

MARINADES, FULLY



THE COOKFUL

Edited by Christine Pittman and Amy Bowen

Marinades, Fully

Who loves to grill? Raise your hand. Raise your other hand. Pump ‘em both in the air. Yessss! Grilling season is here!!!

While it’s true that marinades can be used with most cooking methods, they are particularly fantastic when grilling. It’s because we tend to grill smaller cuts of meat, which is where marinades really shine. That’s why we decided that we had to tackle marinades for this year’s grilling months.

In this ebook you’re going to find some delicious recipes for marinated fish, meats, veggies, tofu and even marinated brie! Plus we have a whole bunch of useful information and great tips and tricks for you.

So grab your olive oil, lemons and zip-top bags and meet us at the grill!

Christine



THE COOKFUL

Table of Contents

Marinade Shopping Guide	4
How To Make Ceviche	6
How Marinades Work	9
The Difference Between a Marinade, Brine, Rub and Sauce	11
Common Marinade Mistakes	14
Pork Loin Injected with Apple Marinade	16
Grilled Chicken Parmesan in Lemon Marinade	18
Cheap Steaks in Pineapple Soy Marinade	20
Adobo Chicken Breasts	22
Flavor Combinations for Fantastic Marinades	24
Lemon Pepper Marinated Green Beans	27
How to Marinate Tofu	29
Marinated Baked Brie	33
Marinated Portobello Mushrooms	36
Basil and Beer Marinated Shrimp	38
101+ Marinade Recipes	41
Contributors	44

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Marinade Shopping Guide

By Amy Bowen

Fire up the grill. Let's marinate a picnic-worthy meal. Here's what you need to marinate everything from pork loin to Brie.

Become a marinating fool with a **professional meat injecting kit**. This allows you to marinate the meat from within.

If injecting your meat seems a bit too surgical, a **marinating brush** can help you achieve perfectly marinated chops.

OK, maybe you want some personal distance from your meat. Spray your marinade with a **spray bottle**. Pour in your ingredients, shake it up and spray all day.

I love a good **whisk**. These ones make mixing marinades a breeze. They're sturdy and can withstand daily use. Or go for something like a fun rainbow one.

Marinade Shopping Guide

Continued from previous page

These bowls are a chef's dream. I always like **stainless steel bowls** because they last forever and always look great.

You've seen beer can chicken before. Up your game with **chicken and turkey marinade steamers**. You choose what kind of marinade you want and set your poultry on top of something much more appetizing than a beer can.

We have a **marinade bowl** that is so fancy. It allows you to vacuum seal (!!!) your ingredients so the marinade has a deeper flavor.

Prevent irksome burns with **heat-resistant cooking gloves**.

If you love to grill, you'll need a grill that can make you food even better. The **Kamado Kooker** uses charcoal to recreate the heat of ancient clay ovens. The result? Juicy meats and crispy vegetables.

Proclaim your love for a good marinade with a **Marinade Dr bumper sticker**. Or better yet tell everyone how well you marinate with a **T-shirt**.

**CLICK HERE TO SEE OUR FAVORITE
ITEMS FROM THIS SHOPPING LIST!**



How To Make Ceviche

By Christine Pittman

Find out the science behind ceviche and how to make it at home. Includes tips for type of fish, length of marinade time and doing make-ahead ceviche.

I've heard it said that ceviche is fish that is cooked using citrus juice. This isn't entirely true since the definition of to cook involves heat. There is no heat used when making ceviche so it is technically incorrect to call it cooked.

Instead, what happens with ceviche is called denaturing. This is a chemical process that changes the proteins in the fish to make it firm and opaque, appearing as though it was cooked. (Note that to cook something is also a form of denaturing. That is, cooking and bathing in citric acid are both processes that alter the chemical and physical properties of food).

How to Make Ceviche

To make ceviche you marinate fish for a fairly short time in citric acid. We went with a

Ceviche

Continued from previous page

combination of lemon and lime juice. We also put some minced onion in there for added flavor.

After it has marinated, you get to add in some other ingredients. We always add some kind of hot pepper to ours, either jalapenos or red chilies, minced. I also like chopped tomato, avocado and a good bit of cilantro. Freshly squeezed orange juice and some olive oil usually find their way into the mix. And a nice bit of salt. Don't forget the salt.

You can add other seasonings too. Cracked black pepper, smoked paprika and chili powder are all good options.

How long do you marinate the fish for when making ceviche?

You want it to just be opaque and starting to "cook" through. You don't want it actually flaking and falling apart. For fish sliced 1/4 inch thin, as we've done, 20-30 minutes is ideal. Marinate the ceviche in the fridge and then serve as soon as it's ready.

Some people marinate the fish a lot longer than we have recommended. If you like the fish a little drier and fully flaky, then you can marinate for much longer, an hour or even more. But if you like it firmer, think slightly flaky on the outside with a firmer sushi-style texture in the middle, then don't go more than 30 minutes.

What kind of fish should you use?

It really depends on what is freshest on the day you're making your ceviche. Go to your shop and ask the fishmonger. Tell them you want a firm white ocean fish that is as fresh as possible. Grouper, sea bass and sole are great choices.

A Tip for Ceviche at a Dinner Party

Ceviche is not a make-ahead dish, at least not if you like yours on the firmer side. If you like it flakier, you can marinate for longer and then it is a natural make ahead option.

Instead, to do make-ahead ceviche, you can get everything ready ahead of time. Slice your fish and get it back on ice in the fridge. Chop your onion and jalapenos. Juice your lemons, limes and oranges. Cut up the tomatoes and avocados.

30 minutes before serving the ceviche, toss the fish with the lemon, lime and onion. Put it in the fridge. Then add your other ingredients, top with cilantro and serve. It's pretty easy, really. And pretty impressive too. Well done, you!

