



## BUTTERMILK AND JALAPEÑO MARINADE

 5 min.  5 min.  easy  Complete recipe (640 g)

### INGREDIENTS

3-5 jalapeño chillies, trimmed  
2 garlic cloves  
4 sprigs fresh coriander, leaves only  
2 spring onions/shallots, trimmed and cut into thirds  
500 g buttermilk  
½ tsp salt  
1 lime, zested (no white pith) and juiced

### USEFUL ITEMS

sealable container

### THERMOMIX PARTS

measuring cup

### Preparation

1. Place jalapeños, garlic, coriander and spring onions/shallots into mixing bowl and chop **3 sec/speed 7**.
2. Add buttermilk, salt, lime zest and juice, then blend **3 sec/speed 4**. Use immediately as a marinade (see Tips) or transfer into a sealable container and store in refrigerator until ready to use (see Tips).

### TIP

- Using buttermilk in marinades helps tenderise meat or poultry, thanks to the naturally occurring acid in the buttermilk.
- Place chicken or meat into a ceramic dish, cover with marinade and turn to coat. Cover and transfer into refrigerator for a minimum of 1 hour or overnight. Scrape off excess marinade, then barbecue or grill to your preference.
- Before using marinade, set aside approx. 200 g to use as a dressing on green leafy salads, or as a sauce to serve with grilled meat or chicken.
- You can store this marinade in a sealable container in the refrigerator for up to 3 days.