

ROOIWYN MARINADE



By Food lovers recipes

ROOIWYN MARINADE

1/4 k rooiwyn.

2 E wynasyn.

1 E olyfolie.

2 knoffelhuisies, fyn.

1 lourierblaar.

1/4 t elk sout en peper

Meng, marineer vleis hoender tot 4 ure of vis 30 minute.

BRON- Petro Calitz