Ceviche

Continued from previous page

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

1 lb. firm white ocean fish like grouper, sea bass or sole, in 1-inch pices sliced 1/4 inch thick
1/2 cup lime juice
1/2 cup lemon juice
1 medium sweet onion, small dice or sliced very thinly
1 large avocado, pitted and diced
1 large tomato, diced
1 jalapeno, seeds and ribs removed then minced
1/4 cup chopped cilantro (more for garnish)
2 Tbsp. orange juice
1 Tbsp. olive oil
1/4 tsp. salt
Tortilla chips

1. In a medium bowl combine the fish, lemon and lime juices and onion. Put it in the fridge and let it marinade for 20-30 minutes, until the fish looks cooked on the outside but still has a firm sushi-style texture in the middle.
2. Drain. Add avocado, tomato, jalapeno, cilantro, orange juice, olive oil and salt. Stir gently. Garnish with more cilantro and serve immediately with tortilla chips on the side.



How Marinades Work

By Amy Bowen

Marinades are magical. No, really. What else can transform a budget cut of meat into a dish worthy of a five-star restaurant. Here's the lowdown on marinades.

Let's explore the fascinating world of marinades. When used properly, marinades can make any cut of meat more tender and flavorful. But how?

KINDS OF MARINADES

There are three kinds of marinades. They work somewhat differently, but the results are the same — an added oomph in flavor, and meat that's so tender it falls off the bone.

Contestant number one is an enzyme marinade. Did you know you can marinate meat with some kinds of fruit and dairy. Isn't that crazy? Raw fruits, such as papaya, pineapple, kiwi, fig

How Marinades Work

Continued from previous page

and mango, have the the enzyme protease, which breaks down meat proteins.

Dairy marinades (think Grandmother's famous buttermilk fried chicken) are also enzyme marinades. Some people think that calcium might cause the protein breakdown, but no one knows for sure.

One thing to note about enzyme marinades, don't leave them on too long or your meat will turn to mush. The enzymes will work overtime and your food will turn to jelly.

Contestant number two is an acidic marinade. This marinade uses acids (like lemon juice) to breakdown the proteins to tenderize the meat. Actually, the acid relaxes the proteins in the meat, making it tender. But don't let it marinate for too long or it will actually get tough.

Contestant number three is a dry marinade. This is an combination of herbs and spices that are rubbed all over the meat and let sit for a few hours before cooking. The spices help disrupt the tissue, which helps infuse the meat with flavor.

HOW LONG TO MARINATE

The age old question, right? How long does it take to marinate? As mentioned before, if you marinate too long, your meat will be dry or mushy. The optimal time for smaller pieces of meat is no more than two hours. Larger pieces of meat can be marinated from eight hours to overnight. But only go that long if using an acidic or dry marinade. For the enzyme marinade, that would be way too long.

If you really want to up your game, pound your meat so it lies flat. Your marinade will cover more area, and infuse it with more flavor. Yay! But (yes, there's a but) cut your marinating time waaaay back.

TEMPERATURE

Pssst...Food safety PSA. Marinate your food in the refrigerator. It's true that the flavor will penetrate faster at room temperature but it's not worth the risk. Chill it while it soaks.



The Difference Between a Marinade, Brine, Rub and Sauce

By Amy Bowen

Check out our dummy sheet about the differences between marinades, brines, rubs and sauces.

MARINADE

It's usually a mixture of an acid, salt, fruit or vegetables and spices that is used on meat, fish or other foods. Cooks let it soak to add flavor and soften textures. Marinades don't soak into the whole cut of meat or whatever you're using. It only affects the surface of the food.

So how does it work? The acid in the marinade breakdowns the proteins on the surface of the meat, which makes it more tender.

Marinades, Brines, Rubs and Sauces

Continued from previous page

Because marinades don't easily penetrate far into the meat, they are best used on smaller cuts like steaks and pork chops. This will result in a nice bit of tenderizing and flavor penetration. If you use marinades on larger cuts, what often happens is that the marinade is overly effective on the outside of the meat, making it mushy or tough, and yet doesn't penetrate the inside and thus has no effect there.

Food safety alert: Never, ever cook with used marinades and always refrigerate food while it is marinating.

BRINE

Where marinades are used to tenderize meats, brines are used to add moisture. Cooking dries out meat, which can turn a chicken dinner into chicken jerky. A brine helps lean meats to stay moist by breaking down the surface and retaining water. The result is juicier meat.

Brines need only consist of salt and water with other ingredients optionally added for flavor. That's it. There's nothing fancy about it. Brines are traditionally used on lean proteins, such as turkey and chicken. You always discard the brine before cooking.

SPICE RUB

Dry rubs are mainly used to add flavor to meat. But if your rub contains salt (and it probably does) then it can help to melt fat as the meat cooks, which makes the meat more juicy. You mix up your favorite dry spices. Then you rub your rub directly onto the cut of meat. Then you either let it sit in your refrigerator until you're ready for dinner or get it cooking immediately. Both work.

Because of the way that a salt rub can melt the fats on the outside and inside of meat as it cooks, these are especially useful on large cuts of meat. The rub is going to flavor the outside but it's also going to penetrate and melt fats inside to make every slice of roast juicy and delicious.

Marinades, Brines, Rubs and Sauces

Continued from previous page

SAUCE

Sauces add moisture and flavor to dishes. They are meant to be enjoyed when you're eating the food. You should not use marinades as sauces if meat has been sitting in them unless you very thoroughly cook the marinade. Brines should not be used as a sauce ever. They will be way too salty. Grab a bottle of BBQ sauce instead.

There you go. Now you know the difference. Get into the kitchen and start cooking.



