Rubs & Marinades

RUBS

*Rubs are seasoning mixtures applied to foods to flavour them before grilling.*

*Pat a rub firmly onto the surface of the food to ensure seasonings in the rub adhere well.*

### Thai Rub

| 4 tsp (20 mL) basil, crumbled | 1 tsp (5 mL) cayenne pepper |
| 4 tsp (20 mL) mint, crumbled | 1 tsp (5 mL) salt |
| 2 tsp (10 mL) ground ginger | 1 tsp (5 mL) freshly ground pepper |
| 2 tsp (10 mL) paprika | 1/2 tsp (2 mL) garlic powder |

Combine all ingredients. Store in an airtight container in a cool dry place. Use as a rub on beef, pork, chicken or fish. Makes 1/3 cup (75 mL).

### All Purpose Rub

| 1 tbsp (15 mL) pepper | 1 1/2 tsp (7 mL) chili powder |
| 1 tbsp (15 mL) paprika | 1 tsp (5 mL) salt |
| 1 tbsp (15 mL) onion powder | 1/4 tsp (1 mL) sage |
| 1 1/2 tsp (7 mL) packed brown sugar | 1/8 tsp (0.5 mL) cayenne pepper |

Combine all ingredients. Store in an airtight container in a cool dry place. Makes about 1/3 cup (75 mL).

### Reunion Rub

| 1/3 cup (75 mL) paprika | 2 tbsp (25 mL) onion powder |
| 1/3 cup (75 mL) garlic powder | 2 tbsp (25 mL) freshly ground pepper |
| 2 tbsp (25 mL) oregano, crumbled | 2 tbsp (25 mL) salt |
| 2 tbsp (25 mL) thyme, crumbled | 1 tbsp (15 mL) cayenne pepper |

Combine all ingredients in a blender. Store in an airtight container in a cool dry place. Makes 1 1/3 cups (325 mL).

### Madras Rub

| 1/4 cup (50 mL) sugar | 1 tsp (5 mL) freshly ground pepper |
| 2 tsp (10 mL) paprika | 1/2 tsp (2 mL) salt |
| 1 tsp (5 mL) curry powder | 1/4 tsp (1 mL) cayenne pepper |

Combine all ingredients. Store in an airtight container in a cool dry place. Makes 1/3 cup (75 mL).

### Summer Herb Rub

| 2 tsp (10 mL) rosemary, crumbled | 1 tsp (5 mL) garlic powder |
| 2 tsp (10 mL) thyme, crumbled | 3/4 tsp (3 mL) freshly ground pepper |
| 2 tsp (10 mL) dehydrated minced onion | 1/2 tsp (2 mL) salt |

Combine all ingredients. Store in an airtight container in a cool dry place. Use as a rub on chicken, pork, lamb or fish. Makes about 2 tbsp (25 mL).
MARINADES

A marinade is a seasoned liquid used for soaking meat, poultry, fish, seafood or vegetables in order to tenderize or to add flavour. Most marinades contain oil, herbs and spices, as well as an acid ingredient, which serves as a tenderizer. Acid ingredients may include vinegar, wine, beer, tomato juice, lemon juice or other citrus juices. For variety, experiment with different ingredients, as each will give the marinade its own distinct flavour.

Keep the following tips in mind when using marinades.

- Marinate meat, poultry, fish, seafood and vegetables separately. If desired, reserve a small amount of unused marinade for basting purposes or as a serving sauce.
- As most marinades contain an acid ingredient, marinating should be done in a nonreactive container made of either glass or plastic. Marinating food in a heavy zip-top plastic bag or double plastic bag is both convenient and effective. Do not use metal containers for marinating food as the acidic mixture may react with the metal.
- A marinating time of 8 - 24 hours is usually required for tenderizing meat. If a marinade is to be used only to flavour food, marinating times are usually in the range of 30 minutes - 2 hours.
- Marinades do not prevent bacterial growth. When marinating food for longer than 30 minutes, marinating must be carried out in the refrigerator.
- Marinating for too long may produce a product that is mushy or has an overpowering flavour. Follow recipe directions for marinating time.
- Previously used marinades should not be saved or reused for another occasion as the marinade will contain juices from the raw food that could be contaminated with bacteria.

