

Fish Marinades I, II & III

by Chef Brian Henry

My favourite fish marinades... only allow the fish to swim in the marinade for 30 minutes

Fish Marinade I

¼ cup soy sauce
¼ cup olive oil
½ cup Italian dressing
4 cloves minced garlic
1 tbsp. chopped ginger

Fish Marinade II

¼ cup olive oil
¼ cup lemon juice
1 tsp. sea salt

Fish Marinade III

Combine equal parts of the following:

Fresh parsley
Fresh chives
Fresh thyme

Stir in:

¼ cup olive oil
¼ cup lemon juice



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