

# Marinades

The Best Information Available From The Smoking Pros  
On The Internet and the USDA



*Assembled and Compiled by DeeJay 2006*

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## About Marinades

A marinade is a highly seasoned liquid used to impart flavor and in some Cases, tenderize tougher meats. A rub is a highly concentrated blend of Herbs and spices that flavors the exterior of the meat as it grills. Marinades consist of liquid ingredients such as fruit or vegetable juices, Wine or water and oil in combination with seasoning for several hours or as long as overnight to impart flavor and/or tenderize. To tenderize a Marinade must contain an acidic ingredient such as lemon juice, wine, Vinegar, or yogurt, the acid penetrates meat fibers to help tenderize them. Rubs are applied to the exterior surface of the meat just before Grilling; they need no standing time.

However for convenience rubs may be Applied several hrs. in advance. The coated meat should be refrigerated Until grilling time. Flavors become more pronounced the longer the rub is on the meat. Create your own blend or seasonings for rubs or use a commercial blend. Tips for marinade always marinate in the refrigerator; never at room temp Allow 1/4-1/2 cup of marinade for each 1-2 lbs. meat marinades may be Cooked or uncooked. Cooked marinades should be completely cooled before use. A heavy-duty plastic food bag is convenient for marinating. Select dishes In which the meat will fit snugly but lie flat turn meat occasionally During marinating so all sides are exposed to the marinade for Tenderization to take place most meat cuts must be marinated for at least 6 hrs, or as long as overnight. For flavor marinate 15 min or as long as 2 hrs. Marinades may also be brushed on during grilling. Discard used marinades never reuse them.

## Big John's Marinade

1 1/4 cups salad oil, olive oil, or mix of two	3/4 cup soy sauce
2 1/4 teaspoons salt	1/2 cup red wine vinegar
1 teaspoon crushed garlic	3/4 cup Worcestershire sauce
2 tablespoons dry mustard	1 tablespoon fresh ground black pepper
1 teaspoon dried parsley flakes	1/3 cup lemon juice

Prepare this marinade at least 6 hours in advance of use and always marinate meat for 6 -8 hours or overnight. Baste during the grilling/smoking process. Mop it on before serving.

NOTES : I have been using this recipe for many years and I particularly like it on London Broil (cut 2 to 2 1/2" thick, grilled to very rare) or grilled/ smoked chickens.

## Bigwheels Jerky Marinade

1 cup Worcestershire Sauce	1 cup Soy Sauce
1 tablespoon Garlic Salt	1 tablespoon Onion Powder
1 tablespoon Black Pepper	

Soak the strips of meat in the above concoction for at least 12 hours in the ice box.

## Bill's Sweet Beer Marinade

1/4 cup tamari	1/4 cup brown sugar
1/2 tablespoon chopped garlic	1/4 cup beer (use darker beer)
1 tablespoon fresh chopped basil (or cayenne powder for any lightweight)	1 teaspoon red savina or habanero powder

This is absolutely wonderful when used on a rib eye or shell steak, marinated at room temperature for about an hour, then seared and cooked to rare over hot coals. It also makes a great basting sauce for smoked chickens. For that, I reserve the marinade, basting during smoking and then reduce it by 1/2 to serve as a sauce for the chickens. Halve or quarter the bird and serve with the sauce drizzled over the pieces of chicken and ears of grilled corn-on-the-cob.

## Brisket Marinade - 1

1 tablespoon garlic salt	1 tablespoon pepper
1 teaspoon onion salt	1/2 cup vinegar
1/3 cup catsup	1/2 cup Worcestershire sauce

Marinate brisket (app. 10 lbs.) in sauce for 12 hours prior to cooking.

