



**Three J's**  
CATERING

## The Juicy Secret: Mastering Turkey Injection Technique

---

### 1. Choose the Right Marinade:

- Use a flavorful injection marinade that complements the turkey. Common options include a mixture of broth (chicken or turkey), melted butter, olive oil, garlic, herbs (like rosemary or thyme), and spices (like black pepper or smoked paprika). You can also add apple cider, citrus juices, or soy sauce for extra flavor. Don't hesitate to experiment with different ingredients in your injection marinade to find unique flavor combinations that you enjoy.

### 2. Use a Proper Injector:

- Invest in a good-quality meat injector. Look for one with a large capacity and a thick needle to handle marinades with herbs or spices. Some injectors come with different needle sizes for various applications.

### 3. Prepare the Turkey:

- Thaw the turkey completely if frozen, and pat it dry with paper towels before injecting. This will help the marinade penetrate better.

### 4. Inject:

- Inject marinade at multiple points (breast, thighs, legs).
- Use a slow, steady motion, injecting 1-2 ounces per pound.

### 5. Rest:

Let the turkey rest for at least 30 minutes (up to 24 hours in the refrigerator) to allow flavors to penetrate.

### 6. Season Skin:

Season the turkey skin with salt, pepper, and other desired spices.

### 7. Cook:

Use your preferred cooking method, ensuring the turkey reaches an internal temperature of 165 °F (74 °C).



*Executive Chef Jeff Johnson*  
3J's Catering  
[3jscatering.com](http://3jscatering.com)  
571-373-7607

