

Buttermilk Marinade



Serves	1/2 cup
Prep time	5 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Ingredient
Misc	Child Friendly , Pre-preparable
Occasion	Barbecue

Ingredients

- 1/2 cup buttermilk
- 3 cloves garlic (crushed)
- 1 teaspoon chives (finely chopped)
- 1/2 teaspoon sea salt
- 1 teaspoon parsley (finely chopped)

Directions

1. Combine all the ingredients in a large bowl.
2. Add the meat and stir through until it is well coated.
3. Cover and place in the fridge for at least half an hour before cooking.

Note

Low Chemical / Failsafe

Buttermilk marinades can be used with fish, chicken, pork and lamb. Meat that has been marinated can be grilled, barbecued, fried or baked. Marinated meat can also be coated in flour or bread crumbs instead of using an egg dip.