## Brisket Marinade - 2

2 cups red wine	2 cans beer
1/2 cup lemon juice	1/4 cup Worcestershire sauce
2 tablespoons liquid smoke flavoring	8 tablespoons garlic salt
8 tablespoons Accent seasoning mix	4 tablespoons Italian seasoning powder

Mix above ingredients in a sauce pan. Warm to almost boiling on stove, turn off heat and let sit until cool (to blend). Marinate full brisket for two days. (When marinating, mess with the meat as often as possible (meaning: move it around in the marinate).

## Cajun Marinade (For Injection)

2 tablespoons Hungarian paprika	1 tablespoon cayenne pepper
1 tablespoon black pepper	1 tablespoon white pepper
1 tablespoon granulated garlic	1 tablespoon ground passilla chile
2 teaspoons dry mustard	1 teaspoon roasted and ground cumin
1/2 teaspoon thyme	1/2 teaspoon oregano
1 1/2 tablespoons kosher salt	3 tablespoons cayenne pepper sauce
1 tablespoon Worcestershire sauce	1/4 cup cider vinegar
12 ounces chicken stock	12 ounces beer

Place the dry ingredients in a clean coffee grinder and grind until very fine. Place the liquid ingredients in a small saucepan and add the ground dry ingredients. Bring to a boil. When it comes to a boil, remove from heat and let cool completely. Using a syringe with a large needle, inject the turkey every inch or so. Do this 24 hours before cooking. After 24 hours you can cook the turkey how you like, deep fried, smoked, roasted, etc. I think the deep fry method is best suited for this marinade.

## Chef Leanna's Porter Marinade

1/8 cup salt	1/8 cup sugar
1/2 cup yellow onion; minced	1 tablespoon dry mustard
1 tablespoon black pepper	1/3 cup garlic; minced
1 cup porter	1 cup soy sauce
1/2 cup brewed coffee	1/2 cup red wine vinegar
3/4 cup honey	1 cup olive oil

Whisk together ingredients. Use hanger or flank steak. Marinade 24-48 hours.

## **Chef Paul's Brisket Marinade, Mop, And Dipping Sauce**

### **\*\*\* MARINADE \*\*\***

1 1/2 cups beef stock; not bullion	3/4 cup red wine vinegar
6 tablespoons worcestershire sauce	1 tablespoon chipotle powder
1 tablespoon onion powder	2 tablespoons garlic powder
3 tablespoons brown sugar	1 teaspoon cumin powder
3/4 cup oil	3/4 cup bourbon

### **\*\*\* MOP \*\*\***

1 cup reserved marinade	6 ounces beer
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### **\*\*\* SAUCE \*\*\***

balance reserved marinade	1 can tomato sauce; 16 oz.
3 tablespoons white vinegar	2 tablespoons brown sugar
1/2 cup catsup	1 teaspoon mustard powder
4 cloves garlic; or 5, roasted	1 medium onion; sliced and roasted

Mix everything except bourbon in a saucepan, bring to a boil, simmer afor a minute or two. Cool and add the bourbon. This should be enough to marinade a brisket in it's cryovac packaging. Snip off a corner of the cryovac just large enough to insert the tip of a funnel. Drain out any blood, and carefully pour the marinade in. Reseal the packaging (I use duct tape), place in a pan (just in case), and refridgerate one or two days. Drain and reserve the marinade. Put the brisket in the smoker. For the mop: Measure 1 cup and set aside. Put the rest of the marinade in a large saucepan and boil for about 5 minutes. Cool slightly, Strain, if using a spray bottle, and add in the beer. If you strain out the solids, you can add them back to the marinade reserved for the sauce, for a little extra zip. Mop every half an hour, up to every hour, as your pit requires. For the sauce: Put the ingredients in a large saucepan, bring to a boil, and simmer until thick. I roasted the garlic and onion in my pit while smoking the beef, added it to the sauce later, and then simmered it for another half an hour or so. Pour the sauce into the blender and process until smooth. If it's too thick, add some of the mop. Serve warm. Notes: The beef stock I used was made by deglazing the roasting pan with 3 cups of water after cooking a 10 pound sirloin tip roast, defatted, and then simmered until reduced by half.

