

Chicken Marinades from the Smiths

Louisville Chicken (or “Screaming Chicken”, as Dave calls it now...)

For 6 chicken breasts:

3 med. cloves garlic, crushed	Juice of 1 lime
1 ½ t. salt	Juice of ½ lemon
3 T. grainy mustard (Plochman’s)	6 T. olive oil*
¼ c. cider vinegar	Black pepper (about 2 t.)
½ c. brown sugar	

Combine all ingredients in bowl. Pour in Ziploc bag over chicken. Scream as marinade spills all over kitchen when your husband leaves the bag standing up and tries to wash his hands before closing the bag. Wipe up mess with antibacterial cleaner. Have brief moment of marital discord. Make up. Put marinade (what’s left) and chicken in fridge. Marinate at least 4 hours – we have marinated 2 days before, to no ill effects. I would advocate at least marinating overnight.

What we usually do: make a double batch of the recipe and use a giant Ziploc bag to cover a Costco pack of fresh skinless boneless breasts (about 12-15 breast pieces). We put ½ in the giant Ziploc, and freeze the rest in 4-6 breast portions. Just put it in the fridge a night or two before you want to eat the chicken, and it will be all thawed to grill when you want it. Besides, if you freeze it, you will have forgotten all the marital discord when you go to grill it.

Because the marinade is so sweet, it flames and spatters on the grill as the sugar cooks. Don’t worry, it’s not you – you haven’t lost your barbequing “edge”.

*Since olive oil is so expensive, I often substitute ½ of it with vegetable oil.

Soy-Lime Marinade

For each pound of chicken or pork:

½ c. low-salt soy sauce

1/3 c. fresh lime juice

½ t. oregano

¼ t. thyme

Marinate 4 hours. Overnight is ok, but meat will brown due to soy sauce. Don’t marinate too long, or it will overpower the meat. My brother-in-law marinates for just an hour and he says he loves it that way.