
Herb Garlic Marinade for Meat, Poultry and Seafood

YIELDS: 2-1/2 CUPS | **PREP TIME:** 15 MINUTES + 1-4 HOURS MARINATE TIME

INGREDIENTS

HOLLAND HOUSE Red Wine Vinegar or White Wine Vinegar	2 cup (16 fl. oz.)
Olive oil	1/2 cup (4 fl. oz.)
Chopped Italian parsley	1/4 cup
Dried rosemary and thyme or Fresh rosemary and thyme	2 tsp. each or 1Tbsp. each
Salt	1 - 2 tsp.
Pepper	1 tsp.
Paprika	1 tsp.
Sugar	1 tsp.
Garlic, crushed	8 cloves

DIRECTIONS

Combine marinade ingredients. Stir to dissolve salt and sugar. Let stand 10 minutes.

Place meat, poultry or fish in a non-metallic container; add marinade. Cover and refrigerate, turning occasionally.

Follow marinating times listed. Grill, broil or sauté meat as desired. Discard any remaining marinade.

Seasoning Notes:

- Herb-Garlic Marinade uses 2 tsp. dried herbs. If using fresh herbs, use 1 - 3 tablespoons, depending on the herb.
- Use more or less herbs to suit individual tastes or the protein being marinated. Try mint to marinate lamb chops. Use oregano and basil for Italian-style flavor.



Marinating Times:

Beef	3 to 4 hours for steak; 2 to 3 hours for cubed beef
Pork	2 to 3 hours
Lamb	1 to 2 hours
Chicken	1 to 2 hours for boneless chicken; 2 to 3 hours for bone-in chicken
Seafood	1 hour for firm white fish; 30 minutes for thin fillets; 10 minutes for scallops or peeled prawns

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