

The Grilled Chicken Rotation

One technique. Seven marinades. Dinner sorted all summer.

homemaderecipes.com



The Base (every recipe starts here)



3 tbsp oil + 2 tbsp acid (lemon or vinegar) + 1 tsp salt

Whisk together, then stir in ONE swap below. That's the whole system.

7 Swaps, One Base Sauce

- 1 Soy Ginger:** soy sauce + fresh ginger *rice or noodles*
- 2 Honey Mustard:** honey + Dijon mustard *great on sandwiches*
- 3 Chili Crisp:** a few spoonfuls chili crisp *heat + crunch*
- 4 Yogurt Spice:** plain yogurt + cumin & coriander *gentle & tangy*
- 5 Lime Cumin:** lime juice + ground cumin *corn & black beans*
- 6 Pesto:** a spoonful of jarred pesto *no fresh herbs needed*
- 7 BBQ Glaze:** barbecue sauce, brushed on last *classic backyard flavor*

Lock This Technique Once

- **Two heat zones:** one direct, one indirect on the grill
- **Pull temp: breast:** 160-162F, then rest
- **Pull temp: thighs:** 175F for tender dark meat
- **Rest 5 minutes:** before slicing, so juices stay put

Grocery Checklist

Tap a box to check it off as you shop

Chicken breasts or thighs *base*

Neutral oil (olive or avocado) *base*

Lemon or vinegar *base*

Kosher salt *base*

Soy sauce

Fresh ginger

Honey

Dijon mustard

Chili crisp

Plain yogurt

Limes

Ground cumin

Jarred pesto

Barbecue sauce

Instant-read thermometer

Print it. Stick it on the fridge. Cook the whole rotation.

Cap the pantry at these seven swaps, nothing expires unused, and dinner never repeats.