NOTES : This sauce has just a little zip (so to not antagonize the family). If you like it hot, add more chipotle powder, or some hot sauce.

## **Chicken Marinade - Mildred's**

1/2 cup Soy sauce	1/4 cup Vegetable oil
1/4 cup Red wine vinegar	1 teaspoon Oregano
1/2 teaspoon Sweet Basil	1/2 teaspoon Garlic powder with parsley
1/4 teaspoon Black pepper	

Combine all ingredients. Pour over chicken pieces in a non-metal dish. Cover and refrigerate overnight, turning pieces occasionally. Use marinade to baste chicken while barbecuing.

### **Chuck Marinade - 135 Lbs**

\*\*\*BLEND IN FOOD PROCESSER\*\*\*

8 pickled jalepenos with juice and ca  
1/2 yellow onion

1 7 oz can chipotle adobado peppers  
2 tablespoons lemon juice

\*\*\*IN 2 QUART SAUCE PAN ADD\*\*\*

1 cup soy sauce  
6 tablespoons minced garlic  
1 12 oz bottle red wine vinegar  
1 20 oz can dole pineapple chunk  
1 cup teriaki sauce

2 tablespoons ground rosemary  
4 tablespoons dry mustard  
4 cups olive oil  
1 46 oz can pineapple juice

Brought all ingredients to a simmer and let cool. Beings 2 of the chucks were in the 40 lb range I quartered them. I then staded them to death again. Then I took Sysco brand Imperial real beef base, which is like a paste and rubed all over the roasts. Next I had some Legg's Old plantation Smoked sausage seasoning and sprinkled fairly liberally over roasts and rubed in. Put in my large marinade tub and poured marinade all over and mixed it up. Turned the roasts in the marinade 3 times over the 14 hours. Made a mop of canola oil, chili powder, black pepper and a little red wine vinegar. Well as of 2am this morning I have 135 lbs of boneless chuck a turnin on the spit with hickory smoke. Doing a benefit for a guy who has bone cancer and were raising money to send him to France to see his son (who is in military) get married. Been raining here so looks to be an interesting day. Trying a little different marinade I concocted so will post. Marinaded for 14 hours.

### **Dr Pepper Marinade**

2 cups Dr pepper  
1 teaspoon Louisiana hot sauce

1/4 cup soy sauce  
1/2 cup lime juice

### **Ed's Special Brisket Marinade**

1/2 bottle beer  
1 cup apple cider vinegar  
1/2 cup brown sugar  
3 drops orange oil  
1 pinch cinnamon  
2 teaspoons salt

I let it marinate overnight. The brisket was great!

## Fergy's Chuck Marinade

2 cups olive oil	1 cup apple cider vinegar
1/4 cup lemon juice	4 tablespoons worcestershire sauce
2 tbs minced garlic	3 tablespoons pepper sauce
1 cup minced onion	1 teaspoon tarragon
1 teaspoon lawery season salt	1 teaspoon tumeric
1/2 cup soy sauce	1 tablespoon oregano
1/4 cup brown sugar	2 tablespoons paprika
2 teaspoons celery salt	1 teaspoon MSG
5 big dashes of tobasco	2 tablespoons light mexican chile powder
1 teaspoon japanese horseradish	2 tablespoons black pepper
2 tablespoons ground mustard	2 tablespoons mollasses
3 pickled jalepenos diced	

## Georgian Marinade

4 large Or 5 medium-sized oranges	3 lemons
1/2 cup dry white wine	1 medium onion, minced
3 cloves garlic, minced	1 tablespoon minced peeled ginger root
3 tablespoons paprika	1/2 tablespoon olive oil
1 to 2 tsp. sugar	1 teaspoon cracked black peppercorns
1/2 teaspoon salt	1/4 teaspoon freshly grated nutmeg
2 cinnamon sticks	

A citrus-and-spice mixture from the Republic of Georgia. It is often used for poultry, but it goes well with swordfish too. Grate the zest of 1 orange and 1 lemon; set aside. Juice the oranges and lemons. Combine the orange juice, lemon juice and wine in a saucepan and boil rapidly until only 1/2 cup liquid remains; let cool. Combine onions, garlic and ginger in a bowl. Stir in the reduced juice mixture, grated zest, paprika, oil, sugar, peppercorns, salt, nutmeg and cinnamon sticks. Makes 1 1/2 cups.