Common Marinade Mistakes

By Christine Pittman

Making a yummy marinade is easy. But it's just as easy to fall into some traps. Here's how to prevent mistakes before they happen.

Mixing your marinade is fun. You get to be a crazy chef that combines seemingly random ingredients into something delicious. But it's really not too random. There are guidelines and pitfalls to avoid. Here's how to sidestep mistakes that can ruin a perfectly good marinade.

UNDERSTAND WHAT YOU'RE PUTTING INTO YOUR MARINADE.

Repeat after me, "A good marinade isn't everything you have in your pantry." Don't use your marinade as an excuse to use up every spice or leftover ingredient. Pay attention to flavors. Have a plan. That dollop of leftover horseradish might not pair well with swig of apple cider vinegar. But it might. Hmmm. I think it would work actually. But you know what I mean.

Common Marinade Mistakes

Continued from previous page

WATCH THE SALT.

It is way too easy to over-salt marinades. Watch what you put in. And taste as you go along. Remember, it's easier to add salt instead of taking away.

TAKE ADVANTAGE OF HERBS AND SPICES.

There are so many great flavors out there, have fun combining them. If you really want to go gourmet, toast some spices and crush herbs to bring out even more pronounced flavors. And don't be afraid to go big. Love garlic? Add lots. It will mellow on a steak, for example.

ADD SOME FAT.

A basic oil (olive, canola) will help bring all those yummy spices into your meat. A chicken breast or a nice steak has lot of grooves, so the oil helps find those areas. Oh, but stay away from using your artisan oils. A nice truffle oil might seem like it will make a marinade even better, but in reality all the flavor will be lost in the cooking. Stay basic.

GIVE IT TIME.

We've already told you how long to marinate your meat (two hours for smaller pieces, eight for big pieces).

DON'T GO TOO SHORT. YOU WANT ALL THAT FLAVOR TO SINK IN.

And don't go too long either. Remember that a marinade can turn your meat to mush. Set yourself a timer on your phone. You'll be happy you did.

DON'T FORGET FOOD SAFETY.

Never ever reuse a marinade that meat has been in. It's a recipe for food poisoning. Some people say you can boil a marinade after and then use it in a sauce. However, if you want to use some of your marinade later in your cooking, it's best to reserve part of it before your start marinating. Then you know for sure that the mixture is safe.



Pork Loin Injected with Apple Marinade

By Christine Pittman

Take your marinating game up. Way up. Inject an apple cider marinade into a pork loin and prepare to be wowed.

Generally speaking, marinades are great on larger pieces of meat. Basically, marinades don't penetrate far beyond the surface of the meat so they don't work to tenderize or flavor very deeply.

Today's technique solves this problem. What you're going to do is inject the marinade into the meat. You mix up a marinade then pour it into a meat injector. Inject the marinade in a bunch of places all over the roast. Then put it in a zip top plastic bag and let it marinate in the fridge for a couple of hours. That flavor is going to be all through the meat.

Roast it the way you normally would. Then eat it. Good, right?

Pork Loin Injected with Apple Marinade

Continued from previous page

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 1 hour, 15 minutes

Total Time: 1 hour, 25 minutes

Ingredients:

1/3 cup vegetable oil

2 Tbsp. brown sugar

2 Tbsp. cider vinegar

1/2 tsp. allspice, ground

1/2 tsp. garlic powder

salt

2 lb. pork loin

1. Whisk together vegetable oil, brown sugar, cider vinegar, allspice, garlic powder and 1/4 teaspoon salt. Pour into a meat injector.
2. Put pork loin onto a plate. Inject marinade into pork loin by inserting the injector in 8-10 different places and squeezing a bit into it each time. If any of the marinade has spilled onto the plate, roll the loin around in it. Put loin in a plastic bag, seal and put in the refrigerator for 2 hours.
3. Preheat oven to 350°F. Put pork loin into baking dish, fat side up. Sprinkle with 1/2 teaspoon salt. Bake until meat reaches 145-155°F, about an hour. Let rest for 15 minutes. Slice and serve.



Grilled Chicken Parmesan in Lemon Marinade

By Christine Pittman

Here's a refreshing take on the classic chicken Parmesan. The chicken is marinated in lemon and then grilled topped with tomato slices and cheese. The breadcrumb topping is killer on top.

I bet there's not a person anywhere who doesn't like chicken Parmesan. Chicken, gooey cheese, tomato sauce and a crunchy crust. Right???

Well, we wanted to do a grilled summery take on this classic dish, but what topic would we put this under on the site. We're not doing a chicken Parmesan topic. Ohhhh but we should. Yes. We should. Until then, where oh where can this recipe go?

Ha! We plopped the chicken breasts into a marinade and then, Voila! The recipe can go in our current marinade topic. Yippee. So here it is. Chicken breasts that are pounded to an even

Grilled Chicken Parmesan

Continued from previous page

thickness and then marinated in a lemon mixture. You put them on the grill for a few minutes then flip them over. Top with tomato slices, cheese and some crunchy breadcrumbs. Soooo good.

