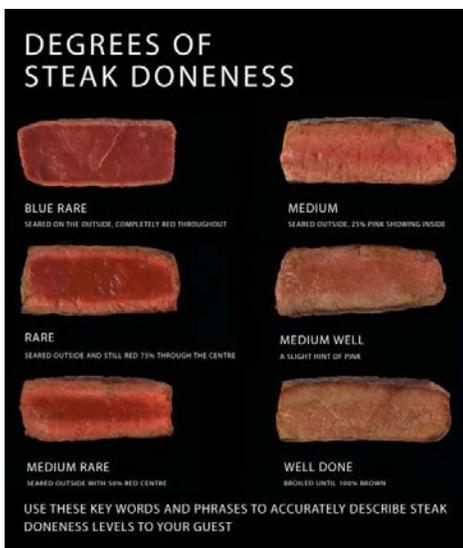


-- Spencer's Weekly Recipes --

...Best Steak Marinade in Existence...

- 1/3 cup soy sauce
- 1/2 cup olive oil
- 1/3 cup fresh lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 tablespoons garlic powder
- 3 tablespoons dried basil
- 1 1/2 tablespoons dried parsley flakes
- 1 teaspoon ground white pepper
- 1/4 teaspoon hot pepper sauce (optional)
- 1 teaspoon dried minced garlic (optional)



Directions

- Place the soy sauce, olive oil, lemon juice, Worcestershire sauce, garlic powder, basil, parsley, and pepper in a blender. Add hot pepper sauce and garlic, if desired. Blend on high speed for 30 seconds until thoroughly mixed.
- Pour marinade over desired type of meat. Cover, and refrigerate for up to 8 hours. Cook meat as desired.

<http://m.allrecipes.com/recipe/143809/best-steak-marinade->

[enexistence/?internalSource=recipe%20hub&referringHubId=88&referringContentType=recipe%20hub](http://m.allrecipes.com/recipe/143809/best-steak-marinade-?internalSource=recipe%20hub&referringHubId=88&referringContentType=recipe%20hub)



Honey Mustard Grilled Chicken

- 1/3 cup Dijon mustard
 - 1/4 cup honey
 - 2 tbsp. mayonnaise
 - 1 tsp. steak sauce
- 4 skinless, boneless chicken breast halves

Directions

- Preheat the grill for medium heat.
- In a shallow bowl, mix together the mustard, honey, mayonnaise, and steak sauce. Set aside a small amount of the honey mustard sauce for basting, dip the chicken into the remaining sauce.
- Lightly oil the grill grate. Grill chicken over indirect heat for 18-20 minutes, turning occasionally, or until juices run clear. Baste occasionally with the reserved sauce during the last 10 minutes. Watch carefully to avoid burning. Serves 4.

<http://allrecipes.com/Recipe/Honey-Mustard-Grilled-Chicken/Detail.aspx?evt19=1&referringHubId=88>

Grilled Salmon I

- 1 1/2 Lb. Salmon Fillets
- Lemon pepper to taste
- Garlic powder to taste
- Salt to taste
- 1/3 cup soy sauce
- 1/3 cup brown sugar
- 1/3 cup water
- 1/3 cup vegetable oil



Directions

- Season salmon fillets with lemon pepper, garlic powder, and salt.
- In a small bowl, stir together soy sauce, brown sugar, water, and vegetable oil until sugar is dissolved. Place fish in a large re-sealable plastic bag with the soy sauce mixture, seal, and turn to coat. Refrigerate for at least 2 hours.
- Preheat grill for medium heat.
- Lightly oil grill grate. Place salmon on the preheated grill, and discard marinade. Cook salmon for 6 to 8 minutes per side, or until the fish flakes easily with a fork.

<http://allrecipes.com/Recipe/Grilled-Salmon-I/Detail.aspx?evt19=1&referringHubId=88>



Marinated Grilled Shrimp

3 cloves garlic, minced
1/3 cup olive oil
1/4 cup tomato sauce
2 tablespoons red wine vinegar
2 tablespoons chopped fresh basil
1/2 teaspoon salt
1/4 teaspoon cayenne pepper
2 pounds fresh shrimp, peeled and deveined
skewers (soak in water for 20 min to avoid burning)



Directions

1. In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, & refrigerate for 30 min. to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque. Serves 6.

<http://allrecipes.com/Recipe/Marinated-Grilled-Shrimp/Detail.aspx?evt19=1&referringHubId=88>

Grilled BBQ Pork Tenderloin



2 pork tenderloins, 1 1/2 to 2 lb. total
1 cup barbecue sauce, plus additional for serving
salt and pepper

Instructions

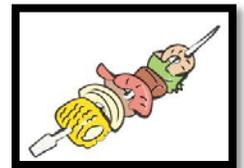
- Place tenderloins in a large Ziploc bag and cover with BBQ Sauce. Refrigerate for 4 hours or overnight.
 - When ready to cook, set the tenderloins out at room temperature for 30-mins.
 - Prepare grill. Light all burners on high for 10 min. Leave primary burner on high and turn the others off. Clean the cooking grates with a grill brush. Using tongs, lightly oil grates with a clean paper towel dipped in vegetable oil.
 - Remove pork from the sauce and place on hot side of the grill. Season with salt and pepper. Cover the grill and cook, turning occasionally, until all sides are charred. Use any sauce from the Ziploc bag to baste the pork when turning. Discard any remaining sauce.
 - Once browned on all sides, move the pork to the cooler side of the grill. Continue to cook, covered, until the tenderloin registers 145° on an instant read thermometer inserted into the thickest part of the pork, about 5-10 min.
 - Transfer to a carving board, tent lightly with foil and allow the pork to rest 10-15 min. Slice and serve with additional BBQ sauce if desired.
- <https://www.savingdessert.com/grilled-bbq-pork-tenderloin-recipe/>

--Rosemary Ranch Chicken Kabobs--

1/2 cup olive oil
1/2 cup ranch dressing
3 tbsp. Worcestershire sauce
1 tbsp. minced fresh rosemary
2 teaspoons salt
1 tsp. lemon juice
1 tsp. white vinegar
1/4 teaspoon ground black pepper, or to taste
1 tbsp. white sugar, or to taste (optional)
5 skinless, boneless chicken breast halves - cut into 1 inch cubes



- In a medium bowl, stir together the olive oil, ranch dressing, Worcestershire sauce, rosemary, salt, lemon juice, white vinegar, pepper, and sugar. Let stand for 5 minutes. Place chicken in the bowl, and stir to coat with the marinade. Cover and refrigerate for 30 minutes.
- Preheat the grill for medium-high heat. Thread chicken onto skewers and discard marinade.
- Lightly oil the grill grate. Grill skewers for 8 to 12 min., or until the chicken is no longer pink in the center, and the juices run clear.



<http://m.allrecipes.com/recipe/64513/rosemary-ranch-chicken-kabobs/?mxt=t06rda>