



Balsamic Chicken Marinade

Marinade • Poultry
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Serving size: 0.5 cup | **Prep time:** 10 mins

Ingredients

1/4 cup olive oil
2 tablespoons balsamic vinegar
2 cloves garlic (minced)
2 teaspoons brown sugar
1/2 teaspoon dried rosemary
1/2 teaspoon onion powder
1/2 teaspoon salt
1/2 teaspoon black pepper
Pinch red pepper flakes
(optional)

Nutrition

Amount per serving

Directions

1. Whisk all the ingredients in a small bowl. Taste marinade and adjust ingredients as needed.
2. Let the mixture sit at room temperature for 5 minutes. Stir before using.
3. Place 1-1 1/2 pounds of meat into a resealable plastic bag, pour marinade over top, making sure the meat is well coated. Seal bag and place it into the refrigerator for the time stated below.
4. Marinate chicken breasts and pork chops for 1-2 hours. Marinate legs and thighs for 3-4 hours, and a whole chicken for 6-8 hours. Pork Roasts should be marinated for 3-4 hours. Marinate beef steaks for 4-6 hours, and beef

Serving size: 1 serving
Calories: 304
Total Fat: 21g
Saturated Fat: 5g
Sodium: 1200mg
Total Carbohydrate: 12g
Dietary Fiber: 1g
Sugars: 12g
Protein: 2g

roasts for 8 hours. Marinate lamb chops for 2-4 hours, and leg of lamb for 6-8 hours. Fish, seafood, and vegetables need a minimal marinating time for 15-20 minutes. Double balsamic marinade recipe for meats between 2-4 pounds, triple the recipe for meats weighing 4 1/2-6 pounds. This marinade can be made ahead of time and stored in an airtight container in the refrigerator for 3-4 days.

Notes

Balsamic is the perfect ingredients for marinades. Its robust flavor jump-starts anything from grilled chicken thighs and breasts to steak and even meat substitutes like tofu. The important thing to remember is that a little goes a long way. This balsamic marinade calls for only two tablespoons of vinegar. That might seem like a small amount, but trust us when we say that it will pack a punch!

We recommend using mid-grade balsamic vinegar for this recipe. There is no need to use an expensive high-grade variety. This recipe makes enough marinade for 1 1/2 pounds of meat.

What is Balsamic Vinegar?

Balsamic vinegar is a sweet, dark-colored vinegar with a rich, intense flavor profile. It is made in Italy using whole white grapes, including the stems, seeds, and skins. Depending on the region, caramel flavoring and thickeners may be added. To make balsamic vinegar, white grapes and other vine parts are boiled until the sugar concentration reaches 30%. The vinegar is then aged for 12-15 years or more in wooden casks. Chefs and home cooks commonly use it to flavor fresh fruits, cheese, and cooked meats. Additionally, balsamic vinegar is used in sauces and marinades.

Marinating

Place 1 to 1 1/2 pounds of meat into a resealable plastic bag. Pour the balsamic marinade over the top. Toss with tongs until well coated. Seal the bag and place it in the fridge. Grill

or bake as directed

Chicken breasts and pork chops = 1-2 hours

Legs and thighs = 3-4 hours

Whole chicken = 6-8 hours

Pork Roasts = 3-4 hours

Beef steaks = 4-6 hours

Beef roasts = 8 hours

Lamb chops = 2-4 hours

Leg of lamb = 6-8 hours

Fish, seafood, and vegetables = 15-20 minutes