Teriyaki Marinade

Total time: 10 minutes
Preparation time: 10 minutes
Cook time: 0 minutes
Makes 2 cups or 10 servings

Ingredients:
- 1 cup soy sauce
- 1/2 cup water
- 3/4 cup brown sugar (packed)
- 1 tablespoon distilled white vinegar
- 1 tablespoons vegetable oil
- 3 medium green onions (both white and green parts)
- 4 cloves of garlic (mince)

Steps:
1. Gather all the ingredients together
2. Finely slice the green onions and mince the garlic cloves
3. Combined the all the ingredients in a medium bowl including the sliced green onions and minced garlic
4. Stir all the ingredients gently together until the sugar is completely dissolved
5. Use immediately or cover the teriyaki marinade and store in the refrigerator for 6-7 days

Marinating times
- Beef, pork and lamb marinate for 4 to 24 hours
- Chicken and other poultry marinate for 2 to 12 hours
- Fish, Seafood and vegetable or other meat substitutes marinate for 1 hour


Don’t forget to share your creations with Southern Food and Beverage Museum. Email Jennie at jennie@southernfood.org!
Now it is time to create your own marinade! Remember, to make a marinade you will need 3 specific types of ingredients: oil, acid, and flavor! Look through your pantry and see if you can find the various examples listed below! Once you find it, check it off the list!

### Oil
- Canola
- Safflower
- Corn
- Peanut
- Soy
- Olive
- Italian

### Acid
- Vinegar
- Wine
- Citrus juice: lemons, limes, oranges
- tomatoes

### Flavor
- Herbs: rosemary, thyme
- Garlic
- Onions
- Spices: paprika, red pepper, chili powder
- Salt
- Pepper

Now it is time to make your own marinade! All marinades consist of 3 parts oil to 1-part acid (example: 3 cups of olive oil to 1 cup vinegar). Don’t forget to add seasoning for flavor!

**Ingredients for your marinade:**

Different marinade recipes and their ingredients are listed below. Using three different colors, highlight or circle the fats, the oils and the seasonings!

<table>
<thead>
<tr>
<th>Teriyaki Marinade:</th>
<th>Lemon and Rosemary marinade:</th>
<th>Pineapple marinade:</th>
<th>Greek lamb marinade:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy sauce</td>
<td>Olive Oil</td>
<td>Soy Sauce</td>
<td>Lemons</td>
</tr>
<tr>
<td>Water</td>
<td>Garlic</td>
<td>Honey</td>
<td>Olive Oil</td>
</tr>
<tr>
<td>Brown Sugar</td>
<td>Salt</td>
<td>Cider vinegar</td>
<td>Minced Garlic</td>
</tr>
<tr>
<td>White Vinegar</td>
<td>Pepper</td>
<td>Minced garlic</td>
<td>Oregano</td>
</tr>
<tr>
<td>Vegetable Oil</td>
<td></td>
<td>Ginger powder</td>
<td>Thyme</td>
</tr>
<tr>
<td>Green Onions</td>
<td></td>
<td>Powdered Cloves</td>
<td>Bay leaf</td>
</tr>
<tr>
<td>Garlic</td>
<td></td>
<td></td>
<td>Sea salt</td>
</tr>
</tbody>
</table>

Reference: [https://www.thepsrueeats.com/make-your-own-marinade-1388463](https://www.thepsrueeats.com/make-your-own-marinade-1388463)
Teriyaki Marinade Exit Ticket

Name________________________________________________

1. Circle the 3 main ingredients that go into a marinade:
   Acid               Yeast               Flour
   Milk               Flavor               Oil

2. Circle what the purpose of an acid is:
   A. Break down the muscle fibers
   B. Enter in flavor
   C. Season the meat

3. Which is an example of an acid:
   A. Milk
   B. Potatoes
   C. Spinach
   D. Oranges
   E. Peas

4. What do you want to learn how to make?__________________________________