

MARINATOR

Recipes





YIELD 6 SERVINGS
PREP TIME 25 MINUTES
COOKING TIME 10 MINUTES

INGREDIENTS

3 TABLESPOONS GOCHUJANG (KOREAN PEPPER PASTE)
2 TABLESPOONS SOY SAUCE
1 TABLESPOON SEASONED RICE VINEGAR
1 TABLESPOON PACKED BROWN SUGAR
2 CLOVES GARLIC, CRUSHED WITH GARLIC PRESS
2 TEASPOONS GRATED PEELED FRESH GINGER
2 TEASPOONS ASIAN (DARK) SESAME OIL
1 (11/2-POUND) BONELESS SIRLOIN STEAK
1/2 TEASPOON KOSHER SALT
2 TEASPOONS SESAME SEEDS, TOASTED
COOKED RICE, CUCUMBER AND CARROT STICKS, FOR SERVING

Korean Bulgogi Style Grilled Steak

Directions

Prepare an outdoor grill for direct grilling over medium-high heat. Marinade: In a medium bowl, whisk together the gochujang, soy sauce, vinegar, brown sugar, garlic, ginger and sesame oil. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the steak and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and marinate 15 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the steak from the marinade and sprinkle with the salt. Discard the excess marinade. Place the steak on the hot grill rack. Grill the steak until medium-rare, about 5 minutes per side. Transfer to a cutting board and let stand 5 minutes. Thinly slice the steak across the grain, sprinkle with the sesame seeds and serve with the rice, cucumber and carrots.



YIELD 6 SERVINGS
PREP TIME 25 MINUTES
COOKING TIME 10 TO 12 MINUTES

INGREDIENTS

1/4 CUP BALSAMIC VINEGAR
2 TABLESPOONS KETCHUP
1 TABLESPOON MILD CAYENNE PEPPER SAUCE
(SUCH AS FRANK'S REDHOT)
1 TABLESPOON OLIVE OIL
2 TEASPOONS PACKED BROWN SUGAR
2 CLOVES GARLIC, CRUSHED WITH GARLIC PRESS
1 TEASPOON DRIED OREGANO
1 (1 1/2-POUND) FLANK STEAK
3/4 TEASPOON KOSHER SALT

Balsamic Flank Steak

Directions

Prepare an outdoor grill for direct grilling over medium-high heat. Marinade: In a medium bowl, whisk together the vinegar, ketchup, pepper sauce, oil, brown sugar, garlic and oregano.

Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the steak and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and marinate for 15 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the steak from the marinade and sprinkle with the salt. Discard the excess marinade. Place the steak on the hot grill rack. Grill the steak until medium-rare, 5 to 6 minutes per side. Transfer to a cutting board and let stand 5 minutes. Thinly slice the steak across the grain.



YIELD 6 SERVINGS
PREP TIME 35 MINUTES
COOKING TIME 2 HOURS

INGREDIENTS

1/4 CUP FRESH LIME JUICE
 1/4 CUP CHOPPED FRESH CILANTRO
 4 STALKS LEMONGRASS, PALE PARTS ONLY, THINLY SLICED
 3 TABLESPOONS ASIAN FISH SAUCE
 3 TABLESPOONS SOY SAUCE
 3 TABLESPOONS SUGAR
 2 TABLESPOONS CANOLA OIL
 1 TABLESPOON GRATED PEELED FRESH GINGER
 3 CLOVES GARLIC, CRUSHED WITH GARLIC PRESS
 2 TEASPOONS ASIAN (DARK) SESAME OIL
 3 1/2 TO 4 POUNDS PORK LOIN BACK RIBS (BABY BACK RIBS)
 SPICY THAI DIPPING SAUCE, FOR SERVING

