BEAST INJECTOR™

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By David C. Johnson

An entrepreneur and grill lover at heart, David Johnson is the founder and CEO of Grill Beast. He knows what grill masters want, and he never manufactures a product he wouldn’t add to his own cart. When he’s not concocting ways to improve the impractical or poorly designed cooking tools consumers currently find on the market, he’s experimenting at the grill surrounded by family and friends. Based in the charming city of New Orleans, David regularly contributes his expertise to Grill Beast’s blog in an effort to help others create tasty experiences no one will soon forget.
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INTRODUCTION

To be seated at a table with grilled foods and great company is to bear witness to one of the world’s favorite pastimes. Before aromas fill the air, traditions are observed, and stories are shared, however, there’s a time of preparation—a time when generations of culinary secrets work their magic to transform ordinary foods into mouthfuls of happiness.

Grill Beast is all about happiness, but we’re also about chef-quality products in everyday homes. We’re about helping you make simple day-to-day meals better, tastier, and faster. With that said, you’ll quickly come to realize the Beast Injector is your new best friend. While it may not instantly make you the Gordon Ramsey of grilling, it will make every morsel memorable. Take the next step: put your least embarrassing grill apron on and light the fire as you learn how to wield the Beast Injector like a pro. Don’t forget to check out chapter four where our mouth-watering marinade recipes are waiting for you to try.
Marinades are just a liquid or minced form of flavoring, right? They are, but they’re also so much more. The lack of scientific understanding behind seasoning is the reason you’ll find many conflicting views, especially among individuals who claim to be grill masters. When you start to understand exactly what a marinade does and how it enhances and protects your meat, you’ll quickly discover there are several valid reasons to use and inject marinade before grilling, smoking, or roasting.

1. Marinades Enhance the Flavor of Meat

In reality, soaking does little to flavor meat or poultry thoroughly. A pleasant-tasting liquid will cover the outer layer, but the enzymes and acids in your seasoning won’t penetrate the center. This is especially true for thicker cuts and whole animals.
Understanding Marinades and Their Importance

The thing is that soaking relies on the acids in your marinade to denature the meat’s proteins. This process opens miniature tunnels into which liquid can seep and deliver flavor deeper. Unfortunately, the result is only partial. With meat already being full of natural juices (approximately 75% is water), you’re lucky if you affect 1/8” beneath the surface in a best case scenario. Then there’s the fact that many marinades contain significant amounts of oil. We all know how well oil and water get along. Large flavor molecules simply don’t permeate meat deep enough to create satisfying results and with little room for additional liquid, you have one option: the injection. The surface taste of any food automatically alters our perception of flavor, which is why a piece of chicken or steak will taste grilled when only the outer layer of meat has had contact with the grill. The disappointment for most food lovers arises when the initial deliciousness of the surface is replaced by the blandness of the center.

With the injection method, you can reach places a marinade won’t reach on its own— even after hours or days of soaking. The needles are designed to help you deposit liquid or minced marinade at the core of your favorite cut and evenly distribute it for maximum flavor infusion. The taste you find on the surface of your meat is the taste you’ll find throughout the cut.

2. Marinades Improve the Tenderness of Meat

As the acids and enzymes in marinade break down connective tissues and alter the muscle structure of meat and poultry, the food increases in tenderness. However, it’s crucial for the marinade to have direct contact with the meat in order for this chemical reaction to occur. As you can imagine, marinating your favorite cuts via the soaking method will produce an unchanged center and a mushy exterior that’s truly unpalatable. In addition, marinating meat for too long will result in a drier cut since the tenderizing enzymes reduce the meat’s ability to hold juices effectively.

Injecting the meat not only expands the area of direct contact, but it also allows for optimal tenderization. As a bonus, the tenderizing process is expedited since the meat requires far less time to rest before being grilled, which means you can enjoy food that’s pleasantly tender and easy to chew in almost no time at all.

