional I like a little heat)

You may find the sugar dissolves best if this is heated some then cooled before injecting.

Apple Sauce Based Hawaiian Style Teriyaki fluid

1 cup unsweetened apple sauce
1/2 squeezed lemon
2 to 3 tablespoons brown sugar or to taste
1/2 tablespoon garlic powder
1/2 tablespoon onion powder
1/4 teaspoon ginger powder
1/4 teaspoon cayenne pepper (Optional I like a little heat)

You may find the sugar dissolves best if this is heated some then cooled before injecting.

Orange Flavored Injection Fluid (Great on poultry!)

1 cup unsweetened apple sauce
1/2 squeezed lemon
1 squeezed orange
Zest from 1 orange
2 tablespoons brown sugar or to taste
1/2 tablespoon garlic powder
1/2 tablespoon onion powder

Pineapple Honey Mustard Flavored Injection Fluid (Great on pork or ham!)

1 cup unsweetened apple sauce
1/2 cup pineapple juice
2 tablespoons brown sugar or to taste
2 tablespoons honey mustard

Pineapple Cherry Flavored Injection Fluid (Great on pork or ham!)

1 cup unsweetened apple sauce
1/2 cup pineapple juice
2 tablespoons brown sugar or to taste
2 tablespoons maraschino cherry juice

Butter Based Injection Fluids (For Poultry)

1 stick of melted butter
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon Cajun spice powder
2 teaspoons BBQ Sauce - Optional

Apple Sauce Based Injection Fluids (For Poultry)

1 cup apple sauce

Then add 2 tablespoons of the following mixture

1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon Cajun spice powder
2 tablespoons BBQ Sauce – Optional

Apple Cinnamon Injection Fluids (For Poultry and Pork)

1 cup apple sauce

Then add 2 tablespoons of the following mixture

1 squeezed lemon
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon molasses
2 tablespoons brown sugar
1 teaspoon cinnamon
1/2 teaspoon nutmeg
2 tablespoons BBQ Sauce - Optional

Carolina Mustard Sauce Injection Fluid (For Beef or Pork)

1 cup apple sauce

Then add 2 tablespoons of the following mixture

1 tablespoon yellow mustard
1/2 tablespoon sugar
1/2 tablespoon brown sugar
3/4 teaspoon lemon juice
1/2 teaspoon chili powder
1/4 teaspoon white pepper
1/4 teaspoon black pepper
pinch cayenne pepper

Apple Rib Rub Injection Fluid (For Beef or Pork)

1 cup Apple sauce

Then add 2 tablespoons of the following mixture

1 tablespoons black pepper
1/2 tablespoon cayenne pepper
1 tablespoons salt
1 tablespoons sugar
1 tablespoons brown sugar
1 tablespoons chili powder
1/2 tablespoon cinnamon
1/2teaspoon ground allspice
1 teaspoon paprika

Apple Grape Injection Fluid (For Beef or Pork)

1 cup apple sauce
1 cup grape jelly
1 cup chili sauce

Jamaican Jerk Style Injection Fluid (for poultry or fish)

1 cup apple sauce

Then add 2 tablespoons of the following mixture

1 teaspoons cayenne pepper
1 tablespoon salt
1-1/2 Teaspoons sugar
1/2 teaspoon garlic powder
1/2 teaspoons onion powder
1/2 teaspoon black pepper
1/2 teaspoon powdered ginger
1/2 teaspoon all-spice
1/4 teaspoon cinnamon
1/8 teaspoon nutmeg
1/8 teaspoon cloves

Basic Rub Injection Fluid

1 cup Apple sauce

Then add 2 tablespoons of the following mixture

2 teaspoons Garlic powder
2 teaspoons Onion powder
2 teaspoons Cajun Spice
2 teaspoons Powdered Mustard

Another Basic Rub Injection Fluid

1 cup Apple sauce

Then add 2 tablespoons of the following mixture

2 teaspoons Garlic powder
2 teaspoons Onion powder
2 teaspoons Cajun Spice
2 teaspoons Powdered Mustard
2 teaspoons Chili Powder

All-South Barbecue Rub for Injection Fluid

1 cup Apple sauce

Then add 2 tablespoons of the following mixture

2 tablespoons salt
2 tablespoons sugar
2 tablespoons brown Sugar
2 tablespoons ground cumin
2 tablespoons chili powder
2 tablespoons freshly cracked black pepper
1 tablespoon cayenne pepper
4 tablespoon paprika

ENjoy!