

Buttermilk marinade for meat

The sourness of the buttermilk creates a fresh aroma in the meat. The combination with salt, honey and mustard enhances the natural flavor of the meat and improves the juiciness.

Recipe from Mia Kristensen of CPH Good Food. www.cphgoodfood.dk

For: 500g-1kg lean meat

500ml buttermilk

3 tsps coarse salt

1 tsp honey

3 tbsps chopped fresh herbs (eg lemon thyme, thyme, wild garlic, oregano, parsley, chives) OR 3 tsps dried

1 tbsp wholegrain mustard

500g-1kg lean meat (eg chicken breast, leg of rabbit/lamb/mutton, beef sirloin)

1. Pour the buttermilk into a sealable container which is big enough for both the meat and marinade. Stir in the salt, honey, herbs and mustard. Soak the meat in the mixture and leave to marinate for 48 hours in the fridge. Turn the meat over after 24 hours.
2. One hour before it's time to cook take the meat out of the fridge to bring to room temperature. Cook as you normally would - grilling/roasting/frying/braising.