



BETSY OPYT

Cardamom Marinade



INSTRUCTIONS

- O Mix all ingredients in a bowl until the cardamom butter is dissolved.
- O Marinate chicken, steak or seafood for at least 2 hours or
- O overnight before cooking.

SHOPPING LIST

- O 2 tbsp orange juice
- O 1/8 tsp ground pepper
- O 1/8 tsp ground cardamom
- O 4 tbsp honey
- O 2 tbsp Betsy's Best Cashew Cardamom Butter