3. Marinades Make Meats Safer For Consumption

According to the American Cancer Research Institute, cooking your meat over a direct flame causes a chemical reaction between the amino acids and creatine found in meats. This reaction results in the creation of a cancer-causing agent known as heterocyclic amines (HCAs). The good news is that research suggests marinades containing acidic liquids like vinegar, wine, citrus juices, and beer, can drastically reduce the formation of HCAs on both the inside and surface of meat by up to 99%. Acids also discourage the growth of listeria and other harmful bacteria, ensuring your meats are healthier and safer for consumption.
4. Marinades Increase the Juiciness of Meat

Since most marinade recipes include some type of oil, you’re essentially adding natural emulsifiers into your meat when you inject. These particles not only penetrate meat faster and promote dispersion, but they also help limit moisture loss during cooking. In addition, the salt in marinade assists with water retention. While you don’t want your meat too soggy, adding a liquid seasoning is a great way to ensure your foods stay juicy.

5. Marinades Make Seasoning Easier

Whether you prefer sweet, sour, umami, salty, or bitter, every grill master likes to spice meat and poultry for improved taste. In many cases, the seasoning requires several ingredients. Creating a marinade that can be stored in the fridge and whipped out at a moment’s notice makes the marination process much more convenient.

The bottom line: liquid seasonings enhance the attributes of meat with very little effort. For the acids and enzymes to be most effective, they need to penetrate further than the surface. Marinating meat via the injection method is the best way to achieve the results you desire.
Making a good marinade is a tricky endeavor. Adding too much of one ingredient can render food inedible. Adding too little of another might not affect the flavor at all. Before you begin experimenting, take the time to master the fundamentals of homemade marinades. Your taste buds will thank you for it.

Getting the Basics Right

A well-balanced marinade contains four basic ingredients: acid, oil, salt, and flavoring. Before you can throw these items together, you should know a few other things.

- A marinade can be acidic or enzymatic.
- An acidic marinade tends to contain wine, vinegar, or citrus juices.
An enzymatic marinade contains ingredients such as yogurt, papaya, pineapple, and kiwi-fruit.

If you’re creating an enzymatic marinade, don’t let your injected meat sit for more than 30 minutes. The enzymes digest muscle fibers quickly, turning meat into mush faster than you think.

Always mix marinade in a nonreactive container. Some acids will react to metals, giving your meat a metal flavor. Ceramic, glass, and plastic bowls or jars are best.

Always marinate meat in the fridge. While you can grill right after injection, you may want to let the marinade properties work their magic for an hour or two. To avoid microbial growth during this time, keep your meat sealed in a bag in the lower part of your fridge.

If you still have marinade left after injecting and coating your meat, chuck it. Don’t reuse it in any way—no one is a fan of food poising.

Adding sugar to a marinade is a great way to sweeten it. However, sugar burns so make certain you don’t add too much and that it’s properly dissolved before you inject the liquid or coat the exterior.

When most people think of oil, they immediately think of vegetable or olive. However, there are plenty variations on the market today. Consider using sesame, chili, peanut, or other infused oils for a different flavor.

Understanding Complementary Flavors

With an average of 10,000 taste buds and 5 million olfactory receptors, the way we perceive foods is as much related to our sense of smell as it is our sense of taste. Finding the right flavors to infuse in a marinade liquid isn’t necessarily hard, but it does require forethought so that the nostrils and tongue are equally satisfied.

The following are a few flavor profiles that work well with particular types of meat, poultry, and fish.

**Chicken:** orange, ginger, thyme, mint, coriander, saffron, parsley, tarragon, cumin, onion, basil, paprika, cream, garlic, cinnamon, rosemary, lemon, sage, cilantro, and coconut.

**Goose:** mustard, opinions, paprika, parsley, and rosemary.

**Duck:** honey, lime, onion, thyme, soy sauce, ginger, coriander, and bay leaf.

**Pork:** paprika, mustard, ginger, juniper, allspice, chili, nutmeg, thyme, chives, rosemary, coriander,
vinegar, balsamic vinegar, parsley, and sage.

**Beef:** pepper, mustard, rosemary, garlic, celery, cumin, basil, cayenne, leek, onion, sage, oregano, thyme, fennel, and bay leaf.

**Veal:** mint, paprika, ginger, dill, pepper, saffron, lemon, sage, bay leaf, parsley, oregano, marjoram, nutmeg, and tarragon.

