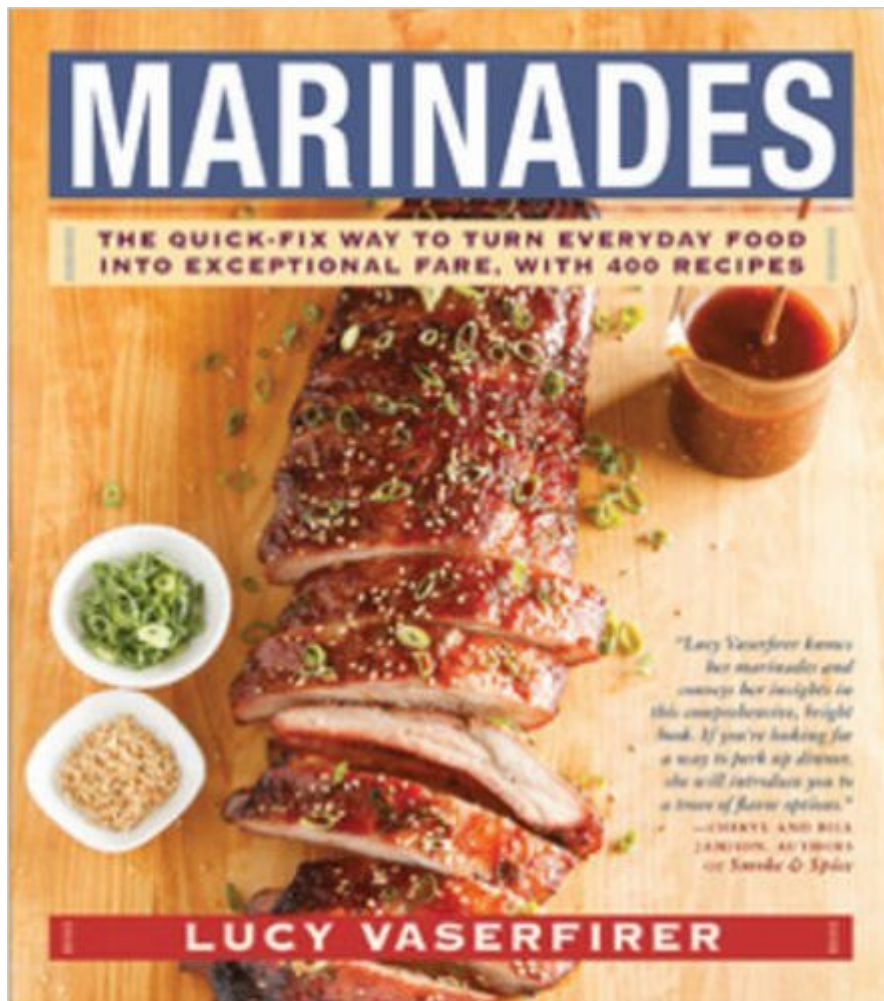


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# Marinades: The Quick-Fix Way To Turn Everyday Food Into Exceptional Fare, With 400 Recipes



## Synopsis

The tremendous success of slow-cooker cookbooks is rooted in the demanding lifestyles of working families: You get dinner started before you go to work and have it ready shortly after you return. Slow-cooking is not the only way to cook fabulous food on a busy schedule. Lucy Vaserfirer's *Marinades* offers a delicious alternative. With the right marinade, you can dress up meats, chicken, fish, or vegetables in the morning, pop the food in the fridge for the day, and finish it all off with a quick broil, grill, microwave, or saute when you get home. Dinner is served! Vaserfirer, who previously has written *Seared to Perfection* and *Flavored Butters*, and also writes the blog *Hungry Cravings*, is a culinary-school instructor known for her expertise with meats, her knowledge of kitchen science, and her warm and engaging teaching voice. *Marinades* shows when to use - and not use - oil-based, vinegar-based, fruit-based, and milk- or cream-based marinades. The recipes range from comforting American, French, and Italian marinades to adventuresome and assertive ideas from Mexico and Latin America, Asia, and beyond. The book includes seventeen recipe chapters, nine of which are based on specific types of marinades (herb, spice, and citrus, for example) and eight of which range geographically across the world's best cuisines. Each of the 200 marinades is accompanied by an additional recipe that shows one way to use it. A Raspberry-Zinfandel Marinade, for example, features a recipe for Grilled Raspberry- Zinfandel Pork Medallions, while a Souvlaki Marinade has a recipe for Swordfish Souvlaki alongside. In keeping with the popularity of marinades among outdoor cooks, more than half of these 200 additional recipes are for grilled dishes, but there are ideas aplenty for indoor cooking as well.