GREEK TAVERNA MARINADE

1/2 cup (125 mL) dry red wine
2 tbsp (25 mL) olive oil
2 tbsp (25 mL) chopped fresh mint
1 tsp (5 mL) basil, crumbled
1/2 tsp (2 mL) freshly ground pepper
1/4 tsp (1 mL) salt
2 cloves garlic, finely chopped
1 tsp (5 mL) basil, crumbled

Combine all ingredients. Use to marinate meat or poultry. Allow meat or poultry to marinate for up to 24 hours in refrigerator. Discard marinade after using. Makes about 3/4 cup (175 mL).

FIVE-SPICE MARINADE

This marinade gives an intense flavour, therefore marinating time is short. Do not use for longer than 30 minutes.

1/2 cup (125 mL) soy sauce
2 tbsp (25 mL) oil
1 tbsp (15 mL) rice vinegar
1 tbsp (15 mL) grated fresh ginger
4 cloves garlic, finely chopped
1 tsp (5 mL) Chinese five-spice powder
1 tsp (5 mL) red pepper flakes

Combine all ingredients. Use to marinate meat or poultry. Allow meat or poultry to marinate for up to 30 minutes. Discard marinade after using. Makes about 3/4 cup (175 mL).

ASIAN MARINADE AND BASTING SAUCE

Save any unused portion of this rich marinade to use as a basting sauce.

1/4 cup (50 mL) soy sauce
1/4 cup (50 mL) ketchup
1/4 cup (50 mL) dry sherry
1/4 cup (50 mL) dry sherry
2 tbsp (25 mL) oil
1 tbsp (15 mL) grated fresh ginger
2 cloves garlic, crushed

Combine all ingredients. Cover and refrigerate for up to 1 week. Use to marinate beef, pork or chicken. Allow meat to marinate for up to 24 hours in refrigerator. Discard marinade after using. Makes about 1 cup (250 mL).
SMOKY SOUTHWESTERN MARINADE

1/2 cup (125 mL) dry white wine  2 tbsp (25 mL) finely chopped canned chipotle peppers in adobo sauce
1/3 cup (75 mL) olive oil  2 tbsp (25 mL) packed brown sugar
1/3 cup (75 mL) chopped fresh cilantro 4 cloves garlic, finely chopped
1/4 cup (50 mL) soy sauce 1 tsp (5 mL) ground cumin
1/4 cup (50 mL) fresh lime or lemon juice

Combine all ingredients. Use to marinate vegetables, chicken or shrimp. Allow vegetables, chicken or shrimp to marinate for up to 30 minutes. Discard marinade after using. Makes about 1 1/2 cups (375 mL).

Cook’s Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.

TERIYAKI MARINADE

1/2 cup (125 mL) soy sauce  2 tbsp (25 mL) oil
1/4 cup (50 mL) honey  1 tsp (5 mL) grated fresh ginger
1 clove garlic, minced

Combine all ingredients. Use to marinate beef, pork or chicken. Discard marinade after using. Makes 3/4 cup (175 mL).

GREEK MARINADE

1/2 cup (125 mL) oil  2 tsp (10 mL) rosemary, crumbled
1 medium onion, chopped  1 tsp (5 mL) oregano, crumbled
1/3 cup (75 mL) lemon juice 1 tsp (5 mL) salt
2 cloves garlic, crushed 1/4 tsp (1 mL) freshly ground pepper

Combine all ingredients. Use to marinate lamb, chicken or beef. Discard marinade after using. Makes 1 1/3 cups (325 mL).

BEER MARINADE

1 can (355 mL) beer  1 tbsp (15 mL) chili powder
1/2 cup (125 mL) chopped onion  1 tsp (5 mL) cumin
1/4 cup (50 mL) fresh lime juice 1 tsp (5 mL) salt
1/4 cup (50 mL) oil  4 cloves garlic, finely chopped
2 tbsp (25 mL) soy sauce 1 bay leaf

Combine all ingredients. Use to marinate beef. Allow beef to marinate for up to 24 hours in refrigerator. Discard marinade after using. Makes about 2 1/2 cups (625 mL).

