

The Marinade Formula

The Formula

Liquid: ½ cup water

Fat: ¼ cup

Acid: ¼ cup

Seasoning: to taste

Protein: 1½ - 2 lbs



Directions

Combine all marinade ingredients, except protein, in a small bowl. Whisk to combine. Place protein in a baking dish or gallon plastic bag and pour marinade over protein. Marinate protein in the refrigerator for 1 hour or overnight, turning occasionally to coat evenly. Grill protein to safe internal temperature.

Mix and Match

Fat: olive oil, grapeseed oil, avocado oil, other vegetable oils

Acid: lemon juice, lime juice, orange juice, vinegar (apple cider, balsamic, red or white wine, sherry, rice), red or white wine

Seasoning: any fresh or dried herbs, ground black pepper, chopped garlic, grated ginger, minced shallot

Protein: fish, shrimp/prawns, tofu, tempeh, chicken breast, lean cuts of meat

*formula adapted from <https://www.thekitchn.com/easy-marinade-recipes-267001>