Yield: 4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Ingredients:

4 boneless skinless chicken breasts (about 2 lbs. total)
olive oil
2 Tbsp. lemon juice
1/2 cup panko bread crumbs
1/2 cup finely shredded (not grated) Parmesan cheese
salt
1/4 tsp. garlic powder
coarse black pepper
1 large tomato, sliced into 8 slices
1 cup shredded mozzarella cheese
8-12 fresh basil leaves

1. Flatten the chicken breasts: Put one breast into a large zip-top bag but keep it unzipped. Use a flat mallet or heavy rolling pin to hit the chicken breast at the thickest part. Continue to do so, moving around a bit, until the chicken is of an even thickness of approximately 3/4-inch. Remove chicken from bag and repeat one at a time with remaining breasts.
2. If the bag is in good shape (no holes) measure 1/4 cup of olive oil and the lemon juice into the bag (or use a new bag or a baking dish). Add the flattened chicken and turn to coat. Refrigerate while preparing the rest of the ingredients.
3. Into a small skillet measure the panko, Parmesan, 1 tablespoon of olive oil, 1/4 teaspoon of salt and 1/4 teaspoon of garlic powder. Put over medium-low heat and stir frequently so that the Parmesan doesn't clump up as it melts. Stir and cook until toasted to a golden crunchy brown, about 3-4 minutes. Transfer immediately to a large plate so that the crumbs stop cooking and cool. Set aside.
4. Prepare the grill for direct cooking on medium-high heat.
5. Drain the liquid off of the chicken breasts and discard. Sprinkle lightly with salt and pepper on both sides. Transfer breasts to prepared grill. Cover and cook until there are nice dark grill marks, 3-4 minutes. Flip the breasts over. Top each one with 2 slightly overlapping slices of tomato, 1/4 cup of the shredded mozzarella and 1/4 of the bread crumbs. Cover and cook just until breasts are cooked through and cheese is melted, 3-4 minutes longer. Transfer to serving plate and top each breast with 2-3 basil leaves.



Cheap Steaks in Pineapple Soy Marinade

By Christine Pittman

Learn how to make cheap steaks tender using an enzyme marinade.

The key to making a cheap steak taste great is to use a marinade. We told you about the different kinds of marinades earlier. We wanted to therefore show you one of them in action.

We're using an enzyme marinade here. Some fruits and vegetables have an enzyme called protease that can break down meat proteins to make them more tender. Pineapple is one of the fruits that has this enzyme. We went with pineapple juice for the enzyme action here and then some soy sauce, brown sugar, garlic and ginger for added flavor.

The thing to remember about an enzyme marinade is that it can turn meat to mush pretty quickly. Don't marinate it for too long. We went with 1 hour on this one. It turned out pretty great :)

Pineapple Soy Steaks

Continued from previous page

Yield: 3 servings

Prep Time: 5 minutes

Cook Time: 5 minutes

Total Time: 10 minutes

Ingredients:

1 cup pineapple juice

1/4 cup soy sauce

1/4 cup brown sugar

4 garlic cloves, chopped

1 Tbsp. ginger

3 eye round steaks (about 1
and 1/3 pound total)

1 Tbsp. cooking oil

1. Mix together pineapple juice, soy sauce, brown sugar, garlic cloves and ginger. Put in a zip-top bag and add steaks. Seal and refrigerate for 1 hour.
2. Preheat cast-iron skillet on high heat. Add oil. Cook steaks two minutes per side for a rare steak, longer to achieve desired doneness.



Adobo Chicken Breasts

By Christine Pittman

Adobo sauce brings chicken alive in a marinade that takes only one hour.

Do you know about adobo sauce? If you go to the Mexican section of your grocery store, look for little cans of Chipotles in Adobo Sauce. Buy one. Take it home. Open it. Taste the sauce. Just a tiny bit! It's hot! But it's also got this amazing smoky flavor. I add it to all kinds of things, like chili and dips, pasta sauces, taco fillings, and to marinades, which is what I'm sharing with you today.

This marinade doesn't have much of the adobo sauce so the chicken doesn't end up super-spicy. It just gets a bit of pique and some of that nice smoke flavor. I think you're going to really like it.

Adobo Chicken Breasts

Continued from previous page

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 1 hour, 20 minutes

Total Time: 1 hour, 25 minutes

Ingredients:

2/3 cup vegetable or grape seed oil

1/3 cup lime juice

1 Tbsp. brown sugar

2 Tbsp. adobo sauce (look for a can of chipotles in adobo.

Use the sauce that the peppers are packed in)

1/8 tsp. salt

4 medium boneless skinless chicken breasts

1. Line a large bowl with a large open zip-top bag. Measure vegetable oil, lime juice, brown sugar, adobo sauce and salt into the bag. Stir. Add chicken. Seal and refrigerate one hour.
2. Preheat oven to 425°F. Pour off the marinade and put chicken on a baking sheet. Bake until the internal temperature of the chicken is 165°F, 20–25 minutes.



Flavor Combinations for Fantastic Marinades

By Amy Bowen

You're only a few ingredients away from making a fantastic marinade. We raid the pantry for flavor combinations.

We've already discussed that a marinade isn't a dumping ground for every little ingredient you have in the kitchen. But there's no need to always follow a recipe. There's no fun in that!

A good starting place is to mix up some oil and an acid. Go with a one-to-one ratio. I almost always add minced garlic to this. Then go in with one or two herbs or spices. Season with salt and taste it. You need to like how it tastes.

Here's some inspiration for you.

Marinade Flavor Combinations

Continued from previous page

OIL + APPLE CIDER VINEGAR + LAVENDER

I know this doesn't have garlic, but I love this. My mother created this combo when I was in high school. She belonged to an herb club and had to share an interesting marinade. She still uses this on steak.

OIL + LIME JUICE + JALAPENOS + GARLIC + CHILI POWDER

Olé!

OIL + RED CHILI PASTE + LIME JUICE + CILANTRO + COCONUT MILK

Try this on shrimp. Marinade for just 30 minutes though. Then drain, pat them dry and sizzle them in a hot pan.

OIL + GARLIC + LEMON JUICE + SPICY MUSTARD

My 3.5-year-old son loves mustard. He regularly eats mustard sandwiches. Yeah, just bread and mustard. I've realized that if I use mustard in a marinade on pork, he'll eat it up.

OIL + GARLIC + HONEY + SOY SAUCE + FISH SAUCE

This is a good Asian combination. It can become way too salty way too quickly, so add only a dash of fish sauce. And taste test, taste test, taste test.

