

# 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

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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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