

Caribbean Marinade

The great flavours of lime and ginger

1 cup pineapple juice 250ml

1 Tbsp Lime zest 15ml

¼ cup lime juice 60ml

1 Small onion, finely chopped

¼ tsp ground Ginger 1ml

Or 1 tsp finely chopped Gingerroot 5ml

¼ tsp Hot pepper sauce 1ml

Mix all ingredients.

Marinade meats from 4 hours to overnight.