

# Home-made meat/chicken/fish marinade

## Ingredients:

1 glass JOHN SMITH'S Extra Smooth  
½ cup tomato ketchup  
1 tablespoon Maltese honey  
1 tablespoon olive oil  
1 teaspoon balsamic vinegar  
1 teaspoon soy sauce  
1 teaspoon French mustard  
1 teaspoon ginger, finely chopped  
Pinch of ground black pepper  
Pinch of paprika or chilli  
2 cloves garlic, finely chopped  
Juice of one lemon  
Juice of one orange



## Method:

Combine all the ingredients and blend well in a glass container  
This mixture can be prepared in advance and stored in fridge  
Can be used as a marinade or for basting meats on barbecue