

HOMEMADE MARINADES

- Fish Marinades – I love citrus based marinades for fish. Orange juice, pineapple juice, and lemon juice are my favorites. Spices like dill, lemon pepper, paprika, and thyme work well for fish. Most fish does not need to be marinated for a long time (30min-1 hour is usually sufficient)... if you do marinate it too long, the acid may start to “cook” the fish and make it tough.
- Mexican Marinades – If you are making tacos, enchiladas, or burritos, you might want to create a flavorful Mexican meat. Mexican marinades use oils, vinegar, and often lime juice. It can also be fun to marinate Mexican meats in salsa or taco sauce. Cumin, chili powder, cayenne pepper, and garlic powder are common in Mexican spice mixes.
- Asian Marinades – Asian food often has a little more of a sweet flavor to it and many Asian marinades contain some sugar. Soy sauce is a very common liquid base for Asian marinades. Sesame oil, rice vinegar, and oyster sauce are also common. Asian herbs and spices include ginger, garlic, turmeric, green onion, and lemongrass.
- Italian Marinades - Cooking wines and olive oil are the staples of Italian marinades. Grape juices can sometimes be substituted for wines. Italians also love garlic, as well as basil, oregano, and parsley.
- All-American Marinades – Americans love to barbeque, and barbeque sauce is a common marinade. A little extra spice can add some kick to your barbeque or mixing some honey into your sauce can satisfy your sweet tooth. I recently came across a recipe for root-beer pulled pork sandwiches... why not try marinating meat in some root-beer? It doesn't get more American than that!



Cristina's Steak Marinade

- 1/4 c. Soy Sauce (or Braggs Liquid Aminos)
- 4 t minced garlic
- 1/4 c. apple cider vinegar
- 2 T Worcestershire sauce
- 4 beef steaks
- Combine all ingredients except steaks in a large ziplock bag. Seal bag and shake to mix. Add steaks. Seal bag again and coat steaks. Marinate in the refrigerator at least 30 min... longer is better!