

SPICY ITALIAN *Marinade*

makes about 1 cup (250 mL)

½ cup	PASTENE Extra Virgin Olive Oil	75 mL
¼ cup	dry white wine	60 mL
2	garlic cloves, minced	2
1	red onion, finely chopped	1
1 tbsp	chopped fresh parsley	15 mL
1 tsp	dried oregano	5 mL
3	PASTENE Hot Finger Peppers, finely chopped	3
	salt and pepper	

- In a bowl, mix all ingredients with a fork.
- Use this marinade for any type of meat. (Meat should marinate at least 6 hours in refrigerator.)

BLACK OLIVE AND FENNEL *Marinade*

makes about 2 cups (500 mL)

¾ cup	PASTENE Extra Virgin Olive Oil	150 mL
½ cup	PASTENE Italian Wine Vinegar	125 mL
¼ cup	pitted black olives, minced	60 mL
¼ cup	finely chopped dry shallots	60 mL
½ cup	diced fennel bulb	125 mL
¼ tsp	fennel seeds	1 mL

- In a bowl, mix all ingredients with a fork.
- This marinade is especially good for dark meats such as beef, lamb, and Italian sausages.



WINE AND FRESH HERB Marinade

makes about 1 cup (250 mL)

½ cup	PASTENE Extra Virgin Olive Oil	125 mL
¼ cup	PASTENE Wine Vinegar	60 mL
¼ cup	dry white wine	60 mL
1	bay leaf	1
1 tsp	chopped fresh thyme	5 mL
1 tsp	chopped fresh oregano	5 mL
2	garlic cloves, minced	2
8	peppercorns	8

- Mix olive oil, vinegar, and white wine with a fork.
- Add remaining ingredients and mix until well blended. Use this marinade for vegetables or chicken. (Marinate for at least 6 hours in refrigerator.)