

Lemon and Olive Oil Marinade

½ cup freshly squeezed lemon juice

½ cup extra-virgin olive oil

2 tablespoons whole-grain mustard

1 tablespoon dried rosemary

1 tablespoon Herbes de Provence

3 cloves garlic, minced

Freshly ground black pepper, to taste

1 teaspoon kosher salt
(or ½ teaspoon regular salt)

Combine all ingredients and mix well with a whisk.

I'm not positive, but I think this makes enough for around two pounds of meat ... scale the recipe as necessary.

Let meat marinate overnight in fridge, or for some hours at room temperature.

Inspired by Pan-Grilled Lamb Shoulder Chops

<http://www.foodnetwork.com/recipes/food-network-kitchens/pan-grilled-lamb-shoulder-chops-recipe.html>

However, I made three important changes:

1. I added the Herbes de Provence
2. I barbecued the meat instead of cooking it inside in a pan or in the oven.
3. I did not scrape off the marinade before cooking the meat as the original recipe instructed.

This is a killer marinade for lamb, chicken, fish or pork ... not so sure about beef.