

GUIDE TO MARINATING FOR FLAVOR

This chart provides a general guide to amounts of marinade and marination time when using the low-acid Master Marinades, designed to provide flavor rather than to tenderize.

Product	Amount of Marinade	Optimum Marinating Time
Beef	¼ cup per pound of beef	24 hours
Chicken, skin on	¼ cup per pound of chicken	24 hours
Chicken, skinless	¼ cup per pound of chicken	3 hours
Delicate white fish (e.g., flounder)	2 tablespoons per pound of fish	15 minutes
Strong-textured fish (e.g., tuna)	2 tablespoons per pound of fish	30 minutes
Absorbent vegetables (e.g., zucchini)	3 tablespoons per pound of vegetables	1 hour
Thick-skinned vegetables (e.g., bell pepper)	2 tablespoons per pound of vegetables	15 minutes