



Turkey Injection “Butter”

We all know turkey tends to be a dry, bland tasting meat, especially the breast. This is a way to make it more juicy and flavorful. You are basically infusing a diluted garlic butter into the meat before cooking. Note: you’ll need an injection tool to deliver the butter correctly.

Enough for a 12-15 lb. turkey breast. Double recipe for a larger bird.

Ingredients:

4 tablespoons butter

4 tablespoons other fat (e.g. vegetable oil, rendered chicken fat)

½ cup chicken or turkey stock

2 tablespoons lemon juice

1 teaspoon salt

4 cloves garlic, minced

Optional: ground pepper, hot pepper, hot pepper sauces (Frank’s, Tabasco) or any other flavorings you want to add.

Procedure:

1. Have your turkey brought to room temperature (at least not too cold). We don’t want the butter to be hardening before it can be absorbed in the meat.
2. Put the fats and garlic in a small saucepan and heat until the butter has melted and the garlic has started to fizzle.
3. Add the remainder of the ingredients and simmer for five minutes, covered.
4. Pour through a fine strainer (try to remove even small particles – they may clog your injector needle)
5. Clean the saucepan and return the mixture to it. Keep warm, covered over low heat.
6. Warm up your injector with very hot water.
7. Draw the hot butter into the injector chamber, insert the needle into the breast and as you slowly withdraw the needle, gradually inject the butter.
8. Repeat procedure all throughout the breast until all the butter has been used (it is normal for some of the butter to squirt back out).