



MARINADES

WE MARINATE FOOD TO ENHANCE FLAVOUR AND TO TENDERISE

a GENERAL RULE FOR A MARINADE IS THAT IS ALMOST THE OPPOSITE OF A VINEGATETTE

THAT IS 4 PARTS RED/WHITE WINE/ OR CITRIC ACID...

[LEMON/LIME/ORANGE JUICE/ RED/WHITE WINE VINEGAR....GET THE DRIFT?]

THEN 1 PART OIL...SUNFLOWER/OLIVE/OTHER

HERBS , SEEDS, SPICES, PASTES ARE ALSO ADDEDIF YOU LIKE



MARINATE STEAK FOR AT LEAST A FEW HOURS OR COVERED OVERNIGHT IN FRIDGE

CHICKEN FOR JUST AN HOUR OR TWO

FISH FOR MINUTES

REMEMBER TO TAKE FOOD OUT OF FRIDGE TO BRING TO ROOM TEMPERATURE BEFORE BBQ

THE TIME IT TAKES TO BBQ FOOD DEPENDS ON THICKNESS!

15 MINS PER 2-3CM MEAT

3 MINS 2-3 CM FISH

15-20 MINS FOR A WHOLE FISH.....SALMON

10-15 FOR SMALLER WHOLE FISH

MANGO MUSTARD GLAZE FOR SALMON OR CHICKEN

1 MANGO

5OZ MANGO NECTAR....PEACH WILL ALSO WORK

1 TBS MUSTARD SEEDS

2 TBS DIJON MUSTARD

2 TBS AMERICAN MUSTARD

2 TBS FRENCH MUSTARD

2 TBS CIDER VINEGAR

WHIZZ ALL ABOVE TOGETHER WHEN SALMON/CHICKEN IS ALMOST COOKED BRUSH OR SPOON GLAZE OVER IT, CONTINUE TO COOK UNTIL READY, IN THE MEANTIME HEAT THE GLAZE AND POUR OVER WHEN COOKED....NOT TOO MUCH THOUGH. THIS CAN ALSO BE USED WHEN FRYING/BAKING SALMON OF CHICKEN

FLAVOURED BUTTERS ARE A GREAT WAY TO ADD FLOVOUR TO BBQ FOODS AFTER THEY ARE COOKED.....ADD HERBS/CHILLIES/LEMON RIND/ORANGE RIND/MUSTARD/PESTO TO BUTTER, KEEP IN FRIDGE UNJTIL NEEDED....HOW HARD IS THAT??!!