



Marinating Tips

Tips on Marinating

To marinate means to soak a food in a seasoned liquid to either flavor a product and/or tenderize a product.

Vegetable marinades are referred to as vinaigrettes and are usually served cold on vegetables or salads.

The main ingredients in a marinade are oil which helps preserve the moisture of the meat when the natural flavor of the meat is needed common vegetable oils are used

Acids are used such as lemon juice, wine or vinegar to help tenderize a meat product

Flavorings such as vegetables, herbs and spices are used to help impart flavor to the product being marinated

Always marinate under refrigeration, if a piece of meat is very thick it will take longer for the marinade to fully penetrate the meat product

Use an acid resistant container such as stainless steel or a plastic zip lock bag, or glass

All spices should be tied in a cheese cloth so that the spices do not get all over your meat product

Marinade should cover your meat completely and if using a zip lock bag continue to flip the bag over constantly for even penetration. Actually you should constantly flip the meat over whenever you marinate any food product.

Any marinade that contains an acid, alcohol, or salt should not be used for a long period of time because the acid can begin to cook the meat product. If using a marinade that contains acid, alcohol, or salt only marinate the product for 4 hours or less and if you marinade contains a citrus juice such as lemon or orange only marinade the product for 2 hours or less

Dry marinades are also referred to as rubs and do not contain any acid, it is a mixture of salt, spice, and herbs that is rubbed on the meat surface to impart flavor

When using the rub or marinade with meat or poultry, you can rub it on up to 24 hours before and store in the refrigerator. Even an hour before will add some flavor. Fish and vegetables only need an hour to absorb the flavors. Fruits need about ten to fifteen minutes.