LEMON GARLIC MARINADE

1/2 cup (125 mL) lemon juice  2 - 4 cloves garlic, minced
1/2 cup (125 mL) white wine  1 tsp (5 mL) thyme, crumbled
1/4 cup (50 mL) olive oil

Combine all ingredients. Use to marinate chicken. Discard marinade after using. Makes 1 1/4 cups (300 mL).

MAPLE MUSTARD MARINADE

1/4 cup (50 mL) maple-flavoured pancake syrup  1/4 tsp (1 mL) salt
1/4 cup (50 mL) Dijon mustard  1/4 tsp (1 mL) freshly ground pepper
1 tbsp (15 mL) balsamic vinegar

Combine all ingredients. Use to marinate fish or pork. Discard marinade after using. Makes 1/2 cup (125 mL).
RED WINE HERB MARINADE

1/4 cup (50 mL) olive oil
1/2 cup (125 mL) dry red wine
2 tbsp (25 mL) Dijon mustard
1 tsp (5 mL) basil, crumbled
1 tsp (5 mL) oregano, crumbled

1 tsp (5 mL) thyme, crumbled
1 tsp (5 mL) ginger
1 small onion, chopped
1 clove garlic, minced

Combine all ingredients and simmer gently for 10 minutes. Refrigerate until cool. Excellent for lamb, pork and shish kebobs. Discard marinade after using. Makes 1 cup (250 mL).

Cook’s Note: Use 1 tbsp (15 mL) fresh herbs in place of 1 tsp (5 mL) dried herbs.

SPICED COCONUT MARINADE

1/2 cup (125 mL) well-stirred canned coconut milk
1/4 cup (50 mL) finely chopped onion
1 tsp (5 mL) dry mustard
3/4 tsp (3 mL) ground coriander
1/4 tsp (1 mL) ground cumin

1/4 tsp (1 mL) turmeric
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) cayenne pepper
1 clove garlic, crushed

Combine all ingredients. Use to marinate chicken, fish or seafood. Allow fish and seafood to marinate for up to 30 minutes; allow chicken to marinate for up to 24 hours in refrigerator. Discard marinade after using. Makes about 3/4 cup (175 mL).

TEXAS MARINADE

1 cup (250 mL) chopped onion
1/4 cup (50 mL) packed brown sugar
1/2 cup (125 mL) brewed coffee
1/2 cup (125 mL) Worcestershire sauce
1/4 cup (50 mL) ketchup
1/4 cup (50 mL) cider vinegar

1/4 cup (50 mL) packed brown sugar
1 tbsp (15 mL) chili powder
2 tbsp (25 mL) chopped canned green chilies
1 clove garlic, crushed

Combine all ingredients; simmer over low heat, stirring occasionally, for 25 minutes. Refrigerate until cool. Puree in a blender, if desired. Use to marinate beef, pork or chicken. Discard marinade after using. Makes 2 cups (500 mL).

RICH AND ZESTY MARINADE

1/3 cup (75 mL) soy sauce
1/4 cup (50 mL) oil
1 tbsp (15 mL) tomato paste
1 tbsp (15 mL) packed brown sugar

1 tbsp (15 mL) chili powder
2 tsp (10 mL) ground cumin
1/4 tsp (1 mL) cayenne pepper
3 cloves garlic, crushed

Combine all ingredients. Use to marinate beef, pork or chicken. Allow meat to marinate for up to 24 hours in refrigerator. Discard marinade after using. Makes about 2/3 cup (150 mL).

KOREAN MARINADE

1/3 cup (75 mL) oil
1/4 cup (50 mL) soy sauce
2 tbsp (25 mL) sugar
2 tbsp (25 mL) chopped green onion

1 tbsp (15 mL) sesame seed
2 cloves garlic, minced
Dash ginger

Combine all ingredients. Excellent for sate, shish kebobs, steak, chops and fish. Discard marinade after using. Makes 2/3 cup (150 mL).

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