OIL + GARLIC + LEMON JUICE + ONION + FRESH ROSEMARY

You can really use any fresh herb you have growing. Fresh herbs add a punch of flavor. Try it on chicken breasts.

Marinade Flavor Combinations

Continued from previous page

OIL + GARLIC + THYME + ORANGE

The orange adds a hint of sweetness to the garlic and thyme. This is good on pan-fried fish.

OIL + GARLIC + OREGANO + THYME + RED WINE

Make this with steak. The red wine makes this a strong marinade. Plus, once you open that bottle of wine, you know you'll have some sipping to do. Win-win!



Lemon Pepper Marinated Green Beans

By Christine Pittman

Summer veggies are here. A quick and simple marinade makes green beans a delicious side dish.

Green beans are one of my favorite vegetables and, the best part is, they love a good marinade. When you marinate green beans it makes them a bit soft but also really gets the flavor penetrating to their core. Tasty tasty.

For this recipe, you put the beans in a baking dish and then add a mixture of olive oil, lemon juice, garlic powder, salt and coarse black pepper. Let it all soak together for 15 minutes and then bake the beans just until they're the desired doneness. Easy and delicious. Sweet!

Marinated Green Beans

Continued from previous page

Yield: 4 servings

Prep Time: 15 minutes

Cook Time: 20 minutes

Total Time: 35 minutes

1. Mix together lemon juice, olive oil, black pepper, garlic powder and salt. Pour over green beans in a 9x11" cake pan. Toss to coat. Let sit at room temperature 15 minutes.
2. Preheat oven to 425°F. Cook 20 minutes, shaking once halfway through.

Ingredients:

2 Tbsp. lemon juice

2 Tbsp. olive oil

1/2 tsp. coarse black pepper

1/4 tsp. garlic powder

1/4 tsp. salt

1 lb. green beans, trimmed



How to Marinate Tofu

By Maria Siriano

Tofu just screams for a good marinade. It absorbs any flavors you want, which makes it perfect for your favorite combination. Learn how to marinate tofu perfectly here.

On its own, tofu is super bland, so it's just begging to be marinated. There's a little extra prep work for marinating tofu, but it's so easy you'll be a tofu pro in no time. Just follow these simple steps.

How to Marinate Tofu

Continued from previous page



Step 1: Drain and press your tofu. Cut open the package and drain out the water. Put a double layer of paper towels (or use a clean tea towel) onto a plate.



Step 2: Put your tofu block on top of the paper towels.



Step 3: Add another double layer of paper towels (or use another clean tea towel).



Step 4: Put another plate on top, then set something heavy on top (we used a giant bag of soybeans).



Step 5: Press for at least 15 minutes, and up to an hour.



Step 6: Slice your tofu and put it in a baking dish. Cut the tofu into the final size you'll want. We butterflied the tofu block, then cut the slabs into rectangles, but you may want squares or a finer dice. Add the tofu pieces to a baking pan in an even layer.

How to Marinate Tofu

Continued from previous page



Step 7: Add the marinade. Add 3/4 to 1 cup of your favorite marinade to the baking pan. Flip the tofu pieces once to coat.



Step 8: Cover and refrigerate. Cover the baking pan with plastic wrap and pop the pan in the fridge. You will want to marinate it for a minimum of 30 minutes and up to 8 hours. Flip the tofu periodically (every 15-30 minutes) to make sure the pieces marinate evenly.



Step 9: Cook your tofu. Cook the tofu however you like. We pan-fried them in a cast iron skillet, but you can bake the tofu on a parchment-lined sheet baking sheet at 400°F.

How to Marinate Tofu

Continued from previous page

Ingredients:

1 package firm tofu

3/4 to 1 cup favorite marinade
or salad dressing

1. Cut open the package of tofu and drain out the water. Put a double layer of paper towels (or use a clean tea towel) onto a plate. Put your tofu block on top of the paper towels. Add another double layer of paper towels (or use another clean tea towel). Put another plate on top, then set something heavy on top (we used a giant bag of soybeans). Press for at least 15 minutes, and up to an hour.
2. Slice your tofu and put it in a baking dish. Cut the tofu into the final size you'll want. We butterflied the tofu block, then cut the slabs into rectangles, but you may want squares or a finer dice. Add the tofu pieces to a baking pan in an even layer.
3. Add the marinade. Flip the tofu pieces once to coat.
4. Cover the baking pan with plastic wrap and pop the pan in the fridge. You will want to marinate it for a minimum of 30 minutes and up to 8 hours. Flip the tofu periodically (every 15-30 minutes) to make sure the pieces marinate evenly.
5. Cook the tofu however you like. We pan-fried them in a cast iron skillet, but you can bake the tofu on a parchment-lined sheet baking sheet at 400°F.



Marinated Baked Brie

By Christine Pittman

Three great tips for making baked brie that is better than ever. Plus the hands down best baked brie recipe. We can't wait for you to try it!

If you love baked brie, raise your hand. You raised both hands? Oh! ha! Of course you did! It really is that good, right?

Well, I'm about to make it even better by doing three things.

First, marinating it. Whatever topping you like to put on your brie can make a bigger more delicious impact if you poke holes in the cheese first. What you do is put the brie on the pan that you plan to cook it on. Then use a fork to poke holes all over the top surface of the cheese. Go all the way down into the cheese but don't break through the bottom rind. When your brie is all punctured (lots of punctures. Like 40 or so) pile your topping on top. Ideally, your topping has a touch of liquid in it. That liquid is going to drip down into the holes you just made and flavor the interior of the brie.

