# 5 MARINADES THAT WILL TRANSFORM WEEKNIGHT DINNERS

## MORROCAN

1/4 cup olive oil
1/4 cup fresh lemon juice
1 Tbs paprika
2 garlic cloves, chopped
1/2 cup cilantro, chopped
1/2 cup flat leaf parsley, chopped
1 tsp ground cumin
1 tsp ground coriander
1 tsp black pepper
1 tsp of Harissa or your favorite hot sauce

## MIDDLE EASTERN

1 white onion, grated
1 cup flat leaf parsley, finely chopped
1 tsp ground allspice
1 tsp dried mint
1 tsp salt
1/2 tsp black pepper
1/2 tsp cayenne pepper
1/2 tsp ground cinnamon

## SOUTH AMERICAN

1/2 cup vegetable oil
2 Tbs lime juice
2 Poblano chilies, seeded & finely chopped
2 garlic cloves, minced
1 tsp salt
1/2 tsp black pepper

## GREEK

2/3 cup olive oil
1/4 cup red wine vinegar
1 medium onion grated
2 bay leaves, crushed
2 tsp dried oregano
1 tsp ground coriander
1 tsp salt
1 tsp dried thyme
2 garlic cloves, grated or finely diced
1/2 tsp black pepper

## CAJUN DRY RUB

1 Tbs paprika
2 1/2 tsp salt
1 tsp onion powder
1/2 tsp cayenne pepper
1 tsp ground cumin
1 tsp black pepper
1/2 tsp dried thyme
1/2 tsp dried oregano

# HOW TO USE MARINADES

A MARINADE CAN BE A PASTE, A LIQUID OR A DRY RUB (SUCH AS A SIMPLE HERB AND SPICE MIX). YOU CAN ALSO MIX AND MATCH FLAVOURS TO CREATE YOUR OWN BLENDS.  MARINADES VARY FROM RECIPE TO RECIPE BUT THEY GENERALLY CONTAIN THREE BASIC COMPONENTS — OILS, ACIDS AND SEASONINGS.

## MARINATING TIMES

- Poultry:  2-4 hours
- Roasts:  4-12 hours
- Steak:  30 minutes
- Seafood:  30 minutes

## GRILL

VEGGIES, SEAFOOD AND MEAT ARE ALL GREAT ON THE GRILL.  NOTE THAT SUGAR BURNS AT RELATIVELY LOW TEMPERATURES SO BE CAREFUL OF FLARE-UPS OR HIGH HEAT IF YOUR MARINADE CONTAINS SUGAR, HONEY ETC.

## BROIL

BE SURE TO UTILIZE YOUR OVENS BEST FEATURE,  THE BROILER!  GREAT FOR BOTH MEATS AND VEGGIES, COOK YOUR FOOD QUICKLY ABOUT 4-6 INCHES BELOW THE HEATING ELEMENT.  GREAT FOR THINNER CUTS OF  FOOD SUCH AS SKEWERED FOOD, FILLETS AND SLICES.

## BAKE

PERFECT FOR LARGER FOOD ITEMS SUCH AS ROASTS,SHEET-PAN DINNERS  AND WHOLE CHICKENS.