

## Chicken Marinade – Version 1

- 59 ml canola oil
- 1 medium onion, chopped
- 2 T chopped garlic
- 120 ml reduced-sodium soy sauce
- 60 ml red-wine vinegar
- ½ tsp grated orange zest
- 60 ml orange juice
- 3 T packed brown sugar
- 2 tsp ground allspice
- ¾ tsp ground pepper
- ½ tsp dried thyme
- ½ tsp ground cloves
- ½ tsp ground cinnamon
- 5 dashes hot sauce (Sriracha)



1. Heat oil in a large saucepan over **medium-high heat**.
2. Add **onion** and **garlic**; cook, stirring, until translucent, **about 2 minutes**. Transfer to a medium bowl.
3. Stir in **soy sauce, vinegar, orange zest, orange juice, brown sugar, allspice, pepper, thyme, cloves, cinnamon** and **hot sauce**. Let cool to room temperature.
4. Pour the cooled marinade into a shallow dish sealable plastic bag for marinating 450 to 900 g of chicken.

### Notes:

- *Marinate chicken for a minimum of 2 hours, or overnight*
- *Recipe is good for up to 900 g of chicken*
- *Marinade can be frozen.*
- *Marinade also good with extra-firm tofu, salmon, duck, pork, beef or lamb*

## Chicken Marinade – Version 2

(NYT)

Yield: 2/3 cup (enough for 900g chicken)

- 59 ml extra-virgin olive oil
- 1 large lemon, zested and juiced
- 1 T honey or light brown sugar
- 1 T Dijon mustard
- 1 T soy sauce
- 1 large garlic clove, minced or grated
- 1 tsp dried oregano, rosemary or thyme, or 2 tsp chopped fresh
- 1 tsp kosher salt
- ½ tsp black pepper
- 900 g chicken pieces, bone-in or boneless, skin-on or skinless



1. Combine **oil, lemon zest, lemon juice, honey, Dijon, soy sauce, garlic, oregano, salt** and **pepper** in a medium bowl and whisk until smooth.
2. Add **chicken** to the bowl, cover and refrigerate **for at least 2 hours and up to 8 hours.**
3. Bring the chicken in the marinade to **room temperature for 30 minutes before cooking.**
4. Remove the chicken and brush off any excess marinade before cooking.