## Hawaiian Island Marinade

1/3 cup soy sauce	2 tablespoons lime juice
1 tablespoon honey	
2 tablespoons fresh Hawaiian ginger root; (finely grated)	

Combine ingredients and marinate steak, chicken, fish or pork before barbequing. Baste with marinade during barbequing. Source: Hawaii Ginger Industry Association

## Jim Tarantino's Basic Beef Marinade

1/4 cup sherry vinegar or red wine vinegar  
2 tablespoons soy sauce  
1 teaspoon sugar  
2 cloves garlic; sliced  
2 tablespoons fresh herb combo:  
1 dash black pepper to taste

1/2 cup dry red wine  
1 tablespoon worcestershire sauce  
1/2 cup olive oil  
2 tablespoons parsley; fresh, chopped  
rosemary; tarragon, thyme

Combine the vinegar, wine, soy sauce, Worcestershire sauce, and sugar in a non-reactive mixing bowl. Whisk in olive oil a little at a time. Add the pepper, parsley and herbs. For beef steaks marinate for 6 to 8 hours. For roasts and brisket, 10 to 12 hours.

## Jim Tarantino's Basic Chicken Marinade

1/2 cup fresh orange juice  
1 teaspoon dijon-style mustard  
1/4 cup canola oil  
1/4 cup fresh parsley; chopped  
1 dash kosher salt to taste

1/4 cup fresh lemon juice  
1 teaspoon Worcestershire sauce  
3 cloves garlic; minced  
1 teaspoon dried oregano; crushed  
1 dash black pepper to taste

Combine the orange and lemon juice, mustard, and Worcestershire sauce in a glass bowl. Whisk in the oil a little at a time. Add remaining ingredients. Chicken breasts should marinate 3 to 4 hours. Wings 4 to 6 hours.

## Jim's Teriyaki Marinade And BBQ Sauce

1 cup soy sauce  
2 tablespoons vinegar  
1 teaspoon dry mustard  
1/2 teaspoon garlic powder  
2 tablespoons corn starch

1 cup water  
2 tablespoons brown sugar  
1/2 teaspoon ginger, powdered  
1 teaspoon hot pepper sauce (optional)

Whisk together all the ingredients except the corn starch. Marinade the meat long enough to flavor and tenderize- 1 hr for young chicken breasts or fish, overnight for round steak and up to 5 days for some game cuts. BBQ and baste with the marinade. Make a slurry of the starch and a little water and whisk into the marinade. Bring to a boil, stirring as the sauce thickens. Serve with the BBQ'd meat. Real garlic and ginger only improves this dish. The amount of pepper sauce can be varied from mild to fiery. You can substitute wine, sherry, orange or pineapple juice for some or all of the water to vary the flavor. Pineapple juice has an enzyme that provides additional tenderizing power to the vinegar and mustard. [Recipe Editor: the addition of 1 cup of vegetable oil to this marinade will improve the results.]

