HOW TO MAKE MARINADE MAGIC

It's super easy to whip up a killer marinade. Just mix and match 3 essential components: **acids or enzymes, fats, and seasonings to create a flavor-infusing liquid.**

THE FORMULA

(1) PART ACID + (3) PARTS OIL + SEASONINGS = (1) DYNAMITE MARINADE

ACID OR ENZYME	FAT	SEASONINGS
Flavor foundation and tenderizer	*Oil to enhance flavor and prevent food from sticking to the grill*	*Herbs and spices*
ACIDS Vinegars Wine or beer Buttermilk Peach nectar Citrus juices Cranberry juice Rum	**ENZYMES** Yogurt Greek yogurt Milk Pineapple juice Papaya Honey	Extra virgin olive oil Truffle oil Hot chili oil Basil oil Sesame oil Mayonnaise Buttermilk Almond oil	Fresh and dried herbs Spices Garlic Onions or shallots Green onions Fresh grated ginger Citrus zest Ethnic spice blends Molasses Maple syrup Hot pepper flakes

PRO TIPS

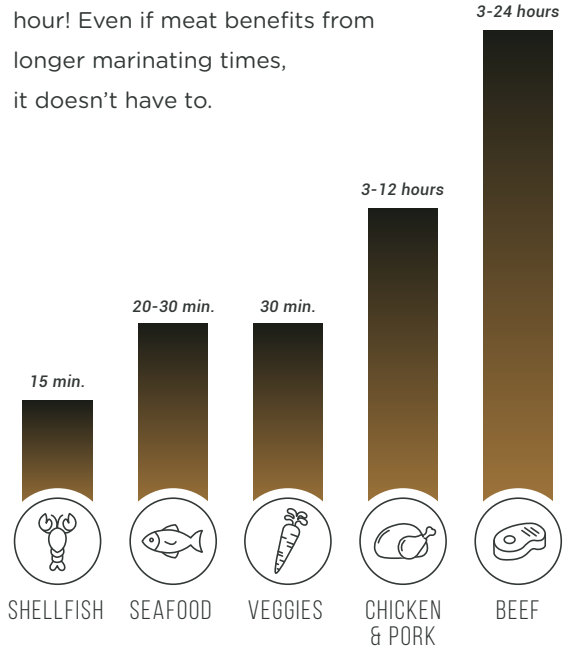
- ***Use a blender*** to whirl everything together.
- Citrus and vinegar marinades are ***stronger and tenderize food faster*** than mayo or buttermilk marinades.
- ***Hold the salt!*** Salty marinades dry out food. Salt food just before grilling to bring out its natural flavor.
- ***Let excess marinade drip from food.*** No need to shake off or pat dry.
- ***Flip food over at least once*** while it's marinating to make sure all sides are covered by the marinade.

DO'S & DONT'S

- ***ALWAYS*** use a non-reactive container. Stainless steel, glass, or re-sealable plastic bags all work.
- ***DO*** refrigerate marinated food in a closed container.
- ***DON'T*** use aluminum containers! Aluminum reacts with acids, so it may change the color of food and add a metallic flavor.
- ***DON'T*** use leftover marinade as a sauce unless it has been boiled nonstop for three minutes to kill any harmful bacteria.

HOW LONG TO MARINATE

Don't worry if you only have an hour! Even if meat benefits from longer marinating times, it doesn't have to.



WHEN IS YOUR MEAT DONE?

You can take the guessing game out of cooking meat by using a meat thermometer and following the temperature guidelines below.

STEAK	145°
POULTRY	165°
PORK	145°
GROUND MEAT	160°
FISH AND SHELLFISH	145°

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