

# *School of Cooking*

Martin's

## **Rubs & Marinades**

Hosted by Chef Pete Pica

June 28, 2007

Martin's Super Markets at Heritage Square  
Mishawaka, Indiana

### **Southwestern Steak Rub**

#### **Ingredients**

8 tsp paprika  
6 tsp kosher salt  
2 tbsp ground black pepper  
1 tbsp cumin  
1 tbsp granulated garlic  
1 tsp cayenne pepper

#### **Instructions**

Combine the ingredients. Rub the mixture on the steak and grill over medium-high heat until done to desired temperature.

### **Chicken Yakitori**

Yield: 9-12 skewers

#### **Ingredients**

1/3 cup Mirin wine  
1/3 cup Sake  
1/3 cup daikon radish, pureed  
1 tbsp sugar

1 tsp cayenne pepper  
1 tbsp vegetable oil  
1 ½ lb boneless skinless chicken breasts or thighs, cut into 1 inch  
cubs  
9 bamboo skewers  
Vegetable oil spray

### **Instructions**

Combine the mirin, sake, soy sauce, daikon, sugar, cayenne and vegetable oil in a large zippered plastic bag. Seal and toss the bag back and forth until all the chicken pieces are coated with the marinade. Refrigerate for 30 minutes to 1 hour. Mound the charcoals in one side of the grill, leaving the other side empty. Heat the grill. While waiting for the grill to get hot, remove the chicken from the refrigerator. Thread 5-6 pieces of chicken close to one another onto each bamboo skewer. Transfer the remaining marinade to a bowl and set aside. Spray the chicken pieces generously with vegetable oil, and lay the skewers on the grill over medium-high heat. (The uncovered portion of the skewers should not be over the coals.) Grill, turning frequently to prevent burning and basting with the reserved marinade, until the chicken is slightly charred and the inside is white, about 12 minutes. Transfer to a platter and serve with Ponzu Sauce.

## **Balsamic Marinade for Steak and Chicken**

Yield: 4

### **Ingredients**

2 cups balsamic vinegar  
1 cup olive oil  
½ cup chopped fresh basil  
¼ cup Dijon style mustard  
8 cloves garlic, minced  
1 tbsp + 1 tsp sugar

### **Instructions**

Combine all ingredients in small bowl. Place meat in sealable plastic bag. Pour marinade mixture over meat and turn to coat.

Marinate in refrigerator 15 minutes-2 hours for tender cuts, or up to 24 hours for less tender. Dispose of marinade.

## **Caribbean Jerk-Style Marinade**

Yield: 2

### **Ingredients**

1 ½ cup prepared Italian dressing  
2 tbsp Worcestershire  
2 tbsp packed brown sugar  
2 large jalapeno pepper, seeded and chopped  
2 tsp ground allspice  
2 tsp ground ginger

### **Instructions**

Combine all ingredients in a small bowl. Pour over meat and refrigerate 2 hours-overnight. Discard marinade. Grill the meat over medium heat being careful not to char it.