**Lamb:** rosemary, thyme, cumin, mint, garlic, onion, basil, cinnamon, oregano, and sage.

**Fish:** lemon, butter, lime, saffron, cream, paprika, tarragon, garlic, bay leaf, onion, parsley, soy sauce, mint, cayenne, mustard, sage, marjoram, thyme, and turmeric.

Don’t be afraid to experiment. Create an acid and oil base and then season it with flavors you know you enjoy. Although recipes vary in quantity, start with equal parts oil and acid for a base.
Along with the science of marinades comes the art of marinade injection. Believe it or not, you’re not simply stabbing a giant needle into the center of your meat and pushing the plunger. There are specific techniques you must use to ensure flavors spread evenly and that no part of your meat is unaffected. The following are professional tips and methods for guaranteeing that every bite is as delicious as the last.

**Tip 1: Practice Safety First**

Let’s face it: you’re handling a large hypodermic needle, and it is sharp. Always keep it pointed away from you and never let children inject the meat.

**Tip 2: Ensure the Injector Is Securely Assembled**

To eliminate the risk of marinade seeping out, make certain you’ve assembled the Beast Injector properly and securely. Test it with water first if you’re unsure and don’t want to squirt marinade everywhere.
Tip 3: Map Your Injection Points

Since marinade is limited in the distance it can spread, it's essential to plan your entry points accordingly. Failing to do so may result in overlaps that make the flavor overpowering in some areas or you’ll create sections of meat that contain no flavor at all. Space your injection sites approximately two inches apart and insert the needle as far as it will go. If you’re injecting ribs, insert the needle parallel to the bone so the needle disperses marinade right down the meat’s center.

Tip 4: Do Not Remove the Needle Completely

Unless you need to reload the barrel with liquid, do not remove the needle from the puncture hole completely. Instead, bring the needle as close to the surface as possible and then angle it to reach other areas.

Tip 5: Limit the Number of Entry Points

The more holes you pierce into your meat, the more juice you risk losing. Foods naturally lose water content during the cooking process, which is why you want to limit the possibility as much as possible. When dealing with an odd-shaped piece of meat or a whole carcass, two-inch gaps between entry points aren't necessarily practical. Map your injection sites a little more strategically to keep the number of holes to a minimum and use the angling technique with deeper insertions to cover a larger area.

Tip 6: Plunge While Pulling

The last thing you want is to create pockets of marinade in your meat or poultry by releasing the liquid in one spot. Even distribution is key for optimal results, which is why you need to insert the needle parallel to the grain and push down on the plunger as you slowly remove the injector.

Tip 7: Oil the Needle

Use a little vegetable oil on the outside of the needle before inserting it into your meat. Besides protecting the needle, the oil ensures it travels through any thickness and consistency smoothly.

Tip 8: Keep Spices Fine and Small

Although the injector needles are designed to handle both liquid and chunky marinades, you should aim to keep ingredients as finely chopped as possible. This will limit clogging and the frustration that goes along with it.
**Tip 9: Allocate Marinades Evenly**

How much marinade you make will depend on the amount of meat or poultry you’re flavoring. Be sure to distribute the marinade evenly. About half a cup of marinade to a pound of meat is sufficient.

**Tip 10: Apply Pressure Steadily**

When pushing the plunger into the barrel to release marinade, you want to ensure your movement is slow and steady. Going too fast will leave blobs of marinade throughout your meat. Going too slow won’t leave sufficient flavoring behind. The only time you want to reduce pressure is when you near the surface. This will allow the meat to reseal as you extract the needle.

**Tip 11: Don’t Panic If There’s Leakage**

In many cases, marinade will leak from the injection site. This is natural and only serves to add flavor to the surface so don’t worry that there won’t be flavor internally.

**Tip 12: Cater for the Extra Liquid**

Keep in mind that the added moisture may slightly increase cooking time. It’s best to use a meat thermometer so you know when your food is perfectly cooked and safe to consume.

