

# Maple Dijon Marinade

Printed from [www.practicalmagic.blog](http://www.practicalmagic.blog)

Generously season meat with

Salt and pepper

Stir together

1 T Dijon mustard  
4 T Maple syrup  
1 Clove garlic, grated  
2 t Canola oil

until well combined. Add to the meat, mixing to ensure that all the pieces are well-coated. Marinate overnight, if possible.

Notes for cooking the chicken, meat, or fish in the oven:

- Place the meat and all of the marinade in a roasting pan or on a baking sheet, lined with foil and then parchment.
- Half-way through the cooking time, baste the meat in the marinade collected in the pan.
- Roast chicken at 425°F until cooked through, cooking times will depend on the size of the chicken pieces. Boneless, skinless thighs will take about 30 minutes; bone-in, skin-on thighs or drums about 45 minutes. Makes enough marinade for about 8 bone-in thighs.
- Roast salmon at 500°F until just cooked through or to taste, about 10 to 12 minutes.
- Grill pork chops under the broiler until just cooked through or to taste, about 5 minutes aside depending on the thickness of the chops.
- Sausages and meatballs do not require any length of marinating. Roast sausages or meatballs at 425°F until cooked through. Timing will depend on the size.