Marinated Baked Brie

Continued from previous page

Second, making it savory. I'm not sure why baked bries are so often given sweet toppings. I mean, sure, it's good. But a savory topping loaded with garlic and herbs is way better. But then, I don't have a sweet tooth really. I know. It bothers my loved ones greatly. Anyhow, try something savory on there. For this one, we infuse olive oil with garlic and then add chopped bell pepper, lemon juice, dijon mustard, parsley, salt and pepper. That garlic oil drips down into the brie and makes you moan with every mouthful. That's a promise.

Third, grill it. OK, so it's maybe not technically "baked" brie if you grill it but the result is pretty similar. The difference is that you get a smoky flavor on the cheese. A bit. Maybe. Or not really. I'm lying. Mostly, I do it because it looks pretty impressive to my friends when they realize that I'm cooking brie on the grill. Theatrics make food taste better. They really do. Every time I grill a wheel of brie, people end up standing near me and watching. Nobody EVER does that when I put brie in the oven. NEVER. Then, when I don my oven mitts and take the brie off the grill and to the table, the oooooo sounds are much louder and more enthusiastic than the traditional baked brie oooooos we're more used to.

To grill a wheel of brie, put it on a rimmed baking sheet. You need the rim. If you accidentally cook the brie too long, or if it gets a puncture, it's going to ooze all over the place. You don't want it inside of your grill so use a rim. The grill should be set up for medium-high heat (around 350°F) indirect cooking. That means that you have one burner on and one burner off. Then you put the pan of cheese (yes, the pan and the cheese) over the off burner. Close the lid of the grill and let it be for 10 minutes. Then check it. It's probably going to need at least 5 more minutes but checking never hurt. Plus you know everyone wants to have a peek at it anyhow. It's done with the sides are bulging and the top is soft to the touch, about 15-20 minutes.

Note that I've given instructions for baking this brie in the recipe below as well just in case you want to do it the boring way. Boo hoo. ;)

Marinated Baked Brie

Continued from previous page

Yield: 6 servings

Prep Time: 10 minutes

Cook Time: 20 minutes

Total Time: 30 minutes

Ingredients:

2 Tbsp. olive oil
2 cloves garlic, minced
1/2 red bell pepper, diced
1 tsp. lemon juice
1 tsp. Dijon mustard
1/4 tsp. black pepper
1/8 tsp. table or fine grind
kosher salt
2 Tbsp. chopped fresh
parsley
1-8 oz wheel of brie
Sliced French bread or water
crackers

1. Into a small skillet measure the olive oil and add garlic. Warm the skillet over medium low heat until very fragrant and garlic is softened, 5-6 minutes, stirring occasionally. Add the bell pepper and continue to cook for another 2-3 minutes.
2. Remove skillet from heat. Stir in lemon juice, mustard, black pepper, salt and parsley.
3. Place the brie on a rimmed baking sheet. Using a fork, poke holes all over the top surface of the brie. Go all the way to the bottom of the cheese but do not pierce the bottom rind.
4. Pile the red peppers and garlic oil onto the top surface of the cheese. Use a spatula to scrape all the oil onto the cheese. Set aside for 15 minutes, allowing the garlic oil to drip through the holes you've made in the cheese. (You can marinate it in the fridge for longer, even overnight. If doing so, cover with plastic wrap before placing in the fridge).
5. If using a grill: Preheat grill to 350°F and prepare for indirect grilling. Once heated, place the cheese-pan on the grill, being sure that it is over indirect heat (i.e., that the heat is not directly below the pan). Put the cover down. If using an oven: Preheat oven to 350°F. Once oven is preheated put in the pan of cheese.
6. Grill/bake for 15 minutes. If the brie is bulging at the sides and soft to the touch on top, it's ready. If it's not soft and bulging, grill/bake for another 5-7 minutes but check on it every minute or so (you want to catch it at the bulging stage not at the oozing-all-over-the-pan stage). Serve on the pan with bread or crackers and knives for scooping and spreading.



Marinated Portobello Mushrooms

By Christine Pittman

Portobello mushrooms are so good on the grill. They are perfect as a picnic side, on top of steaks or hearty enough for an entree.

Marinating and grilling portobello mushrooms is easy and they're so tasty. Their great meaty flavor makes them perfect on just about anything (well, not chocolate cake. You know what I mean). On steak, a salad or smooshed into a burger bun. These are where it's at.

The mushroom marinade has roasted garlic infused red wine vinegar. If you can't find that, go with regular red wine vinegar and add a dash of garlic powder to the mix. Then go in with the olive oil, dijon mustard, salt and pepper. Mix it up. Then brush it onto the mushrooms.

Start with a bit of marinade on the mushroom tops. Then flip them over and put most of it on the gills. It's going to settle into all those crevices and hang on better than it does to the tops. Let them sit there gill-side-up for a bit then grill starting with the tops down, then flip. Let them rest for a bit and then either slice them or serve them whole.

Marinated Portobello Mushrooms

Continued from previous page

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 6 minutes

Total Time: 11 minutes

Ingredients:

3 Tbsp. roasted garlic infused
red wine vinegar, such as
Pompeian brand
2 Tbsp. olive oil
1 Tbsp. dijon mustard
1/2 tsp. salt
1/4 tsp. coarse black pepper
4 portobello mushrooms,
stems removed

1. Prepare grill for direct medium-high grilling.
2. In a small bowl combine vinegar, olive oil, mustard, salt and pepper.
3. Put mushrooms on a plate top-side-up. Brush tops lightly with the vinegar mixture. Flip mushrooms over. Brush remaining marinade liberally on the gills and let it soak in for a minute.
4. Grill mushrooms top-side-down until grill marks are dark, 3-4 minutes. Flip and grill for another 3-4 minutes. Remove from grill and let rest for 5 minutes.
5. Slice and serve.



