

Cooking Corner Tips To Help You

Kick Up The Heat With Grilling Marinades

(NAPSA)—One of the easiest ways to liven up your favorite grilling dishes is with the fresh tastes and aromas of simple, homemade marinades.

For example, Chipotle-Honey Marinade is a delicious alternative to a traditional barbecue sauce.

Perfect for pork, chicken and beef, this smoky and moderately spicy sauce is easily prepared by combining ketchup, honey and Tabasco chipotle pepper sauce. Together, these ingredients create a full-bodied sauce that is ideal for marinating your favorite cut of meat.

If you prefer fish or vegetables, try Citrus-Fennel Marinade at your next get-together. Lively ingredients such as fresh-squeezed orange juice, fresh lemon juice, orange zest, and fennel seeds combine together for a delicately sweet sauce that is balanced with the heat and spice from original Tabasco pepper sauce. This light and tangy marinade enhances the flavors of any grilled dish.

Chipotle-Honey Marinade

- ¼ cup ketchup**
- ¼ cup honey**
- 3 tablespoons Tabasco® brand chipotle pepper sauce**
- 1 tablespoon cider vinegar**
- 1 teaspoon salt**

Combine ketchup, honey, Tabasco chipotle sauce, vinegar and salt in a medium bowl. Mix well.

Use as a marinade for pork or beef.

Makes 1 cup or 4 servings.



The fresh tastes and aromas of marinades can take a dish from ordinary to extraordinary.

Citrus-Fennel Marinade

- ¼ cup extra-virgin olive oil**
- 2 cloves garlic, minced**
- 2 tablespoons fresh-squeezed orange juice**
- 1 tablespoon fresh-squeezed lemon juice**
- 1 tablespoon grated orange zest**
- 1 teaspoon salt**
- 1 teaspoon fennel seeds**
- 1 teaspoon original Tabasco® brand pepper sauce**
- ¼ cup fresh chopped parsley or dill**

Combine olive oil, garlic, orange juice, lemon juice, orange zest, salt, fennel seeds, original Tabasco sauce, and parsley in a medium bowl. Mix well.

Use as a marinade for fish or vegetables.

Makes 1½ cups or 4 servings.