

A Recipe from...



BEER AND GINGER MARINADE

Ideal for Beef, Lamb, or Game Meats

1-1/2 CUPS FLAT BEER

1/2 CUP GARLIC CHILI OR REGULAR GARLIC EXTRA VIRGIN OLIVE OIL

2 TABLESPOONS FRESH GINGER FINELY CHOPPED

2 CLOVES FRESH GARLIC COARSELY CHOPPED

1 ORANGE PEEL (About 1" X 3")

In a non reactive bowl, combine the beer, garlic olive oil, ginger, garlic, and orange peel.

Add the mixture to the meat, using a container large enough to hold the meat (but not too large or the marinade will not penetrate).

Cover tightly and be sure to leave the meat in the marinade long enough to pick up the flavours of the marinade - at least 6 hours and up to 48 hours.

Turn regularly so that the marinade is evenly distributed.

Strain and use as a basting sauce if desired.

Makes approximately 2 cups.