Thai BBQ Baby Back Ribs

Directions

Arrange oven racks in bottom and upper third of oven. Preheat the oven to 300°F. Place two metal racks in a large rimmed baking sheet. **Marinade:** In a medium bowl, whisk together the lime juice, cilantro, lemongrass, fish sauce, soy sauce, sugar, canola oil, ginger, garlic and sesame oil. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the ribs and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 20 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the ribs from the marinade and reserve the excess marinade. Fill a roasting pan halfway with water and place on the bottom oven rack. Arrange ribs, meaty sides up, in one layer on the racks. Place the ribs on upper oven rack and bake 45 minutes. Baste the ribs with half the reserved marinade and bake 45 minutes. Baste the ribs with the remaining marinade and bake until the meat is very tender, about 30 minutes more. Transfer the ribs to a cutting board; cut into serving pieces and serve with the dipping sauce.



YIELD 6 SERVINGS
PREP TIME 30 MINUTES
COOKING TIME ABOUT 30 MINUTES

INGREDIENTS

- 1/4 CUP DIJON MUSTARD WITH SEEDS
- 2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
- 1 TABLESPOON CHOPPED FRESH THYME
- 1 TABLESPOON CHOPPED FRESH ROSEMARY
- 2 TEASPOONS GRATED ORANGE ZEST
- 2 TABLESPOONS FRESH ORANGE JUICE
- 1 TEASPOON PAPRIKA
- 1 TEASPOON GROUND CUMIN
- 1/2 TEASPOON FRESHLY GROUND PEPPER
- 3 (1-POUND) PORK TENDERLOINS
- 1/2 TEASPOON KOSHER SALT

Pork Tenderloin with Mustard Marinade

Directions

Preheat the oven to 425°F. Place two metal racks in a large rimmed baking sheet. **Marinade:** In a medium bowl, whisk together the mustard, oil, thyme, rosemary, orange zest and juice, paprika, cumin and pepper. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the pork and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 20 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the pork from the marinade and sprinkle with the salt. Reserve the excess marinade. Place the tenderloins on the racks and top evenly with the reserved marinade. Roast until a meat thermometer inserted into center of each tenderloin reaches 150°F, about 30 minutes. Transfer the pork to a cutting board; cover loosely with foil and let stand 10 minutes before slicing.



YIELD 4 SERVINGS
PREP TIME 30 MINUTES
COOKING TIME 6 TO 8 MINUTES

INGREDIENTS

4 CLOVES GARLIC
3 TABLESPOONS HARISSA
3 TABLESPOONS PLUS 1 TEASPOON FRESH LEMON JUICE
1 TABLESPOON OLIVE OIL
1 1/2 TEASPOONS GROUND CUMIN
1 (7-OUNCE) CONTAINER PLAIN GREEK YOGURT
1 SMALL CUCUMBER, PEELED, SEEDED AND DICED
2 GREEN ONIONS, CHOPPED
2 TABLESPOONS CHOPPED FRESH MINT
1 TEASPOON KOSHER SALT
8 (5-OUNCE) LAMB RIB CHOPS, TRIMMED

Harissa Grilled Lamb Chops with Yogurt-Cucumber Relish

Directions

Prepare an outdoor grill for direct grilling over medium-high heat. Marinade: Crush 3 cloves garlic with a garlic press into medium bowl. Stir in the harissa, 3 tablespoons lemon juice, oil and cumin. Relish: Crush the remaining 1 clove garlic with the garlic press into another medium bowl, stir in the yogurt, cucumber, green onions, mint, remaining 1 teaspoon lemon juice and 1/4 teaspoon salt. Cover and refrigerate. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the lamb and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and marinate 15 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the lamb from the marinade and sprinkle with the remaining 3/4 teaspoon salt. Discard the excess marinade. Place the lamb on the hot grill rack. Grill the lamb until medium-rare, 3 to 4 minutes per side. Serve with the relish.