**Tip 13: Minimize Refills**

With a 2-ounce barrel, you should aim to fill the Beast Injector to capacity. Use a deep jar or container for your marinade so the needle can suck in as much liquid as possible. Try to avoid double dipping as it can contaminate the marinade. Rather put a portion of the marinade aside if you plan to use some later.

Ultimately, being a grilling badass does not mean you should wildly stab at your steak or pork butt and hope for the best. Yes, you’re carving your own path in the grilling world but always make certain you take precautions for your own safety and follow tried and trusted injecting techniques the pros use. There are plenty of other ways to experiment with cooking techniques, flavors, and foods.
SPICY BOURBON MARINADE
Perfect for pork butt, brisket, chicken, roasts, and seafood.

Directions

1. Add the ingredients together and mix well until the sugar has dissolved properly.

2. Inject the marinade into your chosen meat and then place it in a Ziploc bag or container. Pour the remaining marinade over the meat for an exterior coating. Put it in the refrigerator until you’re ready to grill or smoke it.

3. Let your seafood of choice marinate in a sealed container for 1-2 hours before grilling.

Ingredients

- 2/3 cup Creole mustard (or equivalent)
- 1/2 cup bourbon
- 1/3 cup soy sauce
- 2/3 cup dark brown sugar
- 3 tsp Worcestershire sauce
- 1/2 cup scallions, finely minced
**CHOCOLATE CHILI STEAK MARINADE**
Perfect for steak.

**Ingredients**
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon chili powder
- 1 tablespoon lime juice
- 2 tablespoons balsamic vinegar
- 1/2 teaspoon garlic powder
- 1/2 cup beef stock
- 1/4 cup olive oil
- 1 teaspoon honey
- 1 1/2 teaspoons ground coriander seed
- salt to taste

**Directions**
1. Mix the cocoa powder, chili powder, lime juice, balsamic vinegar, garlic powder, olive oil, honey, and ground coriander in a blender until smooth.
2. Add the beef stock and blended mix to a pot and stir. Bring to a boil, let the marinade thicken slightly, and then season with salt. Leave the mixture to cool completely.
3. Inject the marinade into your steak and let it sit for 30 minutes. If you feel inclined, set some of the sauce aside before injecting the rest into your meat and use it as a drizzle once your steak has been grilled to your liking.

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**PEANUT INFUSED BBQ MARINADE**
Perfect for boneless and skinless chicken breasts.

**Ingredients**
- 1 cup peanut butter
- 1/4 cup lemon juice
- 1/4 cup white wine vinegar
- 1/4 cup soy sauce
- 1 teaspoon red pepper flakes
- 2 teaspoons ginger, finely chopped
- 6 cloves garlic, crushed
- Water for thinning

**Directions**
1. Blend ingredients together until properly combined. If the consistency is too thick, add water in small increments and mix well. Leave to rest for 1-2 hours.
2. Prior to grilling, inject the marinade into your chicken breasts.
3. Brush the exterior of each piece with the balance of the marinade for a sticky, finger-licking coating.
**BUTTERY CAJUN MARINADE**

Perfect for pork butt, chicken, and turkey roasts.

**Directions**

1. Whisk the ingredients together until properly combined.

2. Inject the marinade right before roasting or smoking.

**Ingredients**

- 3 tablespoons Cajun seasoning
- 2 tablespoons garlic powder
- 2 sticks salted butter, melted
**THE BEER BEAST MARINADE**
Perfect for ribeyes, brisket, pork ribs, and skinless chicken breasts.

**Ingredients**
- 1 cup dark beer
- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1 teaspoon basil
- 1 teaspoon thyme
- 1 teaspoon dry mustard
- 1 teaspoon oregano
- 1 teaspoon black pepper
- 1 1/2 teaspoons salt
- 4 cloves garlic, crushed

**Directions**
1. Whisk the beer, oil, and lemon juice in a bowl.
2. Add the remaining ingredients and mix well.
3. Inject the marinade into your meat of choice.

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**SPICY APPLE DELIGHT MARINADE**
Perfect for beef or pork.

