

# KITCHWISE MEAT INJECTOR KIT

## USER GUIDE AND RECIPES



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## Introduction

Whether a chef or home cook, we know it takes a good marinade to make grilled or roasted meat as flavorful as it should be.

As an age-old tradition, we commonly soak the meat into the marinade mixture with our chosen ingredients. The thing is, this method may not be very effective as the flavors may not deeply penetrate, resulting into a flavorless and dry meat.

The game-changer solution? Inject!



Marinade injecting is an effective method to level up the taste of chicken, turkey, pork and beef. If you are still a newbie with marinade injecting, worry no more! This EBook aims to provide you with beginner instructions and recipes that you could try at home. It's fun and easy!

# Meat Injector Kit: Parts and Uses

## Injector Plunger Assembly

### Thumb Ring and Finger Rings

These are the circular hand grips you'll find on the injector plunger. They are essential in the injecting process.

### Shaft

The long tube in the middle of the injector plunger which connects the rings with the piston and piston O-ring.

### Piston and Piston O-Ring

The bottom part of the assembly, which pushes the marinade into the needle.

**Tip:** make sure to oil the O-Ring before use. Oil makes it easy to push.

### Injector Barrel

The chamber which will house your marinade mixture.

### Needles:

**Fine 2-hole needle** – used for liquid injection into thin meat.

**12-hole needle** – used for liquid injection into thick meat like turkey and beef.

**Open Ended Needle** – If your marinade have solid components, use this to inject into thick meat.



*Figure 1 YouTube Video Link on Marinade Injector - YouTube Channel "David Barnwell"*

# 3 reasons why you should inject meat

*Figure 2 YouTube Video Link on Marinade Injector - YouTube Channel "David Barnwell"*

## **How to Fill your Injector**

### **For Liquid Marinade**

*(Small amount with or without solid ingredients)*

Prepare your marinade and put into a bowl.

Insert the open ended needle into the injector.

Draw the marinade up into the chamber.

Don't fill it entirely. Once nearly full, take out the needle from the marinade and pull the plunger.

Switch the needle with the 12-hole. Now you're ready to inject.

### **For Big Amount of Liquid Marinade:**

This process needs a cigarette lighter, water bottle and electrical tape.

Screw the 12-hole needle into the barrel and heat the tip using a cigarette lighter. Make a hole on the bottle cap and cover with tape.

Remove the cap, fill in with your marinade and replace the cap.

Pull the plunger about halfway to grab some air, put on the 12-hole needle and push into the tape hole up to the bottle.

Release the air accumulated on the plunger, turn it upside down and pull.

Now you have filled the chamber with marinade!

### **For Purees:**

When adding solid ingredients, they must be finely chopped before mixing or you may use a blender to make a puree. Chunky solids may clog the needle and you won't be happy doing the process.

To fill, start by attaching the open-end needle into the chamber. Remove the Injector Plunger Assembly and spoon your marinade into the syringe. Once filled, screw back the injector with the plunger pulled out. To shake the ingredients and push them towards the needle, tap the side of the barrel using a wooden spoon. You're ready to inject your marinade!

### **Bonus Tip:**

Kitchwise Meat Injector is not only suitable for meat injecting, but it also works well for injecting jam into donuts, melted cheese into burger, syrups into ice cream, cake filling and more. Get creative and make countless recipes! Try injecting melted cheese into your burger next time!



## **How to Inject your Marinade**

1. Before you get started, make sure you have properly washed your injector, oiled your O-Ring and properly filled the chamber with marinade.
2. You want the flavors to be evenly distributed, so plan ahead which areas you'd poke the holes into.
3. Push the needle into the meat, making sure it doesn't come out in other parts.
4. Slowly inject the marinade as you draw the needle out. Don't put too much or else the liquid will leak out!
5. By using the same hole, inject the marinade at different angles. It helps so you won't create too many holes which may result to a loss of moisture and flavor.
6. Refill the syringe if needed and repeat the injecting process.

## **Waiting Time**

Marinating time is essential in locking in flavors into the meat.

Here's a guide you may follow:

Chicken and Turkey = 2 up to 4 hours

Beef = 3 up to 24 hours

Pork = 2 up to 6 hours

Lamb = 3 up to 8 hours

Using a meat injector helps you bring more flavor inside the meat and reduce marinating time.

## **How to Clean**

Cleaning up the meat injector is easy. Parts are made of stainless steel so they can easily go into the dishwasher. You may also opt to hand wash them.

In case you used chunky marinade ingredients, use a bottle brush to clean the injector barrel. And you're done!

## How to Create a Marinade

Brine, salted butter, or stock makes a basic marinade. You may add some oil or butter after injecting the brine to add more flavor.

If you are ready to take a step further, mix and match your own marinade mixture by adding **3 parts oil for every 1 part acid and add some flavorings**. Acids tenderizes the meat so you may use vinegar, juices or wine. Oil holds everything together and adds moisture. You may use canola oil, coconut oil or melted butter. Add-on flavor like spice and herbs makes your meat tastier and more flavorful.



