

TAFIQ'S PHYSIQUES



VIETNAMESE INSPIRED MARINADE

Great for Pork Chops, Chicken Breast or Lean Beef

- 2 tbsp Raw Honey
- 1 tbsp Minced Garlic
- 3 tbsp Lemon Grass, trimmed & finely chopped
- 1/4 tsp pepper
- 1 1/2 tbsp Gluten Free Soy Sauce
- 1 1/2 tbsp Fish Sauce
- 1 tbsp Grape Seed Oil
- 1 lb. Pork Chops, Chicken Breast or Beef

Combine the first seven ingredients in a bowl until the consistency of a paste, set aside.

Trim meat or poultry of all fat. Use a rolling pin to pound the meat or poultry to 1/2 to 3/4 inch thickness.

Paste meat or poultry with marinade making sure to cover both sides. Put each individual piece of meat or poultry in it's own zip lock bag or container. Pour any excess marinade into each bag. Zip bags and place in refrigerator. Allow meat or poultry to marinate a minimum of 8 hours. They can also be frozen and thawed out for a future meal.

Grill, Bake or broil until cooked through.

MARINADING TIPS: Always marinate in the refrigerator for a minimum of 8 hours for best flavor quality.

Allow 1/2 cup marinade for every pound of meat or poultry.

Marinate in a food safe plastic bag or non BPO plastic or glass container.

Marinade that has been in contact with uncooked meat/poultry that is to be used to baste or used as extra sauce must be brought to a rolling boil for no less than 1 minute before it is used. DO NOT reuse or save a marinade.