YIELD 6 SERVINGS
PREP TIME 35 MINUTES
COOKING TIME 1 HOUR 15 MINUTES

INGREDIENTS

GRATED ZEST AND JUICE OF 1 LARGE ORANGE
GRATED ZEST AND JUICE OF 3 LARGE LIMES
GRATED ZEST AND JUICE OF 2 LEMONS
3 TABLESPOONS OLIVE OIL
4 CLOVES GARLIC, CRUSHED WITH GARLIC PRESS
1 1/2 TEASPOONS GROUND CUMIN
1 TEASPOON PAPRIKA
1 TEASPOON DRIED OREGANO, CRUSHED
1/2 TEASPOON FRESHLY GROUND PEPPER
1 (4-POUND) CHICKEN
2 TABLESPOONS CHOPPED FRESH PARSLEY
1 TEASPOON KOSHER SALT

Peruvian-Style Citrus Chicken

Directions

Preheat the oven to 425°F. Place a metal folding rack in a roasting pan. Marinade: In a medium bowl, whisk together the orange, lime and lemon zest and juice, oil, garlic, cumin, paprika, oregano and pepper. Dressing: Transfer 1/2 cup marinade to a small bowl, stir in the parsley, cover and refrigerate.

Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister. With the tip of a small sharp knife, prick the chicken skin in 1 inch intervals. Add the chicken and the remaining marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 20 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the chicken from the marinade, sprinkle all over with the salt and tie the legs with kitchen string. Discard the excess marinade. Place the chicken on the rack and roast until a meat thermometer inserted into a thigh (not touching the bone) reaches 165°F, 1 hour 15 minutes. Transfer the chicken to a cutting board and let stand 10 minutes before carving. Serve drizzled with the dressing.



YIELD 4 SERVINGS
PREP TIME 30 MINUTES
COOKING TIME 55 TO 60 MINUTES

INGREDIENTS

1/4 CUP ORANGE JUICE
 3 TABLESPOONS APPLE CIDER VINEGAR
 1 TABLESPOON OLIVE OIL
 3 CLOVES GARLIC, CRUSHED WITH GARLIC PRESS
 2 TEASPOONS ANCHO CHILE POWDER
 1/2 TEASPOON GROUND CINNAMON
 1/4 TEASPOON GROUND ALLSPICE
 1 (3 1/2- TO 4-POUND) CHICKEN, BUTTERFLIED
 1 TEASPOON KOSHER SALT
 TOMATILLO SALSA, FOR SERVING

Pollo a las Brasas

Directions

Prepare an outdoor grill for covered direct and indirect grilling over medium-high heat (400°F to 450°F). **Marinade:** In a small bowl, whisk together the orange juice, vinegar, oil, garlic, chile powder, cinnamon and allspice. With the tip of a small sharp knife, prick the chicken skin in 1 inch intervals. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the chicken and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 20 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the chicken from the marinade and sprinkle with the salt. Reserve the excess marinade. Place the chicken, skin side down, on the hot grill rack over direct heat. Cover and grill until golden brown, about 5 minutes per side. Move the chicken, skin side up, over indirect heat, brush with half the reserved marinade. Cover and grill until a meat thermometer inserted into center of each thickest part of each thigh (not touching the bone) reaches 165°F, 45 to 50 minutes, basting once with remaining marinade halfway through the grilling time. Transfer the chicken to a cutting board and let stand 10 minutes. Cut into serving pieces and serve with tomatillo sauce.



YIELD 4 SERVINGS
PREP TIME 25 MINUTES
COOKING TIME 5 MINUTES

INGREDIENTS

1/4 CUP WHITE OR YELLOW MISO PASTE
1/4 CUP MIRIN
2 TABLESPOONS SEASONED RICE VINEGAR
2 GREEN ONIONS, FINELY CHOPPED
2 TEASPOONS GRATED PEELED FRESH GINGER
2 TEASPOONS ASIAN (DARK) SESAME OIL
1/4 TEASPOON FRESHLY GROUND PEPPER
4 (6-OUNCE) CENTER-CUT SALMON FILLETS WITH SKIN

Miso Marinated Salmon

Directions

Preheat the broiler and the broiler pan. Marinade: In a medium bowl, whisk together the miso paste, mirin, vinegar, green onions, ginger, sesame oil and pepper. With a small sharp knife, prick the skin of each salmon fillet in 1 inch intervals. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the salmon and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 10 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the salmon and discard the excess marinade. Place the salmon, skin side down, on the hot broiler rack and broil 6 inches from the heat until browned and just opaque in the center, about 5 minutes.



