



Marinade Recipes

Try one of these recipes using Trisco marinades:

Teriyaki Chicken



Ingredients:

500gm chicken pieces (skin on)
Trisco Teriyaki marinade

Directions

Poke chicken pieces using a fork. Marinate the chicken in the Trisco Teriyaki marinade for 15 minutes in the refrigerator. Heat some vegetable oil in a frying pan. First, fry the skin side of the chicken on medium heat until the skin is browned. Turn the chicken over to fry the other side on low heat. Pour the sauce used to marinate chicken in the pan. Cover the pan and steam cook the chicken on low heat until done. Remove the lid and simmer until the sauce becomes thick. Stop the heat. Slice the chicken and serve on a plate. Pour thickened sauce over the teriyaki chicken. Garnish with grated ginger.

Barbequed Honey & Soy Prawns



Ingredients:

500gm Green King Prawns (uncooked)
Trisco Honey Soy Marinade
bamboo skewers

Directions

Shell the prawns, leaving on the tails. Place in a glass dish and add enough Trisco Honey & Soy marinade to coat well. Cover and marinate in refrigerator 1 hour. Thread the prawns onto the skewers (about 3 per skewer) either through the side or the length. Heat the barbecue to medium high. Place a sheet of baking paper over the grill bars and place the prawns on the paper. Cook for 4-5 minutes each side, they will turn pink when cooked. Brush with more marinade while cooking. Transfer to a platter and serve.



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Honey Soy BBQ Steaks



Ingredients:

1kg Steaks (or steak peices)
Trisco Honey Soy Marinade

Directions

Cover the base of a non-metal flat container with Trisco Honey Soy marinade. Put in the steak and cover with Trisco Honey Soy marinade. Cover with plastic wrap or lid and refrigerate overnight. Before cooking, turn meat and stand at room temperature for 30 minutes. Heat the barbecue to moderate and oil the grill bars. Remove steaks and drain well. Place a large sheet of baking paper on the grill and make a few slits between the bars for ventilation. Place the steaks on baking paper. Cook for 5 minutes, turn and brush with top with Trisco Honey Soy marinade.. Turn again after 5 minutes, brush with Trisco Honey Soy marinade. Continue to turn and brush each minute for a further 5 minutes until the steaks are well glazed and cooked as desired. Steaks can be cut un and grilled on skewers to make kebabs.

Teriyaki Pork Fillit



Ingredients:

800gm Pork Fillits
Trisco Teriyaki Marinade

Directions

Place the pork fillets and Trisco Teriyaki marinade in a bowl; toss to coat pork fillets in marinade. Cover; refrigerate for 2 hours or overnight. Preheat a barbecue over medium heat. Cook pork fillets on barbecue for about 15 minutes, turning occasionally and brushing with marinade Remove from heat. Cover and let stand for 10 minutes, then slice thickly.