Basil and Beer Marinated Shrimp

By Christine Pittman

Beer and shrimp are best buddies. Add in some basil and you pretty much have the best shrimp marinade ever.

Shrimp are very tender and juicy on their own so if you marinate them it isn't to tenderize them. It's too give them some extra flavor. Go ahead and choose bold flavorings for your shrimp marinade. Lemon and lime juice are both great choices for the acid. Garlic is always good good good. Some minced jalapeno and some coconut milk, amazing. There are so many directions to go.

For this shrimp marinade, I was looking for something new and exciting to try. I turned to my trusty book *Flavor Bible* (Do you know this book by Karen Page and Andrew Dorenburg? It's incredible for coming up with new recipe ideas. It lists every food ever and then tells you what foods and flavors go with it. I always have it within arm's reach and use it daily) and looked up Shrimp. A lot of the usual suspects were there. But then I spotted beer. Of course! Like Beer Battered Shrimp! Those flavors do work well together. Right near beer in the list of foods that

Basil and Beer Marinated Shrimp

Continued from previous page

go with shrimp was basil. I could already taste this. Those shrimpies' fates were sealed.

I had planned to start really basic with this recipe, test it out and then maybe add in some other ingredients in the second round. But it was so darned good the first time that I did it exactly the same way the second, third and fourth time.

Here's what you do to make this delicious (delicious!) marinade. Pour beer (a lager, something light but flavorful) into a bowl and add some olive oil, torn up basil leaves and salt. That's it. Then in go the shrimp.

Refrigerate for 30 minutes. Don't do it longer than that. You don't want the beer to start cooking your shrimp (I know it's not technically "cooking" without heat. It's actually called denaturing. Eh hmm. But if I'd said "You don't want the beer to start denaturing your shrimp," most people wouldn't have known what I was talking about. Wait. You would have known? Yeah, I know. You're pretty smart. But most people wouldn't have known.)

OK, enough babbling. Here it is. The best shrimp marinade. You're seriously going to love this one.

Basil and Beer Marinated Shrimp

Continued from previous page

Yield: 4 servings

Prep Time: 5 minutes

Cook Time: 35 minutes

Total Time: 40 minutes

Ingredients:

1 cup lager

1/2 cup olive oil

8-10 large basil leaves, torn
into small pieces (plus
more for garnish)

1/4 tsp. salt

1 lb. peeled, deveined, tail on,
large shrimp

1. In a large bowl mix together lager, olive oil, basil and salt. Add shrimp and stir gently. Refrigerate for 30 minutes. Drain in a colander such that only the shrimp and basil remain.
2. Heat a large skillet over high heat. Add shrimp and basil and arrange in a single layer. Let cook 1 minute, then stir. Cook, stirring occasionally until opaque, pink and cooked through, another 1-2 minutes. Remove from skillet and serve.

101+ Marinade Recipes

By Nicole Johnson

Marinating is easy, and adds a fantastic layer of flavor to your dish. You can marinate almost any kind of meat or vegetable, and more. Here are 101+ marinade recipes to keep you busy!

I love marinating. Meat, vegetables, mushrooms, cheese; I marinate it all. It can turn a super mediocre bit of food into something really spectacular. Here are 101+ marinade recipes from some of our favorite bloggers all over the web.

Our Marinade Recipes

1. [Ceviche](#)
2. [Pork Loin Injected with Apple Cider Marinade](#)
3. [Grilled Chicken Parmesan in Lemon Marinade](#)
4. [Cheap Steaks in Pineapple Soy Marinade](#)
5. [Spicy Marinated Chicken Breasts](#)
6. [Marinated Green Beans](#)
7. [Marinated Vegetable Skewers](#)
8. [Marinated Portobello Mushrooms](#)
9. [Beer and Basil Shrimp](#)
10. [Marinated Grilled Brie](#)

Marinated Beef Recipes

11. [Asian Grilled Tri Tip](#)
12. [Steak Bites](#)
13. [Grilled Marinated Flank Steak](#)
14. [Steak and Potato Kebabs](#)
15. [Strawberry Jalapeno Marinated Flank Steak](#)
16. [Dijon Brown Sugar Marinated Steak](#)
17. [Marinated London Broil](#)
18. [Whiskey Balsamic Steak](#)
19. [Grilled Skirt Steak](#)
20. [Dr. Pepper Steak Tips](#)
21. [APL Marinade](#)
22. [Simple Beef Shish Kabobs](#)

23. [Garlic Marinated Ribeye Steaks](#)
24. [Steak Two Ways, Indian and Korean](#)
25. [Honey Sriracha Flank Steak](#)
26. [Marinated Skirt Steak with Grilled Spring Onions, Ricotta, & Chimichurri](#)
27. [Steak & Potato Kebabs](#)
28. [White Wine Marinated Steak with Blue Cheese](#)
29. [Whiskey Soy Marinated Flank Steak](#)
30. [Steak Tacos](#)