## **Justin's Marinade And Basting Sauce For Brisket Of Beef**

3 cups dry red wine	3 teaspoons salt
1 cup olive or peanut oil	3 tablespoons Grey Poupon mustard
2 tablespoons wine vinegar	2 tablespoons prepared horseradish
2 teaspoons onion powder	3 tablespoons lime juice
1 teaspoon garlic powder	2 teaspoons ground cayenne pepper

Mix all of the ingredients really well and then pour over whole beef brisket. Let marinate for several hours, or overnight if possible. Also, use this marinade as a basting sauce. Some people may find Justin's 3 cups of dry red wine a little bit too much for their taste. No problem, use as much as you like in the sauce, and drink the rest. Sure won't go to waste. From Justin Wilson's "Outdoor Cooking With Inside Help"

## **Lemon Barbecue Marinade**

1/2 cup lemon juice	1/4 teaspoon salt
1/2 teaspoon pepper	1 teaspoon Worcestershire Sauce
1/4 cup vegetable oil	1 each clove garlic
1/2 teaspoon thyme leaves	4 teaspoons finely chopped onion

Mix all ingredients, shake well. Marinate chicken or turkey parts of boneless meat 4 - 8 hours. Use marinade to baste meat while grilling. Will marinate 2 1/2 - 3 pounds of poultry.

## **Deejay's Lemon Marinade**

4 tablespoon oil	1 teaspoon garlic powder
1 fresh squeezed lemon	1 teaspoon Onion powder
1 teaspoon Cajun spice	1/2 teaspoon Basil

Mix all ingredients together. Leave to marinate for at least half an hour. Cook over a grill. Use marinade to mop as you cook meat.

## **Marinade And Basting Sauce For Brisket Of Beef**

3 cups dry red wine	1 cup olive or peanut oil
2 tablespoons wine vinegar	2 teaspoons onion powder
1 teaspoon garlic powder	3 teaspoons salt
3 tablespoons Grey Poupon mustard	2 tablespoons prepared horseradish
3 tablespoons lime juice	2 teaspoons ground cayenne pepper

Mix all of the ingredients really well and then pour over whole beef brisket. Let marinate for several hours, or overnight if possible. Also, use this marinade as a basting sauce. Some people may find Justin's 3 cups of dry red wine a little bit too much for their taste. No problem, use as much as you like in the sauce, and drink the rest. Sure won't go to waste. From Justin Wilson's "Outdoor Cooking With Inside Help"

### **Marinade Pork Loin (Bone In 35#)**

1 can pineapple juice; ( 1 Qt )	2 tablespoons Mexican light chili powder
1 tablespoon pascilla light chili powder	2 tablespoons Reno Red chili powder
1 tablespoon cayenne	1 quart cranapple juice
2 tablespoons garlic powder	1 can whole cranberry sauce
1/2 large red onion; (minced)	1/4 cup balsamic vinegar
2 tablespoons pepper cracked Black	1 teaspoon fennel seed
1 tablespoon ground rosemary	1 teaspoon MSG
5 bay leaves	6 tablespoons celery salt
6 tablespoons liquid smoke	

Reserve your marinade and add olive oil for your mop. I marinated this loin for 36 hours. I also cut it in half because of its size. Cut this recipe for the size of your loin. I also turned it in marinade when I had the chance. I smoked it with apple and hickory and kept the temp between 235 and 250F. This was excellent.

### **Marinated Hickory-Smoked Chuck Roast**

2 pounds beef chuck roast; 1 1/2" thick	5 each cloves; garlic
1/4 cup cooking oil	1/4 cup wine vinegar
1 tablespoon Worcestershire sauce	1/2 teaspoon salt
1/2 teaspoon dried basil; crushed	1/4 teaspoon pepper
1 dash hot pepper sauce	

Stud roast with garlic by inserting tip of knife in meat and pushing cloves into meat as you remove knife. Make sure garlic closes are evenly spaced. In bowl, mix oil, vinegar, Worcestershire, salt, basil, pepper, and hot pepper sauce. Place meat in plastic bag. Set in shallow baking dish. Pour marinade over meat; close bag. Marinate 6-8 hours or overnight in refrigerator; turn roast occasionally. About an hour before cooking soak hickory chips in enough water to cover; drain chips. Drain meat; reserving marinade. Pat excess moisture from meat with paper towel. Arrange SLOW coals around drip pan. Add hickory chips to coals. Place roast over drip pan on grill. Cover. Grill 25 minutes per side. Brush occasionally with marinade and add additional chips. Turn roast; grill 25 minutes per side, brushing with marinade until done. Season to taste; remove garlic and serve.

