

# MARINADES

When food is soaked (“marinated”) in a marinade, food flavors are enriched, meat is tenderized, and food remains moist while cooking.

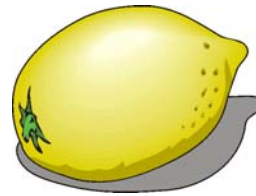
## To Safely Marinate Foods:

- Marinate in a non-metal container in the refrigerator.
- Do not marinate more than 24 hours. (Meat will become mushy if left too long.)
- Save some unused marinade to baste food during cooking.
- Throw away any leftover marinade.

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## Marinated Lemon Thyme Chicken or Pork

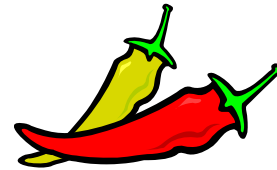
4 skinned chicken pieces (pork chops)  
2 tablespoons oil  
1 tablespoon lemon juice  
1 tablespoon chopped thyme or 1 teaspoon dried  
2 cloves garlic, minced



Mix oil, lemon juice, thyme and garlic. Place chicken/pork in shallow container and cover with mixture. Let sit in refrigerator 30 minutes. Preheat grill or broiler. Cook chicken/pork until tender and reaches an internal temperature of 180° F (chicken) or 160° F (pork). Serves 4.

## Mexicali Marinade

1/3 cup oil	1 teaspoon chili powder
2 cloves garlic, crushed	1 teaspoon sugar
1/3 cup cider vinegar	1 teaspoon salt
1/3 cup apple juice	1/4 teaspoon pepper



In a small saucepan, heat oil and cook garlic 2-3 minutes. Stir in remaining ingredients and heat through, stirring until smooth. Cool in refrigerator. Excellent for tenderizing less expensive cuts of meat, pork or veal. Marinate strips/cubes of meat 2 hours, chops or ribs 3 hours, and steaks at least 4 hours prior to cooking. Always marinate foods in the refrigerator turning meat occasionally.



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