

2 minutes application break

# Marinades



## Facts

**Origin** Middle East and Mediterranean regions

**Dates back** Ancient civilizations  
**Ingredients** oil, vinegar, and spices

Marinate meats or vegetables before cooking

## MixSing Standard



### Design

Shear	CFD simulations confirms $>200,000 \text{ s}^{-1}$
Design	According to European legislation and CE marked
Hygiene	Complying with EHEDG guidelines
Viscosity	Up to 1,500 cP
Accessories	
Materials	Stainless steel: AISI 316L. All materials: EC 1935

## Insight

Marinades are a liquid mixture of ingredients flavouring and tenderising meats, fish, and vegetables before cooking. They are used in many cuisines worldwide and have a long history dating back to ancient civilisations.

The origins of marinades can be traced back to ancient civilisations in the Middle East and Mediterranean regions. In these regions, people would use oil, acid (such as vinegar or lemon juice), herbs, and spices to flavour and tenderise meats before cooking. This technique was used to preserve meats before the invention of refrigeration, as the acid in the marinade would help prevent the

growth of harmful bacteria.

In Europe, marinades have been used for centuries in traditional cuisines. In Italy, for example, marinades are used to flavour meats and fish, such as chicken and swordfish. In France, marinades are used to flavour meats and vegetables, such as beef and mushrooms.

In Asia, marinades have been used for centuries in traditional cuisines. In China, marinades flavour meats, fish, and vegetables, such as pork and eggplant. In Japan, marinades flavour fish, such as salmon and tuna.

In the Americas, marinades have been used in traditional cuisines for a long time; in Mexico, marinades flavour meats, such as chicken and pork. In the United States, marinades have been used in barbecue and grilling, particularly in the southern states. Marinades typically consist of an acid (such as vinegar, lemon juice, or yoghurt), oil, and seasonings (such as herbs, spices, and garlic). Some marinades also include sweeteners, such as honey or brown sugar, to balance out the acidity. The ingredients are mixed, and the food is left to soak in the marinade for some time, usually several hours or overnight, to allow the flavours to penetrate the food.