**Ingredients**
- 1 cup applesauce
- 2 teaspoons brown sugar
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon chili powder
- 1/2 teaspoon cayenne pepper
- 1/3 teaspoon paprika
- 1/3 teaspoon cinnamon
- 1/3 teaspoon ground allspice

**Directions**
1. Add the dry ingredients to the applesauce and mix thoroughly.
2. Inject your beef or pork. Smear the remaining marinade on the outside of your meat.
TURKISH TWIST MARINADE
Perfect for lamb.

Directions
1. Grate the onion into a strainer and leave it to sit for 15 minutes over a bowl.
2. Press the juice out of the onion with the back of a spoon and then discard the pulp.
3. Add the remaining ingredients to the onion juice and blend well. Inject your lamb when ready to grill or smoke.

Ingredients
- 1 onion
- 1/4 cup red wine
- 2 tablespoons of olive oil
- 1 tablespoon thyme
- 3/4 teaspoon allspice
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon black pepper
**BARBECUE BRISKET MARINADE**
Perfect for brisket and other cuts of beef.

**Directions**

1. Blend the oil, wine, vinegar, lemon juice, and prepared mustard in a bowl or jar.
2. Add the dry spices and mix thoroughly.
3. Inject the marinade into your brisket and leave it to settle for 30 minutes before slow smoking it.

**Ingredients**

- 1/2 cup olive oil
- 1 1/2 cups red wine
- 1 tablespoon white wine vinegar
- 1 1/2 tablespoons lemon juice
- 1 1/2 tablespoons Creole mustard (or equivalent)
- 1 tablespoon horseradish
- 1 1/2 teaspoons salt
- 1 teaspoon garlic powder
- 1 teaspoon cayenne pepper
- 1 teaspoon onion powder
**GRILLED GOOSE MARINADE**
Perfect for wild goose breasts.

### Ingredients
- 1/2 cup dry red wine
- 1/2 cup olive oil
- 1/3 cup soy sauce
- 2 tablespoons Worcestershire sauce
- 3 tablespoons garlic, finely chopped
- 2 tablespoons ginger, finely chopped

### Directions
1. Mix the ingredients together in a bowl.
2. Inject the marinade into your goose breasts and then pour the remaining marinade over the meat in a Ziploc bag. Put it in the refrigerator and leave to rest for 1-2 hours before putting it on the grill or smoke.

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**LEMON BUTTER CHICKEN MARINADE**
Perfect for chicken.

### Ingredients
- 1 1/2 cups chicken stock
- 2 tablespoons butter, melted
- 1 teaspoon garlic powder
- 2 teaspoons ground black pepper
- salt to taste
- lemon zest to taste

### Directions
1. Combine the ingredients and stir well.
2. Pump enough marinade into your chicken and then brush the remaining liquid onto the outside of the poultry for an extra coating of flavor.
Although utmost care has been taken to create a high quality, durable product, it’s crucial to care for and clean the Beast Injector properly for your own health and safety purposes.

- Prior to using the Beast Injector for the first time, gently wash it using a dime-sized amount of dishwashing liquid, a sponge, and hot water. If you prefer, place it in the dishwasher.

- Any time you use the injector, coat the O-ring on the plunger and gaskets on the needle threads with vegetable oil. This ensures the plunger moves smoothly and that the injector is easy to assemble and disassemble.

- After use, push out any remaining marinade so that the barrel of the injector is empty.

- Check the needle tip and holes for pieces of meat that may have become stuck when inserting or withdrawing the needle.

- Disassemble the injector and place in the dishwasher or wash by hand. Be sure to remove and thoroughly clean the O-ring so that no food material is left behind and there is no chance of bacterial growth.

- Make certain each part is completely dry before placing the injector back in its box for safe storage.
CONCLUSION

Although it may differ from culture to culture, cooking is steeped in history and tradition. As a member of the current generation, you have an opportunity to influence those traditions and add to history with your fearless experimentations and culinary know-how.

For the Grill Beast family, it all starts with great flavors and excellent grilling tools. We hope you’re as thrilled as we are you have the Beast Injector. Now grab a beer and some chips as you decide how you’ll create your grilling legacy.
If you love the Beast Injector, you’ll love the Beastometer. Designed for precision and greater temperature control, Grill Beast’s digital thermometer helps you create delicious meats and poultry that are safe to consume.

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