

# Dressings, Marinades and sauces



# DRESSINGS, MARINADES AND SAUCES

## CREOLE SAUCE

INGREDIENTS      ½ cup oil  
                         2 onions chopped  
                         2 sweet peppers, cut in fine strips  
                         2 tomatoes cut in thin wedges  
                         2 cloves of garlic mashed  
                         1 tbs. chopped parsley  
                         1 tsp. vinegar  
                         1 tsp. sugar  
                         Salt, ½ cup or more water, broth or wine

METHOD:      Fry onion in hot oil, then add peppers, tomatoes, garlic and parsley, with vinegar and sugar. Cook slowly for 10 minutes or until tomatoes are cooked. Add only enough liquid to bind the sauce and season with salt. Add this sauce to the roasting pan after meat is browned evenly on all sides (approx. 1 hour). Drain off any surplus fat before adding sauce. After total of 1½ hours test meat with fork: if cooked the fork will penetrate easily and no juices will ooze out. Remove from oven, allow to stand for 5 minutes. Slice thinly and serve covered with sauce.

## CRIOLLO SAUCE

INGREDIENTS      ½ cup oil  
                         1 medium onion, chopped  
                         1 clove garlic, peeled and bruised  
                         ½ scant tsp sweet paprika  
                         ½ scant tsp ground cumin  
                         ½ tsp dry oregano  
                         Salt to taste

METHOD:      Heat oil and stir in onion to heat through, then add other ingredients. Cook quickly, for no more than 5 minutes. Can be stored in glass jars or frozen for a short time.

## GREEN SALAD DRESSING

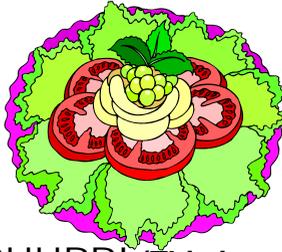
INGREDIENTS      Use above dressing but add oregano for onion or tomato salads, or a mixture of parsley and garlic for a mixed salad.



## SALAD DRESSING

INGREDIENTS      3 tbs. salad oil  
                         1 tbs. wine vinegar, preferably red  
                         ½ tsp., or less, table salt  
                         ½ tsp. chopped parsley  
                         Ground white or black pepper to taste

METHOD:      Mix oil, vinegar and salt and beat well, then add parsley and pepper. Use on all kinds of boiled vegetables such as potatoes, peas, carrots, broccoli, cauliflower etc.



## TOMATO CHIMICHURRI (This is a sauce for a barbecue)

INGREDIENTS      ½ cup oil, preferably olive  
                         ½ cup warm water  
                         1 cup chopped, drained tomato,  
                         1 tsp. table salt  
                         1 small onion, finely chopped  
                         1 tbs. sweet green/red pepper, finely chopped  
                         1 tsp. chopped parsley  
                         1 tsp. oregano  
                         ground white pepper, or chilli powder  
                         red wine vinegar, to taste

METHOD:      Mix all ingredients (they must be finely chopped, not blended to a paste), season and add a few drops of vinegar to acidify it. Bottle and shake for a few minutes. Taste for salt - it should be rather salty - and use immediately on any kind of meat.