



friedrich ingredients[®]
flavour & function on line

RECIPES

FOR

MARINADES

www.ingredients.de

Beef Capsicum Stir Fry



Recipe

- 1,000 g beef (sliced or cubed)
300 g fresh green Capsicum in slices
or any other locally available
vegetables, sliced
120 g/kg 57.009 Spiced oil “Odessa“

Method

Mix the marinade with the meat.
Then add the vegetables and mix gently.
Frying time: approx. 12 min

recommended supplement

- baguette
- rice
- fried potatoes
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Pepper & Mustard Stir Fry



Recipe

- 1,000 g beef (sliced or cubed)
200 g fresh leek, sliced or any other locally available vegetables
150 g sliced onions
120 g/kg 57.004 Pepper & Mustard Marinade

Method

Mix the marinade with the meat.
Then add the vegetables and mix gently.
Frying time: approx. 12 min

recommended supplement

- baguette
- rice
- fried potatoes
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Balkan Stir Fry



Recipe

- 1,000 g beef (sliced or cubed)
300 g fresh green Capsicum in slices
or any other locally available
vegetables, sliced
100 g peas
100 g 57.009 Spiced oil "Odessa"

Method

Mix the marinade with the meat.
Then add the Capsicum to the meat and
mix gently.
Frying time: approx. 12 min

recommended supplement

- baguette
- rice
- fried potatoes
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Chicken Drumsticks



Recipe

Chicken Drumsticks

100 g/kg 57.007 Spiced Oil for Poultry

Method

Marinate the Chicken Drumsticks and allow to marinate for several hours under refrigeration.

recommended supplement

- baguette
- rice
- fried potatoes
- salad



friedrich ingredients[®]
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Oil Marinated Beef-Steaks



Recipe

1-1.5 cm	beef flanks
100 g/kg	57.010 Spiced oil "Bordeaux"
100 g/kg	57.001 Barbecue-Marinade
100 g/kg	57.014 Spiced Oil "Geneva"
100 g/kg	57.009 Spiced oil "Odessa"

Method

Marinate the meat pieces with either marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Sirloin Steak



Recipe

Beef - approx. 1 cm thick slices
100 g/kg 57.038 BBQ soft spiced oil

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Dry Marinated Beef Steaks



Recipe

beef flanks – approx. 1 – 1-1/2 cm thick

20 g/kg 52.003 Garlic & Pepper

20 g/kg 10.089 BBQ-Herbs Classic

20 g/kg 10.088 Steak-Seasoning

Method

Season the meat pieces with any of the mentioned dry marinades.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Barbecue Steaks



Recipe

beef flanks – approx. 1 cm thick slices
100 g/kg 57.001 Barbecue Marinade

Method

Marinate the beef flanks and allow to marinate overnight under refrigeration

recommended supplement

- baguette
- salad
- fried potatoes
- rice



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Turkey Steak



Recipe

turkey breast – approx. 1 - 2 cm thick slices

20 g/kg 10.093 Red grill seasoning

20 g/kg 52.003 Garlic & Pepper

20 g/kg 10.308 Cajun

Method

Season the meat pieces with any of the mentioned dry marinades.

Frying time: approx. 3 min

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Chicken Breast Sirloin



Recipe

Chicken Breast Sirloin

20 g/kg 52.005 BBQ-seasoning

Method

Add the BBQ-seasoning to the chicken breast and allow to marinate for several hours under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Marinated Lumberjack Steaks



Recipe

1-1.5 cm	pork flanks with bones
100 g/kg	57.010 Spiced oil "Bordeaux"
100 g/kg	57.008 Mediterranean Marinade
100 g/kg	57.014 Spiced Oil "Geneva"
100 g/kg	57.009 Spiced oil "Odessa"

Method

Marinate the steaks with either marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Marinated Bacon



Recipe

bacon – approx. 1 - 2 cm thick slices
100 g/kg 57.010 Spiced oil "Bordeaux"
100 g/kg 57.008 Mediterranean Marinade
100 g/kg 57.014 Spiced Oil "Geneva"
100 g/kg 57.009 Spiced oil "Odessa"

Method

Marinate the bacon with either marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- rice



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Barbecue Pork Steaks



Recipe

- 1 kg pork loin, or suitable (1 cm thick slices)
100 g/kg 57.038 BBQ soft spiced oil

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Italian Pork Steaks



Recipe

- 1 kg pork loin, or suitable (1 cm thick slices)
- 100 g 57.048 Marinade “Il Pomodoro”

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Italian Beef Steaks



Recipe

1 kg 1-1.5 cm beef flanks
100 g/kg 57.048 Marinade
“Il Pomodoro”

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- fried potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Steaks with Garlic Note



Recipe

- 1000 g pork loin, or suitable (1 cm thick slices)
100 g 57.062 Garlic Marinade

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- salad
- baked potatoes
- several dips



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

China Stir Fry



Recipe

1000 g Pork (sliced or cubed)
250 g 57.019 Marinade China

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.
Frying time: approx. 8 min

recommended supplement

- baguette
- salad
- baked potatoes
- rice



friedrich ingredients[®]
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Pepper & Mustard Stir Fry



Recipe

1,000 g	Pork (sliced or cubed)
200 g	Leek, cut
150 g	Onion slices
120 g/kg	57.004 Marinade Pepper Mustard

Method

Mix the marinade with the meat.
Then add the vegetables and mix gently.
Frying time: approx. 8 min

recommended supplement

- baguette
- rice
- au gratin potatoes
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Gorgonzola Steak



Recipe

1000 g	Pork steaks (butterfly steaks)
200 g	pickled paprika, sliced in 2 cm
200 g	Mozzarella
100 g	57.053 Gorgonzola Marinade

Method

Butter the steak from one side with the marinade and plate with paprika and mozzarella.

