



BARBECUE MARINADE

Marinades are intended to preserve, tenderize but mainly impart flavor to a food item. The three components of a marinade are oils, acids, and aromatics (spices, herbs, and vegetables). Oils are primarily used to protect and preserve the foods, either as they marinate or during the cooking process. Acids, such as vinegar, yogurt, wine, and citrus juices, change the food's texture. In some cases, it will make foods firmer, hence easier to grill. In others it will break down connective fibers making foods seem more tender, providing two key functions of the marinading process. The aromatics primary function is to impart flavor into the food item as it marinades.

Recipe based on 4 servings

Choose any of the proteins for grilling and pair with Andiamo's signature refreshing Summer Sangria.

INGREDIENTS:

- 1.5 lb. of salmon fillet, cut into four equal 6 oz portions
- 2 lb. shrimp, 16/20 count, split and deveined with tail and shell intact
- 1.5 lb. scallops, tabs removed, large enough to not fall through the grates of the grill
- 1 cup of vegetable oil
- 2 oz. of bourbon
- ½ cup of apple cider vinegar
- 2 tbsp. of Worcestershire sauce
- 1 tbsp. of brown sugar
- 2 tsp. of dry mustard
- 1 tsp. of tabasco sauce
- 1 tbsp. of minced garlic
- 1 tsp. of onion powder
- 2 tbsp. of ketchup
- 1 tsp. of chili powder

METHOD:

1. Mix all ingredients and pour over the meat or fish and let marinate for two hours or overnight under refrigeration.
2. The excess marinade should be removed from the protein before grilled by shaking off the excess when dealing with shrimp and smaller items. For larger items a paper towel may be used to wipe off the excess and then discard.
3. Proteins should be allowed to come to room temperature before grilling for optimal results.

Andiamo

PINEAPPLE SALSA

INGREDIENTS:

- 1 cup of ripe peeled, cored, and diced pineapple
- 2 tsp. of dark brown sugar
- 1 tsp. of rice wine vinegar or white vinegar
- 1 tbsp. of seeded and minced jalapeño peppers
- ¼ cup of diced red bell peppers
- ¼ cup of green onions
- Juice of one lime
- 1 tbsp. of chopped cilantro
- Salt and pepper to taste
- 2 tbsp. of orange juice

METHOD:

1. Mix all ingredients together and store for up to three days well covered and refrigerated.

