

How to Make a Marinade

Ingredients

- a. Fat: Olive oil, canola oil, coconut milk, full-fat yogurt
- b. Acid: Citrus juice, vinegar, wine, yogurt, buttermilk
- c. Aromatics: Garlic, onion, shallots
- d. Seasoning: Dried or fresh herbs, spices, chili peppers, salt, soy sauce, citrus zest, mustard
- e. Sugar (Optional; omit for high-heat cooking since it can burn): Honey, brown sugar, molasses, agave nectar, white granulated sugar
- f. Food to be marinated (i.e. vegetables, poultry, fish, seafood, meat)

Equipment

Measuring cups

Measuring spoons

Chef knife

Cutting board

Mixing bowl

Whisk

Glass dish or heavy-duty ziptop plastic bag

Pan or bowl (Optional, if marinating in a heavy-duty ziptop plastic bag)

Tongs

Large plate

1. Prepare and measure out marinade ingredients. Use about a 1:1 ratio of fat to acid. For more intense flavor, reduce the amount of oil used. Plan to prepare about a 1/2 cup of marinade per pound of the food to be marinated. Make sure that any fresh herbs, aromatics, or chili peppers are cut into small pieces.

2. Combine marinade ingredients. Add the marinade ingredients to a mixing bowl and whisk together.

3. Add marinade to food. Place the food to be marinated in a glass dish or a heavy-duty ziptop plastic bag. If using a plastic bag, place it on a pan

or in a bowl to catch any leaks and prevent cross-contamination. Add the marinade and toss to combine with the food.

- 4. Refrigerate food with marinade.** Place the container with the marinating food in the refrigerator. Allow the food to marinate for the appropriate amount of time (see the table after the recipe), turning or stirring occasionally if needed.
- 5. Remove food from marinade and cook.** Lift the food out of the marinade with tongs and transfer it to a large plate. Cook as desired. Do not dry or rinse the food beforehand.
- 6. Throw away used marinade.** Throw away the remaining marinade, especially if it was used for meat, poultry, fish, or seafood. To use the leftover marinade as a basting sauce, you must bring it to a boil and cook it for 5 minutes. Never serve uncooked marinade.

Food	Marinating Time
Vegetables	15-30 minutes
Tofu and Tempeh	30 minutes-overnight
Poultry	30 minutes-3 hours
Fish and Seafood	15 minutes-1 hour
Meat	30 minutes-overnight