

8 Chicken Marinade Recipes ☐☐

1. Asian Honey Marinade

• Ingredients: • 1/4 cup soy sauce • 1/4 cup honey • 2 tablespoons rice vinegar • 2 cloves garlic, minced • 1 teaspoon grated ginger • 1 tablespoon sesame oil • Instructions: • Combine all ingredients in a bowl. Marinate chicken for 1-4 hours for a sweet, savory, and umami flavor.

2. Jalapeno Garlic Marinade

• Ingredients: • 1/4 cup olive oil • 2 jalapenos, seeded and finely chopped • 4 cloves garlic, minced • Juice of 1 lime • 1 tablespoon honey • Salt and pepper, to taste • Instructions: • Mix ingredients well. Marinate chicken for 2-4 hours for a spicy and garlicky kick.

3. Italian Marinade

• Ingredients: • 1/4 cup olive oil • 1/4 cup red wine vinegar • 1 tablespoon Italian seasoning • 2 cloves garlic, minced • 1 teaspoon dried oregano • Salt and pepper, to taste • Instructions: • Combine and marinate chicken for 30 minutes to 2 hours. Expect a classic, zesty Italian flavor.

4. Fajita Marinade

• Ingredients: • 1/4 cup olive oil • Juice of 2 limes • 1 tablespoon chili powder • 1 teaspoon cumin • 1/2 teaspoon paprika • 1/2 teaspoon cayenne pepper (optional) • 2 cloves garlic, minced • Instructions: • Whisk ingredients together. Marinate chicken for 1-3 hours to get the vibrant, tangy, and spiced fajita flavor.

5. Honey Mustard Marinade

• Ingredients: • 1/4 cup Dijon mustard • 1/4 cup honey • 2 tablespoons apple cider vinegar • 1/4 cup olive oil • Salt and pepper, to taste • Instructions: • Mix all ingredients. Marinate chicken for 1-2 hours. The result is sweet, tangy, and creamy.

6. Nashville Hot Marinade

• Ingredients: • 1/2 cup buttermilk • 1/4 cup hot sauce • 1 tablespoon paprika • 1 tablespoon brown sugar • 1/2 teaspoon cayenne pepper (adjust to taste) • 1 teaspoon garlic powder • Instructions: • Combine ingredients, and marinate chicken for at least 1 hour. Expect spicy, smoky, and slightly sweet notes. [cuisinerotv](#)

7. Teriyaki Marinade

• Ingredients: • 1/3 cup soy sauce • 1/4 cup brown sugar • 2 tablespoons mirin (optional) • 1 teaspoon grated ginger • 2 cloves garlic, minced • 1/4 cup water • Instructions: • Mix until sugar dissolves. Marinate chicken for 1-4 hours for a traditional, sweet-savory glaze. [#cuisinerotv](#)

8. Cilantro Lime Marinade

• Ingredients: • 1/4 cup olive oil • Juice of 2 limes • 1/4 cup fresh cilantro, finely chopped • 2 cloves garlic, minced • 1 teaspoon cumin • Salt and pepper, to taste • Instructions: • Blend all ingredients. Marinate chicken for 30 minutes to 2 hours for a bright, zesty, and herbaceous flavor.

These marinades will elevate your chicken dishes, adding variety and bursts of flavor to your meals!

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