

5 EASY BARBEQUE MARINADES

MARINADE INSTRUCTIONS

Combine all the ingredients in a bowl. Add your chosen meat/fish/veg. Leave to marinate through before grilling. Use suggested times. Each recipe makes four servings.



15-20 mins

- Fish
- Seafood
- Vegetable



1-3 hrs

- Small portions of meat
- Poultry
- (e.g. diced meat for kebabs, thin steaks)



6-12 hrs

- Large joint of meat
- Whole chicken

THE MARINADES

Cuban

1

1 orange,
juiced

2

1 red chili,
finely chopped

3

2 spring
onions, finely
chopped

4

2 tbsp.
olive oil

5

zest of
1 lime

Tandoori

1

100ml
yogurt

2

25g ginger,
grated

3

2 tsp.
smoked paprika

4

1 tsp.
ground cumin

5

1 tbsp.
olive oil

Herby

1

1 lemon,
zest and juice

2

2 garlic cloves,
crushed

3

3 sprigs of
rosemary,
finely chopped

4

5 tbsp.
olive oil

Sticky

1

2 garlic
cloves, crushed

2

1 red chili,
finely chopped

3

15g fresh
parsley, finely
chopped

4

3 tbsp.
honey

5

100ml
olive oil

Tropical

1

1 ½ cups
unsweetened
pineapple juice

2

2 tsp grated
ginger root

3

1 ½ tsp
finely chopped
garlic

4

½ tsp crushed
red pepper

5

5 tbsp.
olive oil