

BURSTING WITH FLAVOR!

FAVORITE MARINADE

- 3 TBSP Soy Sauce
- 1 TBSP Olive Oil
- 1 TBSP Balsamic Vinegar
- 1 TSP Ground Ginger
- 2 Cloves Garlic, Chopped
- 1/4 TSP Pepper

Mix all ingredients. Marinate meat 30 minutes. Remove meat from marinade and cook. Taste great on Beef, Fish, Chicken, or Pork.



FAVORITE RUB

MIX 1 TABLESPOON EACH

- 1. Oregano
- 2. Basil
- 3. Lemon Pepper
- 4. Italian seasoning
- 5. Onion Powder
- 6. Garlic Powder
- 7. Salt (optional)

- 2 TBSP Paprika
- 1 TBSP + 1 TSP Cajun Seasoning
- 1/4 TBSP Black Pepper

Mix all ingredients. Can be used on meats, seafood and veggies.



FAVORITE COOKING METHOD



Poaching is a quick & easy way to prepare fish or chicken that keeps it moist. In a large sauce pan, at least 3 inches deep add liquid about 1/3 from the top. Any flavorful liquid can be used, plus an acid i.e. wine, vinegar, or citrus. I like to use chicken bone broth + 1 cup white wine (optional). Add generous amounts of seasonings. My favorites are Italian seasoning and pepper. Bring to a boil. Add protein. Reduce to simmer & cover. Cook until done, approx. 6-12 minutes depending on what you are cooking. Remove from liquid when storing.