

BBQ Marinades - something for everyone!

A list of fabulous marinades for anything - beef, pork, chicken, duck, fish or vegetables.

In all cases marinate the meat or fish in a covered dish in the fridge for as least 30 mins for the best flavour.

Chinese Marinade

Mix 1 tsp Chinese 5-spice, 2tbsp honey, 2tbsp soy sauce, 1tbsp sesame oil, 2 crushed garlic cloves and a 2.5cm piece of crushed ginger (grated) Use with beef, pork , chicken, duck or fish

Garlic and Herb Marinade

In a processor whiz 75ml olive oil, 3 tbsp fresh sage, 2tbsp dijon mustard, 25ml vinegar, and 2 peeled garlic cloves. Season with pepper. Use with pork and chicken

Provençal Marinade

In a processor whiz 75ml olive oil, juice of 1/2 a lemon, 3 peeled garlic cloves, leaves from 3 sprigs of rosemary. Season with pepper. Use with lamb, pork and chicken

Spicy Marinade

Mix 225g natural yoghurt with 2 crushed cloves of garlic, 2.5 cm piece of grated ginger, juice of 1 lime, 1tsp ground cumin, 1tsp ground coriander, 4 crushed cardamom pods, 1 finely chopped red chilli and stir well. Use with lamb, beef, chicken and fish

Tangy Marinade

Whisk 75ml olive oil, 2 crushed garlic cloves, 1tbsp crushed coriander seeds, grated rind of 1 small orange and 2tbsp honey. Use with fish and chicken

Mustard and Beer Marinade

Mix 4 level tbsp of grainy mustard with 150ml beer. Use with beef and pork

Mustard and Honey Marinade

Mix together equal quantities of mustard and honey. Add a little rosemary. Use with sausages

Spicy Tomato Marinade

Mix together 8tbsp tomato ketchup with 2 tbsp soy sauce, 2tbsp chilli sauce and 4tbsp red wine. Add 2tbsp Jamaican jerk seasoning. Use with pork, chicken or sausages

Ginger and Red Chilli Marinade

Mix a grated 5cm piece of ginger with 1 small chopped onion, 1 finely chopped red chilli, 2 crushed garlic cloves, 1tbsp soy sauce, 2tbsp oil and 2tbsp honey. Use with chicken thighs or breasts

Hot Devilled Sauce

Combine 1tbsp olive oil with 2tbsp mango chutney, 1tbsp tomato ketchup, 1tsp Worcestershire sauce, 1tsp Dijon mustard, 1tsp paprika, 2tbsp dark brown sugar and 45ml orange juice. Use with chicken

Fresh Basil ...

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Yoghurt and Saffron Marinade

Beat together 200ml greek yoghurt, 2 crushed garlic cloves, pinch of saffron strands, 1tbsp fresh mint and 2tbsp olive oil. Use with chicken

Thai Marinade

Blend together 4tbsp olive oil, 1 chopped red chilli, 1 shredded stalk of lemongrass, juice and zest of 2 limes and 2tbsp chopped coriander, salt and pepper. Use with chicken and fish

Red Wine and Herb Marinade

Mix 150ml red wine with 2 cloves of crushed garlic, 1 bay leaf, 2 sprigs of fresh or 1/2 tsp dried thyme, salt and pepper. Use with beef and lamb

Barbecue Classic Marinade

Mix 1tbsp soft brown sugar with 100ml orange juice, 1tsp English mustard, 2tbsp tomato ketchup and 2tbsp olive oil. Use with sausages, ribs and chicken

Barbecue Ultimate Marinade

Mix together 3tbsp olive oil, 3 chopped garlic cloves, 3tbsp balsamic vinegar, 4tbsp sherry, 3tbsp tomato purée, 3tbsp sweet chilli paste, 300ml passata and 5tbsp runny honey. Simmer for 5 mins then use with chicken, pork, burgers or sausage

Honey and Sherry Marinade

Combine 4 tbsp soy sauce with 2tbsp sherry, 2tbsp honey and 2tbsp sesame oil. Use with sausages

Sticky Tomato Ketchup Marinade

Crush 4 garlic cloves and mix with 5tbsp of marmalade, 2tbsp red wine vinegar and 2tbsp tomato ketchup. Use with sausages

Five Spice Marinade

Combine 2 crushed cloves of garlic with 1tbsp chinese 5-spice, 4tbsp hoisin sauce, 3tbsp soft brown sugar, 2tbsp soy sauce and 2tbsp orange juice. Use with pork

Mustard, Sage and Apple Marinade

Stir 1tbsp fresh chopped sage into 2tbsp Dijon mustard with 50ml apple juice, 1tbsp vinegar and 1tbsp oil. Season. Use with pork chops

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