



### **All-Purpose “Workhorse” Marinade**

*Chef Vivek Surti uses this marinade for all types of protein and vegetables*

- 1 cup plain full fat yogurt
- 1/2 cup Duke’s mayonnaise
- 6 cloves garlic, peeled
- 1 (2-inch) piece fresh ginger, peeled
- 2 serrano chilies, remove seeds if desired
- 1/4 cup chopped cilantro
- 2 Tablespoons avocado oil
- Juice from 1 lime
- 1/2 Tablespoon salt
- 1 pound protein of your choice (chicken, turkey, lamb, pork chops, cut into pieces or use whole pieces)

**Make the Marinade:** In a food processor or blender, combine all ingredients except protein and blend until smooth. Marinade will be ready to use, or it can be kept in the refrigerator for 3 or 4 days.

**Make the Meat:** Combine pieces of protein with marinade in a bowl or in a large plastic bag. Toss the meat pieces until well coated. If you used whole pieces of protein, use a pastry brush or clean hands to rub marinade over surface of protein, covering entirely. Cover; transfer to refrigerator to marinate for at least 30 minutes up to 1 hour.

Preheat grill to medium high heat or preheat oven to protein baking temperature. Once hot, add protein; grill or bake until internal temperature reaches desired doneness. (165 degrees F. for chicken or turkey) Remove from grill; let rest for 4 to 10 minutes before serving. Yield: about 4 servings

**Note:**

Our favorite was using it for chicken. We serve it with a recipe from Chef Sean Brock for Barely Cooked Tomatoes.

Recipe by Chef Vivek Surti, For more information see:

<https://thelocalpalate.com/recipes/vivek-surtis-mayo-yogurt-marinade/>

**About the Recipe:** The idea for this recipe came from Chef Surti's Indian culture, blended with his Southern upbringing. Yogurt-marinated chicken always yielded consistently tender, juicy chicken, but lacked the bronzed crispy skin he loved from Western styles of roasted chicken. Using this marinade, the meat will be moist and tender with a crispy, brown crust.

**Barely Cooked Tomatoes: by Chef Sean Brock**

1-1/2 pounds heirloom tomatoes, peeled with tomato knife

1-1/2 Tablespoons fish sauce

1/2 Tablespoon mild pink or white balsamic vinegar

**For the Tomatoes:** Peel tomatoes with a tomato knife or remove with blanching technique.'

Blanching - bring a medium pot of water to a boil over high heat. Make an ice bath with equal parts of ice and water in a large bowl. Lightly score the skin on the bottom of each tomato with an X and submerge the tomatoes in the boiling water for 10 seconds.

Remove and submerge them in ice bath to cool, do not leave them in there longer than 5 minutes. Drain; peel; remove seeds; cut them into medium dice.

In a small bowl, combine diced tomatoes, fish sauce, and vinegar; set aside to blend flavors for about 1 hour or longer.

Before serving, reheat tomatoes over low heat until just warmed through. Remove from heat; keep warm for serving.

**About the Recipe:** The tomatoes add a garden-fresh tomato flavor to the warm, juicy tomato sauce.