

## Barbeque Marinade

(makes 1 litre)



### Ingredients:

1 cup barbeque sauce  
1 cup tomato sauce  
½ cup honey  
1 tbs mint leaves (chopped fine)  
1 tbs mint jelly  
350 mls water  
Salt and pepper to taste

### Method

Place the water, honey and mint jelly into a bowl for the microwave. Mix well with a wisk first and as much as you can. Heat up in the microwave on medium heat till the ingredients have dissolved and combined. Add the sauces and wisk in and let cool. Add the mint leaves and then season to taste. You can either place the meat in the marinade or pour over the meat. You could also add some sesame seeds for garnish if you wish (1/2 cup). Marinade meat for 1 hour whilst turning over every 10 minutes. This is great with tenderised beef steakettes or chicken wings.