



Awaken Savor, Inc.

Spice Blends to Awaken Your Palate

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www.awakensavor.com



Awaken Savor Recommendation for Marinating Times

Food	Time (hrs)	Method of Cooking	Food	Time (hrs)	Method of Cooking
Beef Steaks	6 – 8	Barbecue	Chicken Breasts	3 – 4	BBQ, Roast, Baked
Beef Kabobs	6 – 8	Barbecue	Chicken Pieces	3 – 4	BBQ, Roast, Baked
Beef Roast	6 – 8	Roast, Baked	Chicken Wings	6 – 8	BBQ, Roast, Baked
Beef Brisket	8 – 12 ideally overnight	Slow Cooker	Whole Chicken (split)	6 – 8	Barbecue, Roast, Baked
Beef Short Ribs	8 – 12 ideally overnight	Slow Cooker and then Barbecue,	Turkey	4 – 8 ideally overnight	Roast, Baked
Lamb Kabobs	6 – 8	Barbecue	Turkey Quarters	4 – 8	Roast, Baked
Venison	8 – 12 ideally overnight	Slow Cooker	Duck	6 – 8	Roast, Baked
Pork Tenderloins	4 – 6	Roast, Baked	Game Birds	6 – 8	Roast, Baked
Pork Chops	4 – 6	Barbecue, Roast	Fish	1 – 2	Poach, Roast, Baked
Spare Ribs	6 – 8	Barbecue	Shell Fish	1 – 2	Poach, Roast, Baked

Steak not to marinate: Club, Filet Mignon, Kansas City Strip, Loin, New York Strip, Porterhouse, Rib, Shell, Sirloin, T-bone, and Tenderloin

<http://bbq.about.com/>

Steaks to marinate: Chuck, Flank, Round, Sirloin, Skirt, Top Round, and Hanger

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