RUBS AND MARINADES



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Marinades are flavor-infusing liquids. In addition to herbs, condiments, spices, and oils, marinades typically include an acid, like lemon juice, wine, vinegar, even dairy. Sweet ingredients (brown sugar, cola) can help form delicious caramelized, crispy coatings on grilled meats. Always marinate in

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Rubs and Marinades

Rubs and marinades add flavor and variety to meat without adding fat. Roger Hall of Texas Beef Council shows how to make your own marinades and rubs (with ingredients you probably already have in http://ebookslibrary.club/Rubs-and-Marinades.pdf

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