

## **Chef Raymond Blanc**

### **BBC iWonder marinades guide z9c44wx**

In a culinary world marinades are so important because they do all sorts of extraordinary things. They impart flavour, colour, taste, texture and even sometimes they can completely change the texture of a very rough cut. For example here we have two pork steaks. I have one fresh one here which has been marinated for six hours and you can already see the huge difference between this steak here and this one here. Because that one is really quite tough, it's resilient whereas this one is a different colour but most importantly, the texture is entirely different.

The marinade has broken down the pork shoulder's tough fibres and cell walls giving it a head start over the untouched steak on the right.

Turn it, beautiful, look at this lovely caramelisation. That one, much paler. And look at that, beautiful succulent piece of meat. I'll show you with this one where we're at.

The marinated steak is cooked through and perfectly tender. The other one on the left is tough and un-cooked. So let's see the difference, look at that. Look it's like a mattress, still completely raw in the middle, the heat has not penetrated that meat. And here, let's have a look...it's like butter. That is perfection. You have here the most tender piece of meat. It's succulent, it's flavourful, it's moist. It's a great experience.

Now for the fruit marinade that produces these miraculous results. It's a very specific and scientific combination of papaya, pineapple and mango.

The papaya of course contains the papain, which is an enzyme which is very very strong and can really seriously raid on hard textures. The pineapple as well contains bromelin which can do exactly the same thing. Unfortunately the mango doesn't have these enzymes so it'll just be here to add flavour. Voila! I'm not very technical...

To give the marinade some heat, add ginger, garlic and a fresh red chilli, plus a sprig of thyme for an earthy note.

The little thing is packed with flavour so don't abuse it, you can always add more later. So now I'm going to move on pureeing. Parfait. Always taste, oooh very warm. The ginger and the chilli are really exactly what you're meant to do. By applying this marinade, you upgrade a rather inexpensive piece of meat into a prime cut, voila!

Then pop in the fridge and leave for six hours to marinate.

This takes about 12 minutes to cook to perfection. Well, we'll see. As a side, corn on the cob, coated with a fiery mix of melted butter, paprika, lemon juice, salt and cayenne pepper. Look at this colour, they are so beautiful. Completely love it. It will only take 5 or 6 minutes to cook, very simple. Let's

have a look, tres bien. And we have this lovely beautiful caramelisation. Now you can put your sweetcorn...

At the last minute, paint the pork steaks with the barbecue sauce. Raymond has simply added ketchup, brown sugar, Worcestershire sauce, mustard, seasoning and cayenne pepper to the fruit marinade.

Aaaah, Raymond the barbecuer! I can see the steaks are nearly ready, so you put the barbecue sauce at the last moment. Oh look at that! Tres bien. Wow, very tender and completely succulent... As succulent as a filet of steak. It's as melting as a sashimi. And you have converted that very tough joint into something utterly delicious. This is really lovely.