

## SAUCES

# MEAT MARINADE

### Ingredients (For 6 people )

- 1 onion
- 2 shallots
- 2 cloves of garlic
- 1 celery stalk
- Thyme, ½ a bay leaf and sprigs of parsley
- 1 carrot
- 1 clove
- 1 dl white wine
- 1 dl red wine vinegar aged in oak barrels
- 2 dl extra virgin olive oil
- a pinch of salt
- Sarawak or traditional black pepper

### Preparation:

Chop the onion and the shallots.

Crush 2 cloves of garlic.

Chop the parsley, the celery, the thyme and the carrot, and then grind everything in a spice mortar.

Add the bay leaf and the clove.

Add the white wine, the red wine vinegar and the extra virgin olive oil.

Stir well.

Adjust the seasoning with salt and black pepper.

Our tip :

Using marinades is a traditional way to tenderize and to flavour meats through slow impregnation. Ideally, let this happen overnight (the day before cooking the meat), in the fridge.

