

# Lemon & Herb Marinade

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Generously season meat with salt and pepper to taste.

To make the marinade, stir together

- 4 T Lemon juice
- 1 T Olive oil
- 1 T Dijon mustard
- 1 t Dried Thyme/Oregano
- 1/2 t Sugar
- 1/2 t Paprika
- 1 Clove garlic, grated

Pour the marinade over meat or vegetables and coat well.

## Notes:

- For best results, allow to marinate for at least 2 hours or up to 4 hours (any longer and the meat will develop a woolly texture).

## Suggestions for cooking:

- Roast chicken at 425°F until cooked through. Boneless, skinless thighs will take about 30 minutes; bone-in, skin-on thighs or drums, about 45 minutes. Baste chicken about half way through the cooking time.
- A whole chicken (about 1.5 kg) will take about 1 hour with the oven at 400°F and an additional 20 minutes with the oven turned off. Baste chicken about half way through the cooking time. Allow the chicken to rest for 15 minutes before carving.
- Cut pork shoulder roast or filet mignon into generous bite-sized cubes and skewer them on kebab sticks. Barbecue, pan fry over medium high heat, or cook under the oven broiler.
- Marinate lamb chops and barbecue, pan fry over medium high heat, or cook under the oven broiler. Marinade is also great for lamb roast.
- Roast salmon fillets at 500°F for about 10 to 12 minutes or until just cooked through. Salmon does not require marinating time.
- Toss vegetables such as bell peppers, mushrooms, onions, zucchini, and eggplant in the marinade before roasting, barbecuing, or pan fry over medium high heat until tender and slightly charred. Only salt the vegetables after cooking.
- The marinade also makes for a tasty salad dressing.