Fold the steak and closed with a spit. Butter the steak from the outside again. Fry in pan or grill for 5 min. from both sides.

recommended supplement

- bread
- salad
- vegetables
- rice



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

“Latino Salsa” Stir Fry



Recipe

1000 g	Pork (sliced or cubed)
100 g	Kidney beans
100 g	Corn
100 g	57.017 Marinade Latino Salsa

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration. Mix the vegetable with the meat before frying. Frying time: approx. 8 min

recommended supplement

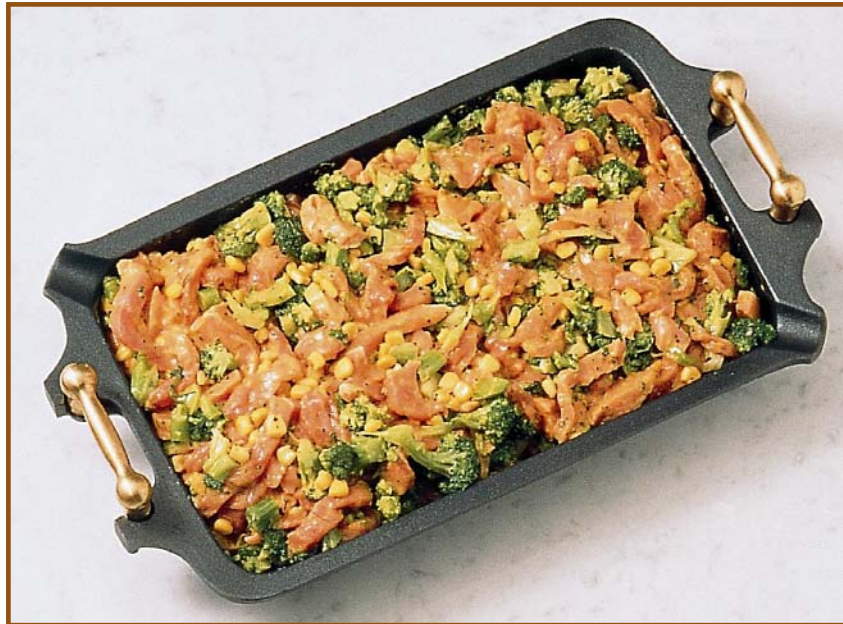
- baguette
- salad
- fried potatoes
- rice



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Broccoli Stir Fry



Recipe

1,000 g	Pork (sliced or cubed)
400 g	Broccoli
80 g	Corn
120 g/kg	57.002 Marinade Garlic & Herb

Method

Mix the marinade with the meat.
Then add the vegetables to the meat and mix gently.

Frying time: approx. 8 min

recommended supplement

- baguette
- rice
- au gratin potatoes
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Mushroom Stir Fry



Recipe

- 1000 g Pork (sliced or cubed)
500 g Mushrooms
100 g Vegetable-Mix (carrots, paprika, celery, cabbage, beans, Lauch, tomatoes, cauliflower)
120 g 57.006 Marinade Stroganoff

Method

Mix the marinade with the meat.
Then add the vegetables to the meat and mix gently.

Frying time: approx. 8 min

recommended supplement

- baguette
- rice
- au gratin potatoes
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Beef Stir Fry „Toskana“



Recipe

1000 g Beef (sliced or cubed)
100 g 57.003 Marinade “Toskana”

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.
Frying time: approx. 8 min

recommended supplement

- baguette
- salad
- fried potatoes
- rice



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Poultry Roll „Asia“



Recipe

1000 g	Poultry steak
350 g	Bamboo germ buds (conserve)
100 g	57.057 Spiced oil herbs

Method

Butter the inside of the steaks. Squeeze the bamboo germ buds and fill the steaks with it.

Fold the steaks and close with meat-twine.

Butter the rolls richly from the outside.

Fry in a pan or on the grill, depending on size, for 5 – 6 min.

recommended supplement

- bread
- salad
- vegetable
- rice



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.

Herb & Butter Beef Steaks



Recipe

1 kg Beef Steaks
100 g 57.049 Marinade Herb Butter

Method

Marinate the sliced meat with the marinade. Allow to marinate overnight under refrigeration.

recommended supplement

- baguette
- potatoes
- several dips
- salad



friedrich ingredients®
flavour & function on line

This recipe is submitted for information, only. No guarantee can be given for functionality or lack of acceptance.