

Asian Griller

HeinzCookbook.com

Servings: 1

Preparation Time: 5 minutes

Start to Finish Time: 5 minutes

1/2 cup Lea & Perrins Worcestershire Sauce

3 tablespoons apple cider vinegar

2 tablespoons dry sherry

2 tablespoons vegetable oil

2 tablespoons brown sugar

2 teaspoons fresh ginger, finely chopped

In a medium bowl, mix together all of the ingredients.

Place your favorite meat or poultry in the marinade and turn until well-coated. Cover and marinate in the refrigerator for at least 30 minutes, turning occasionally.

Remove the meat or poultry from the refrigerator, reserving the marinade.

Grill or broil to the desired doneness, basting frequently for the first 5 to 10 minutes.

Discard any remaining marinade.

Per Serving (excluding unknown items): 352 Calories; 27g Fat (74.1% calories from fat); trace Protein; 21g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 11mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 5 1/2 Fat; 1 Other Carbohydrates.