YIELD 4 SERVINGS
PREP TIME 20 MINUTES
COOKING TIME 20 MINUTES

INGREDIENTS

3/4 CUP REDUCED-SODIUM SOY SAUCE
1/2 TEASPOON GRATED ORANGE ZEST
1/2 CUP FRESH ORANGE JUICE
2 TABLESPOONS PACKED BROWN SUGAR
1 TABLESPOON GRATED PEELED FRESH GINGER
3 CLOVES GARLIC, CRUSHED THROUGH GARLIC PRESS
4 (6-OUNCE) CENTER-CUT SALMON FILLETS WITH SKIN
2 TEASPOONS SESAME SEEDS, TOASTED
2 GREEN ONIONS, THINLY SLICED

Salmon Teriyaki

Directions

Prepare an outdoor grill for covered direct grilling over medium-low heat (300°F to 350°F). **Marinade:** In a medium bowl, whisk together the soy sauce, orange juice, brown sugar, ginger and garlic. With a small sharp knife, prick the skin of each salmon fillet.

Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the salmon and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 10 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister and transfer the salmon to a plate. **Glaze:** Pour the marinade into a medium skillet and bring to a boil. Reduce the heat and boil, stirring occasionally, until syrupy, about 8 minutes. Transfer the glaze to a small bowl and stir in the orange zest. Oil the hot grill rack. Place the salmon, skin side up, on the rack. Cover and grill, basting with occasionally with the glaze, until just opaque in center, about 5 minutes per side. Sprinkle the salmon with the green onions and sesame seeds and serve with the remaining glaze.



YIELD 4 SERVINGS
PREP TIME 30 MINUTES
COOKING TIME 50 MINUTES

INGREDIENTS

1 TABLESPOON GRATED LEMON ZEST
1/4 CUP FRESH LEMON JUICE
2 TABLESPOONS EXTRA VIRGIN OLIVE OIL
2 TEASPOONS CHOPPED FRESH ROSEMARY
3 CLOVES GARLIC, CRUSHED THROUGH GARLIC PRESS
1/4 TEASPOON FRESHLY GROUND PEPPER
1/8 TEASPOON CRUSHED RED PEPPER FLAKES
1 (3 1/2- TO 4-POUND) CHICKEN, CUT UP
1/2 TEASPOON KOSHER SALT
LEMON WEDGES, FOR SERVING

Tuscan Lemon Chicken

Directions

Preheat the oven to 425°F. **Marinade:** In a medium bowl, whisk together the lemon zest and juice, oil, rosemary, garlic, ground pepper and pepper flakes. With the tip of a small sharp knife, prick the skin of each chicken piece in 1 inch intervals. Press Start/Off button. Make sure the knob of the canister is at the open point. Open the cover of the canister, add the chicken and the marinade and close the canister cover. Open the vacuum tube door and remove the tube. Insert the tube within the hole of the canister cover and turn the knob to the vacuum point. Press the Function button to activate the vacuum function. After the process is completed, turn the knob to the lock point, remove the vacuum tube and close its door. Place the canister onto the wheel and make sure its cover is on the right side. Press the Function button again and set the timer to 20 minutes.

When the marinating is complete, turn the knob to the open point. Open the canister, remove the chicken from the marinade and sprinkle with the salt. Reserve the excess marinade. Place the chicken, skin side up, in a shallow 3-quart baking dish. Drizzle the reserved marinade over the chicken, sprinkle with the salt and roast 20 minutes. Baste the chicken. Reduce the oven temperature to 375°F. Roast until the chicken is golden brown and cooked through, about 30 minutes more. Pour any pan juices into a fat separator and discard the fat. Serve the chicken with the pan juices and lemon wedges.