## Book Information

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## Customer Reviews

We're all busy. We want something delicious for dinner, but who has time to make something intricate -- particularly on a weeknight? Lucy Vasefirer's *Marinades* cookbook offers a simple solution. (So to speak.) The premise is that you put together a simple marinade (most take about 5 minutes to assemble), and soak the meat-fish-tofu-whatever during the day. By the time you come home from work, you have a flavorful dinner-on-the-hoof that takes a short amount of time to cook. And golly, it works. The book promises 400 marinades, which is a LOT of options. They're organized by ingredient or flavoring rather than the stuff that'd soak in it (since most marinades are good for more than one protein). For example, the 20 chapters include sections devoted to marinades made with herbs, spices, fruit, citrus, or Indian, European, Southwestern flavorings. Each marinade recipe has clear instructions, a list of suitable uses (e.g. this one is good for a whole chicken or beef tenderloin), and then a specific recipe that uses that marinade. For example, a cranberry and hard cider marinade (with garlic and maple syrup) has suggested uses with chicken breasts, turkey breast cutlets, or pork chops (marinated two hours to overnight). Then it's used in a recipe for grilled pork loin or rib chops. Her French red wine marinade is accompanied by a recipe for Coq au Vin and Boeuf Bourguignon. (If I have any criticism, it'd be that I wish fewer suggestions were essentially "Just grill the darned thing." In Arizona, \*I\* can grill year-round, but people in colder climates might like instructions for broiling or baking instead.) None of these recipes have photos; I know that matters to some people. If you're among them, take a look instead at *Smoke & Spice: Recipes for Seasonings, Rubs, Marinades, Brines, Glazes & Butters*. (I had taken that book out of the library a few days before this one arrived from Vine. It's really good too, though obviously it's more than marinades.) Best of all: this *Marinades* cookbook really delivers. It has plenty of very-basic marinades (e.g. rosemary-balsamic, a simple option for steaks, and you likely have all the ingredients in the house. It has quite a few "oh, THAT sounds different and cool!" options, too, such as a mango-ginger marinade (for chicken, pork, or fish filets). There really is an impressive breadth of possibilities, and it's easy to find something to inspire you even for an exhausted Wednesday night. I've made a few recipes already. A couple of steaks benefited from a day spent contemplating their fate in her whiskey-peppercorn marinade -- and all the ingredients were already in my pantry. A chervil-verjus marinade brightened up otherwise-dull scallops I'd grabbed from the grocer's freezer section. And her cherry-port marinade (suggested for a pork loin roast) sounds so yummy that I've been checking the market to find out when this season's cherries will arrive (not yet, dammit). It's obvious by now: I REALLY like this cookbook. I am certain you will, too.

I have an uncorrected bound galley for this book so the one complaint I have I am not for sure if it will be in the finished product. The only thing that would make this perfect is if the marinades had pictures to go along with the recipes. The final copy might add this feature. Other than that this is an awesome collection of 200 marinades. The contents include: making marinades, herb, Vegetable and Tomato, fruit, citrus, condiment, dairy, coffee, soda, beer, wine, spirit, southwestern, Mexican, South American, European, Chinese, Japanese, Korean, Vietnamese, Thai, Indian, Central Asian, Middle Eastern, African, Marinades, Island, Dessert, and Sweet. Each marinade has a suggested use and what types of meats will go best with each marinade. It also tells you the minimum/maximum amount of time each needs to marinate. Each recipe ends with best side items to serve with each recipe. I hope you enjoy this recipe book as much as my wife did!

I love this cookbook. There are a lot of quick marinades that are easy to pull together on a week night. Some of the marinades have already become my go to's and family favorites. There are some odd marinade recipes that I would never use, but overall I love this book.

400 recipes for marinades. I can't stand tough meat and thought I might be able to make my own marinade since I'm so picky about what I eat. I like simple foods! Some of these are beyond what I would use but there were quite a few simple ones and I just started putting together the ingredients I liked best and went from there. Most of recipes call for simple products. A really nice book with very good recipes!

Quick Thoughts: 19 chapters of recipes varying based on ingredients and cultural cuisine. You literally have enough recipes here to try something new everyday for a year. I must have highlighted over 70 recipes from this book. The layout of the book is easy to read and the steps and recommendations of each marinade is helpful. It should come with a coupon for ziploc bags and oils, cause almost every recipe calls for them. Truly one of the easiest ways to produce a flavorful entree and meal by simply mixing the ingredients, tossing it in a bag with your preferred meat, wait, cook as directed, and enjoy. Most of the ingredients can be found at most typical grocery stores, with a few items needed to be hunted down at specialty spice or food shops. Favorite recipes so far include: Bourbon Maple Marinade, Raspberry-Chipotle Marinade, Apple-Sage Marinade, and Cuban Mojo Marinade. I have to say, this is by far a must have for any kitchen. Given the fact that most of these recipes can be performed by the most novice of home cooks, and be enjoyed by the most picky of food connoisseur.

I love this cookbook! The recipes are designed to be mixed in either a blender or a ziplock bag. I prefer the ziplock bag recipes. Just add meat or vegetables of your choice to the marinade, zip up the bag and refrigerate. The ingredients are listed clearly and for the most part found in the average pantry. My favorite recipe is for Ginger-Orange Marinade. Its a simple recipe that calls for items that I have on hand. I just pour them into a ziplock bag, shake and squeeze until blended and then add the protein. I make it in the morning, refrigerate it all day and throw it on the grill at dinner time. I used this recipe with chicken and it was delicious! This cookbook also contains helpful information about the different flavors of marinades, how long to marinate different proteins and vegetables and the proper way to store them. I had no idea that you could freeze certain marinades for a month! One of my favorite sections in the book is Creating Your Own Marinades. Not only does it encourage you to create your own marinade, but it also guides you on how to get started. I would definitely recommend this cookbook.

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