101+ Marinade Recipes

Continued from previous page

Marinated Chicken Recipes

31. [Pineapple Pepper Chicken Kebobs](#)
32. [Bbq Baked Chicken Fingers](#)
33. [Thai Chicken Skewers](#)
34. [Lemon Buttermilk Chicken Skewers](#)
35. [Hummus Marinated Chicken Satay](#)
36. [Tequila Marinated Chicken Wraps](#)
37. [Chinese Five Spice Chicken and Veggie Skewers](#)
38. [Marinated Grilled Chicken](#)
39. [Grilled Chicken Marinade](#)
40. [Tandoori Grilled Chicken](#)
41. [Chili Lime Mango Marinated Chicken Bowls](#)
42. [Greek Lemon Chicken](#)
43. [Rosemary Mustard Grilled Chicken](#)
44. [Jamaican Jerk Chicken](#)
45. [Cuban Grilled Chicken](#)
46. [Grilled Achiote-Lime Chicken](#)
47. [Mediterranean Topped Grilled Chicken](#)
48. [Lemon Pepper Iced Tea Chicken](#)
49. [Spice Rub Grilled Chicken with Chimichurri](#)
50. [Spicy Thai Grilled Chicken](#)
51. [Sweet and Smokey Coca-Cola Chicken](#)
52. [Easy Chicken Kebabs](#)
53. [Asian Marinated Chicken](#)
54. [Lemon and Oregano Grilled Chicken Thighs](#)
55. [Cajun Honey Glazed Chicken Bowls](#)
56. [Grilled Tequila Lime Chicken](#)
57. [Hawaiian Pineapple Coconut Chicken Skewers](#)
58. [Chicken Marinade with White Wine](#)
59. [Asian Roasted Chicken Thighs](#)
60. [Greek Lemon Garlic Chicken Salad](#)
61. [Lime Marinated Grilled Chicken](#)
62. [Rosemary Dijon Turkey Kabobs](#)
63. [Braised Korean Chicken in Soy Ginger Lemon sauce](#)
64. [Tequila Lime CHicken](#)
65. [Chicken Satay](#)
66. [Butter Chicken](#)
67. [Margarita Marinated Chicken Fajitas](#)
68. [Grilled Chipotle Chicken Tacos](#)

Lamb

69. [Grilled Leg of Lamb](#)

Multi-purpose Marinades

70. [Coconut Lime Marinade](#)
71. [Lemon Dijon Marinade](#)
72. [Cuban Style Chimichurri Sauce](#)
73. [Peach Ginger Vinaigrette](#)
74. [Basil and Garlic Marinade](#)
75. [Yemini Sahawiq](#)
76. [Sweet and Spicy Rub/Marinade](#)

101+ Marinade Recipes

Continued from previous page

Marinated Pork Recipes

- 77. [Italian Sausage Pasta Salad](#)
- 78. [Thai Pork Belly Skewers](#)
- 79. [Cuban Mojo Marinated Pork](#)
- 80. [Marinated Pork Loin](#)
- 81. [Grilled Tahini Pork Skewers](#)
- 82. [Char Siu Pork](#)
- 83. [Ginger Soy Grilled Pork Chops with Mango Chutney](#)
- 84. [Filipino Pork Barbecue](#)
- 85. [Pork Carnita Tacos](#)

Marinated Seafood Recipes

- 86. [Grilled Miso Shrimp](#)
- 87. [Grilled Sesame Asian Shrimp](#)
- 88. [Coconut Pineapple Shrimp Skewers](#)
- 89. [Harissa Prawns](#)
- 90. [Grilled Cilantro Lime Salmon](#)
- 91. [Marinated Bacon Wrapped Scallops](#)
- 92. [Harissa Grilled Prawns](#)
- 93. [Grilled Lime, Brown Sugar, and Sriracha Prawn Skewers](#)

Marinated Vegetable Recipes

- 94. [Marinated Basil and Garlic Peppers](#)
- 95. [Herb and Citrus Marinated Olives](#)
- 96. [Cilantro Lime Marinated Cucumbers](#)
- 97. [Balsamic Grilled Zucchini](#)
- 98. [Lemon Garlic Grilled Zucchini](#)
- 99. [Pickled Snow Peas](#)
- 100. [Grilled Summer Marinated Vegetables](#)
- 101. [Spanish Marinated Carrots](#)
- 102. [Pasta with Roasted Spring Vegetables and Marinated Mozzarella](#)
- 103. [Vegan Taco Casserole](#)
- 104. [Crockpot Bulgogi Jackfruit](#)

Contributors

Many thanks to our writers for this edition of The Cookful.



Amy Bowen, editor

Amy admits that she had no clue how to cook until she became the food reporter for a daily newspaper in Minnesota. At 25, she even struggled with figuring out boxed mac and cheese. These days, Amy is a much better cook, thanks to interviewing cooks and chefs for more than 10 years. She even makes four cheese macaroni and cheese with bacon, no boxed mac in sight. Amy is also on the editorial team at The Cookful and is the primary editor for this ebook.



Christine Pittman, editor

» cookthestory.com

Christine is the Founder and Senior Editor of The Cookful. She also blogs at COOKtheSTORY where she specializes in easy healthy homemade recipes. Healthiness aside, she has been known to shred cheese onto a dinner plate, microwave it for 30 seconds, and then eat the messy goop with a spoon.



Nicole Johnson

» orwhateveryoudo.com

Nicole has been blogging for 5 years at orwhateveryoudo.com, when not chasing her 7 kids around or working full time for CoSchedule. She basically lives, breathes, and eats blogging. And cookies. A pasta fanatic and dedicated tomato fan, she occasionally branches out into crazier things like oh, rice and potatoes. She features mostly from scratch cooking with a healthy smattering of easy convenience meals tossed in to keep it real.



Maria Siriano

» siftandwhisk.com

Somewhere among the towers of batter-smeared mixing bowls, you'll find a flour-covered Maria making unique seasonal desserts for her blog, Sift & Whisk. Although she never quite got the hang of the clean-as-you-go technique, she has still managed to elevate her baking skills far beyond "add oil, water, and eggs." She makes a killer pie, if she does say so herself.

About The Cookful

Do you love to geek-out over food and cooking? Then The Cookful is where you need to be.

We cook and write about one topic at a time, diving in deep to help you cook (and eat!) better than ever. Each topic comes with How-To's, innovative recipes, and a bunch of interesting tidbits so that you can learn all about it. Some topics we've covered are Margaritas, Quick Soups and Popcorn. Head over to [The Cookful](#) to find out what our next topic is and then get ready to go off the deep end with us.



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