## Marinade Recipes You Should Try at Home

### Teriyaki Meat Marinade

2 cups light or dark brown sugar  
1 cup soy sauce  
1 cup chopped scallions  
¼ cup minced garlic  
3 tablespoons sesame oil  
(toasted)  
2 tablespoons grated fresh ginger  
¾ cup white sesame seed

### Basic Brine

1 teaspoon table salt  
1 teaspoon sugar  
1 cup water

### Chicken Marinade

1 cup chicken stock  
4 teaspoon melted butter  
4 teaspoons Sriracha sauce

### Pork Brine

2 tablespoons kosher salt  
1 tablespoon sugar  
2 tablespoon rice vinegar  
1 tablespoon Worcestershire  
1 cup apple juice or pork,  
chicken, beef stock  
3 cups water

### Lamb Marinade

100ml red wine  
100ml dark sauce  
3 tablespoon oyster sauce  
1 clove garlic  
2 sprigs rosemary  
1 tablespoon salt  
¼ cup olive oil

### Beef Brandy and Butter

20ml Brandy  
2 tablespoon melted butter  
1 cup water

# Meat Recipes

## Smoked Turkey

Turkey can be cooked in as low as 2 hours. Make sure to avoid buying basted or pre-brined turkey or you may end up with a too salty meat.

### Ingredients:

#### Marinade

Lemon Juice  
Oil  
Water  
Melted Butter  
Thyme and Sage  
Worcestershire Sauce  
Garlic salt  
Onion salt

#### Turkey Rub

Onion salt  
Garlic salt  
Seasoning salt  
Paprika  
Chili Powder  
Black Pepper

### Procedure:

1. Combine all the marinade ingredients and inject into the turkey. Make sure to follow the proper injecting instructions.
2. Let the meat absorb all the flavors by resting for 24 hours.
3. Mix the Rub ingredients and spread evenly on the turkey, including under the skin.

4. Preheat the smoker to about 225 degrees and add the turkey. Allow smoker temp to reach 350 and cook until internal temp reaches 165 degrees.

## **Smoke-Roasted Chicken Wings**

Delicious crispy-skinned chicken wings with a hint of wood smoke.

### **Ingredients:**

5 pounds chicken wings

Teriyaki Marinade

### **Procedure:**

1. Create the marinade and inject into the chicken wings.
2. In a tight container, refrigerate for up to 12 hours. Flip the wings at every hour or two to equally distribute the marinade.
3. Preheat the smoker between 300 to 350°F. Arrange the wings evenly and start cooking. Check doneness every 5 to 10 minutes until the chicken wings are cooked but still juicy. Cook for about 20 to 45 minutes. Enjoy!

## **Beef Short Ribs**

A delicious recipe from meaty cuts of the beef's plate section. This recipe would take around 3-4 hours cook time.

### **Main Ingredients:**

2 (4-bone) short ribs

$\frac{1}{4}$  cup yellow mustard

5 tablespoon Rub

### **Rub Ingredients:**

1 cup light brown sugar

$\frac{1}{2}$  tablespoon ground cinnamon

$\frac{1}{2}$  cup paprika

$\frac{3}{4}$  teaspoon cayenne pepper

$\frac{1}{2}$  cup black pepper

$\frac{3}{4}$  teaspoon ground allspice

6 tablespoons kosher salt

$\frac{1}{2}$  teaspoon garlic powder

2 tablespoons finely ground

$\frac{1}{2}$  teaspoon onion powder

coffee

$\frac{1}{2}$  teaspoon ground cumin

### **Procedure:**

1. Prepare the Rub beforehand. Mix all the ingredients and store in a container.
2. Cut the rib sections in half. Flip the meat-side down and make a vertical slice from top to bottom, creating a crosshatch diamond pattern into the membrane.

3. Cook between 225 to 250°F. Flip the ribs after 2 hours and put the meat side-up on the third hour. Cook until it reaches your desired tenderness.

## **Grilled Lamb**

### **Ingredients:**

1 Tablespoon low-medium soy sauce

2 teaspoon sesame oil

1 green onion

1 garlic clove

¼ teaspoon black pepper

Salt

Lamb Loin Chops

### **Procedure:**

1. Mix oil, onion, garlic, ginger pepper and soy sauce and inject into the lamb using the open-end needle.

2. Grill the lamb and cook for 5-7 minutes on each side. Season to taste.



## Smoked Brisket

Cook time: 8-12 hours. It's a low maintenance recipe that you can just leave until it's done.

### Main Ingredients

1 packer-cut brisket

1 cup white vinegar

½ cup yellow mustard

2/3 cup brisket rub

### Brisket Rub

¼ cup cracked pepper

¼ cup salt

2 teaspoons cayenne pepper

### Procedure

1. Before you start cooking, coat the brisket with vinegar, rinse with water and pat with towel to dry.
2. Coat with mustard, and evenly apply the rub. Cook when it is in room temperature.
3. Cook between 225 to 250°F until fork easily slides into the meat.



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