

URBAN GRILLER

BASIC BBQ MARINADE

4 cups wine vinegar
1 bottle red wine
1 teaspoon thyme leaves
12 sprigs parsley
2 bay leaves
2 onions, cut into quarters
2 medium-sized carrots, sliced thick
1 large onion, sliced thick
2 cloves of garlic bruised
1 tablespoon salt
12 peppercorns, bruised

Mix all the ingredients together. Place the piece of meat in a deep dish and pour over the marinade. Let stand in cool place or refrigerator 3 to 4 days, turning the meat at least once a day.