

# Marinade

**Active Time: 15 minutes**

**Total Time: 30 minutes**

**Ingredients:**

- 1/4 cup canola oil
- 1 medium onion, chopped
- 2 tablespoons chopped garlic
- 1/2 cup reduced-sodium soy sauce
- 1/4 cup red-wine vinegar
- 1/2 teaspoon freshly grated orange zest
- 1/4 cup orange juice
- 3 tablespoons packed brown sugar
- 2 teaspoons ground allspice
- 3/4 teaspoon freshly ground pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground cloves
- 1/2 teaspoon ground cinnamon
- 5 dashes hot sauce

**Preparation:**

- 1.Heat oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring, until translucent, about 2 minutes. Transfer to a medium bowl.
- 2.Stir in soy sauce, vinegar, orange zest, orange juice, brown sugar, allspice, pepper, thyme, cloves, cinnamon and hot sauce. Let cool to room temperature.
- 3.Pour cooled marinade into a shallow dish or 1-gallon sealable plastic bag for marinating 1 to 2 pounds (4 to 8 servings) of your chosen protein.

Follow the marinating times, cooking times and temperatures below for juicy, perfect grilling results.

PROTEIN	MARINATING TIME	COOKING TIME
Salmon Fillet	30 minutes	3-5 minutes per side
Chicken Breast, boneless, skinless	2 hours to overnight	6-8 minutes per side
Chicken Thighs, boneless, skinless	2 hours to overnight	6-8 minutes per side
Chicken Thighs, bone-in, skinless	2 hours to overnight	15-25 minutes, turning occasionally
Pork Chops, bone-in 3/4" - 1" thick	2 hours to overnight	3-4 minutes per side



Pork Tenderloin	2 hours to overnight	14-16 minutes, turning occasionally
Flank Steak	2 hours to overnight	6-8 minutes per side
Strip Steak, bone in 3/4" - 1" thick	2 hours to overnight	4-5 minutes per side
Lamb Loin Chops	2 hours to overnight	5-6 minutes per side
Extra Firm Tofu	30 minutes to overnight	2-3 minutes per side

\*All cooking times based on medium-high grill temperature and cooking with the grill lid closed.