



Marinades: The Secrets of Great Grilling

Melanie Barnard

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What's the secret to perfect barbecues? Marinate, marinate, marinate. Unmarinated food is never as tender, juicy and mouthwateringly delicious as food that has been soaked in a subtle sauce before being seared over open coals.

In *Marinades*, grill master Melanie Barnard provides 75 recipes to enhance the flavor of meat, poultry, seafood, vegetables and even fruits. Internationally inspired, these recipes include such delectable marinades as Adobo, Jamaican Jerk, Sake Teriyaki and Polynesian Passi on Fruit and Rum to tickle palates up and down the taste spectrum. In addition to the recipes, Barnard also offers practical grilling advice and tips on pairing foods with marinades.

Grilling is one of the best ways to add flavor to food without adding fat. As evidenced by the explosive demand for fancy grills, fuels and flammable additives such as mesquite and hickory, today's backyard barbecuing has outgrown shriveled hotdogs and charred chicken. For the legions of Americans hungry for the perfect barbecue, *Marinades* is the final, most important ingredient.

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