DAWN RECIPES:

Cooking with Marinades

Marinades are a great flavor booster for summer grilling. The combinations of liquid and herbs are almost limitless. Some of the more unusual marinade bases range from cranberry sauce to grapefruit juice.

Grapefruit juice is an excellent substitute for the vinegar or lemon juice that is used in typical marinades. It adds tangy flavor without acid sharpness requiring less sugar or other sweetener.

Be sure, however, that the grapefruit juice you use is not too tart or tinny tasting.

The neutral color of grapefruit juice makes it good for fish or shellfish. A shrimp, tomato and green pepper kabob has been marinated in a combination of pureed fruit cocktail and grapefruit juice.

The beef kabob marinade has grapefruit juice, soy sauce, honey and ginger.



Marinade for Beef or Pork

1 - ½ cups grapefruit juice
One third cup Japanese soy sauce
One third cup honey
1 clove garlic, mashed
1 teaspoon salt
1 teaspoon ground ginger
3 pounds flank steak, London broil, or boneless lean pork

In a bowl, mix grapefruit juice, soy sauce, garlic, salt and ginger. Cut beef into strips or 1 - inch cubes and place into grapefruit mixture. Marinate for 2 hours at room temperature. Drain and spear on skewers and broil 5 to 6 minutes or until desired degree of doneness. Remaining marinade can be heated and served as a sauce. Serves 6.

Marinade for Shrimp or Fish

1 can (30 ounces) fruit cocktail, drained.
1 cup Indian River grapefruit juice
½ cup melted butter
3 pounds raw shrimp, shelled while raw and deveined or 3 pounds boneless fish, skinned and cut into 1-½-inch cubes or 2½ pounds sea scallops.

This marinade doubles in use as a marinade and a sauce. Puree fruit cocktail with grapefruit until smooth. Pour 1½ cups into a bowl and add desired fish. Marinate for 2 hours at room temperature. Drain and spear on skewers and broil 4 to 5 minutes or until fish is lightly browned and flakes easily. Heat remaining fruit mixture until bubbly and serve spooned over fish. Serves 6.

Duck and Liver Kabobs

1 duckling, about 4 pounds, thawed if frozen
Salt and pepper
1 cup Ocean Spray Jellied Cranberry Sauce
½ cup barbecue sauce
One third cup red vinegar
1 clove garlic, mashed
1 pound chicken livers
3 zucchini, cut into ½ - inch thick slices
2 navel oranges, peeled and cut into 8 wedges
2 red peppers, cut into 1 - inch squares

Preheat oven to 350 degrees F. Sprinkle duckling with salt and

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