

BALSAMIC MARINADE

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Love + Craft Kitchen

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This basic balsamic marinade recipe that can be used on almost anything - fish, seafood, poultry, pork, beef, or vegetables. Remember to discard any used marinade after removing the food. Any unused portion that has not been poured over food can be placed into a tightly sealed container and refrigerated for approximately 2 weeks.

If avocado oil is not available, another light vegetable oil can be used in its place or use all olive oil. Traditional aged balsamic gives a classic flavor, but feel free to try other fruit aged balsamic vinegars such as fig for a taste variation.

Ingredients:

- ¼ cup extra virgin olive oil
- ¼ cup avocado oil
- ¼ cup traditional aged balsamic vinegar (or fig balsamic)
- 1 tablespoon lemon juice
- 1 teaspoon Dijon mustard
- 1 clove garlic, minced or pressed
- 1 teaspoon dried parsley (or 1 tablespoon fresh, finely chopped)
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper

Directions:

1. In small mixing bowl, whisk together all ingredients until well mixed and emulsified. Place food to be marinated into large zip-lock bag. Pour enough marinade to coat food, distributing well. Seal bag tightly and refrigerate for:

- 15 - 30 minutes for fish, seafood
- 30 minutes for vegetables
- 1 - 8 hours for poultry, beef, pork

2. When ready to cook, remove food from marinade and discard any remaining marinade. Cook as desired - grill, bake, roast, sauté or pan-fry.