## Mesquite-Grilled Chicken With Citrus Sauce

1 cup vegetable oil	2 garlic cloves; crushed
2 tablespoons coriander; fresh, minced	1 tablespoon thyme leaves; fresh
2 scallions; chopped	4 chicken breasts *
2 shallots; minced	1 teaspoon ginger; fresh, minced
2 tablespoons unsalted butter	2 lemons **
2 limes **	2 oranges **
2 cups chicken broth	1 teaspoon cornstarch
1 teaspoon water	1/4 cup +2tb Grand Marnier
white pepper to taste	

\* skinless, boneless, about 1/2 lb. each, halved

\*\* the rind, pith, and membrane cut away with a serrated knife and discarded and the fruit chopped, reserving any juice.

In a ceramic or glass bowl, combine the oil, garlic, coriander, thyme, scallions, and the chicken breasts. Let them marinate, chilled, for at least 8 hours or overnight. In a saucepan, cook the shallots and the ginger in the butter over a moderately low heat, stirring, until the shallots are softened. Add the chopped lemons, limes, and oranges with all the reserved juices and simmer the mixture for 10 to 12 minutes, or until the liquid is reduced to a syrup-like consistency. Add the broth, increase the heat to moderate, and boil the mixture, stirring occasionally, for 10 to 15 minutes, or until it is reduced by 1/3. Mix the cornstarch and water together. Stir in the cornstarch mixture, simmer the sauce for 30 seconds, and strain through a fine sieve into a bowl. Add the Grand Marnier, the white pepper, and salt to taste. Remove the chicken from the marinade and let it stand at room temperature for 15 minutes. Grill the chicken on a rack set about 5 inches above the mesquite, turning it once, for 10 to 12 minutes, or until it is just cooked through. Transfer the chicken to a platter, spoon the sauce over it, and garnish the platter with lemon wedges.

## Orange And Honey Marinade

1/2 cup orange juice	4 teaspoons honey
4 teaspoons vinegar	1/2 teaspoon finely slivered orange peel

Combine all ingredients in a bowl. Makes about 2/3 cup

NOTES : This marinade is good for poultry, pork and seafood.

## **Pork Tenderloin Marinade**

2 shallots chopped finely  
1/4 cup olive oil

1/2 cup medium-dry sherry  
salt and pepper to taste

I dunno if yer socks'll be knocked off, but gather the crowd to see you flip head over heels about this simple pork tenderloin marinade. Let marinate in an air-tight plastic bag, at room temperature, for 2 hours. Grill.

## **Teriyaki Marinade**

3/4 cup soy sauce  
2 tablespoons Jack Daniel's whiskey  
1 large clove garlic; chopped

1/4 cup sugar  
2 tablespoons sesame oil  
1 tablespoon fresh ginger root; chopped

Throw this stuff upon your hand-jacquarded flank steak or chicken. Let the meat marinate for a couple of hours or overnight in the refrigerator and then grill.

## **Deejay's Teriyaki Marinade**

1 cup soy sauce  
1/2 cup corn or Vegetable oil  
1 clove garlic chopped or 1 teaspoon powder  
1 small onion chopped or 1 teaspoon powder

1/4 cup brown sugar  
2 fresh squeezed lemons or 1/8 cup vinegar  
1 tablespoon fresh ginger root; chopped  
Optional : 1/2 cup of dry red wine

Let the meat marinate at least an hour, overnight or freeze in marinade until ready to use. Adjust any ingredient to suit your taste.

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For a real treat add 1 jar of sesame seeds, mix well and pour over skinless chicken thighs and bake covered until done. Save some of the juices and pour it over rice mixed with your favorite vegetables.