



Your FREE Marinades Recipes

Guidelines

A good marinade will add flavor to your favorite meat or fish making it tender and tasty. Making a marinade is very easy.

Components for a good marinade.

Oil – Coats and protects the food during cooking

Acid – Permeates the meat to tenderize it and allow flavors to be absorbed.

Herbs/Spices – Adds unique flavour to the marinades

Marinating guidelines:

- Meat or poultry can be marinated for between 2 hours and up to 2 days.
- Seafood and fish should be marinated for no longer than one hour.
- Use a container that will not react with the marinade, strong plastic bags are very good for this
- Wait for your marinade to cool down before pouring over the meat of your choice.
- Refrigerate your meat/fish while marinating.

Recipes

Teriyaki Marinade

Good for Chicken and Pork

- ½ cup soy sauce
- 1/4 cup sake or mirin
- 2 tablespoons light brown sugar
- 1 clove garlic, minced
- 1 tablespoon minced fresh ginger

Mix all the ingredients together and leave covered and refrigerated for up to 2 days



Pork Marinade

- 1 tablespoon Worcestershire sauce
- ½ cup soy sauce
- 2 cloves garlic, minced
- 2 tablespoons lemon juice
- ½ teaspoon ground black pepper
- 1 teaspoon olive oil

Mix all the ingredients together and leave covered and refrigerated for several hours or overnight

Chicken Faitas Marinade

- 1 tablespoon Worcestershire sauce
- 1 tablespoon cider vinegar
- 1 tablespoon soy sauce
- 1 teaspoon chilli powder
- 1 clove garlic, minced
- 1 dash hot pepper sauce, such as Tabasco
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Mix all the ingredients together and leave covered and refrigerated for 4 hours

Light Chicken Marinade

- ¼ cup pineapple juice
- 2 tablespoons ketchup
- 2 tablespoons low sodium soy sauce
- 1 ½ teaspoons grated peeled ginger
- 2 garlic cloves, crushed or grated
- ¼ teaspoon black pepper

Blend all the ingredients together and marinate chicken for several hours or overnight



Red wine marinade for chicken

- 2 cups ml dry red wine
- ½ cup olive oil
- ¼ cup soy sauce
- 4 scallions, sliced
- 2 cloves garlic, minced
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon grated fresh ginger

Combine all the ingredients and heat in a saucepan until boiling. Boil for 5 minutes and allow to cool before adding to the chicken. Leave for several hours or overnight

Jamaican Jerk Marinade

Works well with chicken, pork or shrimps

- 1 medium onion, finely chopped
- ½ cup scallions, finely chopped
- 1 hot pepper, finely chopped
- 3 tablespoons soy sauce
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 teaspoons thyme leaves
- 2 teaspoons sugar
- 1 teaspoon salt
- 1 teaspoon ground allspice
- Fresh ground black pepper
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cinnamon
- ¼ tsp chilli sauce (optional)

Combine all ingredients in a blender and blend until smooth. This marinade can be stored in the refrigerator for up to one month.



Lamb Marinade

- 3 tablespoons lemon juice
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon thyme
- 1/2 teaspoon oregano
- 1/2 teaspoon bay leaf
- salt and pepper to taste

Blend all the ingredients together and marinate meat for several hours or overnight

Light fish Marinade

- ¼ cup lemon juice
- ¼ cup light cooking oil
- ½ teaspoon black peppercorns, cracked
- ¼ cup water
- 2 tsp fresh dill
- ½ teaspoon salt

Blend the ingredients and add to the fish for an hour – good with both white and oily fish

Sweet and sour Marinade

Especially good for chicken

- ¾ cup olive oil
- ¾ cup cider vinegar
- ¼ cup honey
- 2 garlic cloves, minced
- 3tbs sweet chilli sauce
- 1 teaspoon dried ginger
- 1 teaspoon soy sauce
- salt and pepper

Blend all the ingredients together and marinate for several hours

Lemon and Garlic Marinade

- 225ml extra virgin olive oil
- 1 lemon, juiced
- 2 cloves garlic, crushed
- 1 teaspoon salt
- freshly ground black pepper
- 1/2 teaspoon paprika

Blend all the ingredients together, make slices into the chicken breast and marinade for several hours

Steak Marinade

- ¼ cup soy sauce
- ½ cup olive oil
- 2 tbs red wine vinegar
- 2 cloves crushed garlic
- 4 tbs finely chopped herbs – e.g parsley, basil, thyme, basil, oregano
- Ground black pepper
- 4 tbs Worcestershire sauce
- ¼ tsp chilli flakes (or to taste)

Blend all the ingredients together and marinade meat for several hours or overnight