

## 4 BASIC MARINADES

Susan Denzer, Chef and Culinary Consultant

Love + Craft Kitchen, LLC

[www.loveandcraftkitchen.com](http://www.loveandcraftkitchen.com)

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<p><b><u>BASIC BALSAMIC MARINADE</u></b></p> <ul style="list-style-type: none"><li>• Use with fish, seafood, poultry, pork, beef, vegetables or extra firm tofu.</li></ul> <p><u>Ingredients:</u> ¼ cup olive oil ¼ cup avocado oil ¼ cup traditional aged or fig balsamic vinegar 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</p>	<p><b><u>RED WINE-BALSAMIC MARINADE</u></b></p> <ul style="list-style-type: none"><li>• Use with beef, lamb or vegetables</li></ul> <p><u>Ingredients:</u> 1 cup dry red wine ¼ cup traditional aged balsamic vinegar ¼ cup olive or avocado oil ¼ onion, minced 2 cloves minced fresh garlic 1 tablespoon honey 2 teaspoons minced fresh ginger 1 teaspoon dried basil leaves ½ teaspoon dried parsley ½ teaspoon dried cilantro ½ teaspoon Kosher salt 1/8 teaspoon ground black pepper</p>
<p><b><u>ALL-PURPOSE MARINADE</u></b></p> <ul style="list-style-type: none"><li>• Use with poultry, pork, fish, seafood, vegetables or extra firm tofu</li></ul> <p><u>Ingredients:</u> 1/3 cup olive or avocado oil ¼ cup apple cider or dry, fruity white wine 2 tablespoons lemon juice 2 tablespoons Dijon mustard 1 tablespoon coconut aminos 2 teaspoons dried herb blend (such as Penzy's Bouquet Garni or similar) 1 clove garlic, minced (about 1 teaspoon) 1 teaspoon minced ginger ½ teaspoon Kosher salt ¼ teaspoon ground black pepper</p>	<p><b><u>INDIAN-INSPIRED YOGURT MARINADE</u></b></p> <ul style="list-style-type: none"><li>• Use with lamb, beef, pork, poultry or extra firm tofu</li></ul> <p><u>Ingredients:</u> 1/2 cup plain yogurt 1 tablespoon lemon juice 2 tsp ground turmeric 1 tsp ground cardamom 1 tsp fresh grated ginger 1 tsp paprika 2 cloves garlic, minced ½ tsp salt ½ tsp pepper</p>
<p><u>Directions:</u></p> <ol style="list-style-type: none"><li>1. Choose a marinade.</li><li>2. In small mixing bowl, whisk together all ingredients until well mixed and emulsified. Place food to be marinated into large zip-lock bag or non-reactive dish. Pour enough marinade to coat food, distributing well. Seal bag tightly or cover non-reactive dish and refrigerate for:<ul style="list-style-type: none"><li>• 15 - 30 minutes for fish and seafood</li><li>• 30 minutes for vegetables and tofu</li><li>• 30 minutes - 2 hours for chicken</li><li>• 1 - 12 hours for pork</li><li>• 4 - 24 hours for beef and lamb</li></ul></li><li>3. When ready to cook, remove food from marinade and discard any <u>used</u> marinade. Cook as desired - grill, bake, roast, sauté or pan-fry. UNUSED marinade may be refrigerated for up to 2 weeks.</li></ol>	