

# Marinade Recipes

(recipes on pages 2 and 3)



**Why Marinate?** Marinades are seasoned liquid mixtures that add flavor and, in some cases, help tenderize meats. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar.

**What to Marinate:** Less tender cuts of meat can be marinated to enhance tenderness. These cuts include: top round steak, eye round steak, chuck shoulder steak, skirt steak, and flank steak. Tender cuts of meat can be marinated for flavor.

If it's *Round* or *Loin*, it's *Lean*: Cuts from the round are the leanest cuts you can select. Two ways to insure tenderness are:

1. Use a moist heat cooking method (braising or cooking in liquid).
2. Marinate before using a dry heat cooking method (grilling, stir-frying, pan-frying, etc.)

Cuts from the *Loin* are lean cuts of meat, yet they are very tender. Marinate these cuts for flavor enhancement, not tenderizing.

## How to Marinate:

1. Marinate in the refrigerator, NEVER at room temperature.
2. Marinate in a food-safe plastic bag or covered glass utility dish to prevent contamination and prevent bacterial growth. Bacteria can quickly multiply on raw meat if it is warm.
3. Turn meat occasionally during marinating so that all sides are equally exposed to marinade.
4. Allow 1/4 to 1/2 cup marinade for each 1 to 2 pounds of beef.

## How long to Marinate:

- For *flavor* only, marinate for 15 min. to 2 hrs.
- For *tenderizing*, marinate at least 6 hours.
- Marinating longer than 24 hours can result in a mushy surface texture.

## Marinating Food Safety:

- If a marinade is to be used later for basting or served as a sauce, reserve a portion of it before adding to the raw meat.
- When using a marinade to baste your meat, stop basting it five minutes before you finish cooking, so the raw meat juice traces in the marinade can cook thoroughly.
- Marinade that has been in contact with uncooked meat must be brought to a full rolling boil for 5 minutes before it can be used as a sauce.
- Never save and reuse a marinade that has come in contact with raw meat.

## Yogurt and Garlic Marinade

*The great thing about using yogurt in a marinade is that its thickness holds the seasonings to the meat, which keeps the marinade on even when it hits the grill. Is a great marinade for shish kebabs.*

### **Ingredients:**

1 ½ c plain low-fat yogurt  
3 cloves garlic, minced  
¼ c fresh parsley, chopped finely (2 tbsp dried)  
¼ c fresh basil, chopped finely (2 tbsp dried)  
3 tbsp Dijon style mustard  
2 tbsp fresh thyme, chopped finely (1 tbsp dried)  
2 tbsp fresh tarragon, chopped finely (1 tbsp dried)  
salt and pepper to taste



Combine all ingredients. Store in the refrigerator in an airtight container.

Yield: approx. 2 cups

Per tablespoon: 8.8 calories, 0.3g protein, 0.2g fat, 0.9g carbohydrate, 24.9mg sodium.

## Cilantro Dijon Marinade

*This marinade combines a lot of great flavors that makes it a very versatile marinade. This mixture works especially well on beef.*

### **Ingredients:**

1/4 cup fresh cilantro leaves, chopped  
grated zest of 1/2 a lemon  
2 tablespoons balsamic vinegar  
2 tablespoons olive oil  
2 roasted garlic cloves  
1 tablespoon Dijon mustard  
1 teaspoon kosher salt  
1/2 teaspoon black pepper

Combine all ingredients and mix thoroughly. Marinate meats for 4 to 6 hours.

Yield: approx. 1/3 cup

Per tablespoon: 71 calories, <1g protein, 0.8g fat, 1.4g carbohydrate, 294mg sodium.

## Orange and Onion Marinade

*This is a flavorful marinade which can be used on chicken, pork, and beef. Remember to let the marinade cool considerably before using it on raw meat.*

### **Ingredients:**

1/3 cup orange marmalade  
3 green onions, finely chopped  
1/4 cup white cooking wine  
1 tablespoon olive oil  
1 tablespoon cider vinegar  
1 teaspoon Worcestershire sauce  
1/2 teaspoon soy sauce

Place all ingredients in a medium saucepan. Simmer on low heat until marmalade has thinned and all ingredients are combined. Allow to cool completely before using as a marinade.

Yield: approx. 3/4 cup

Per tablespoon: 39 calories, <0.1g protein, 1.1g fat, 5.6g carbohydrate, 22mg sodium.

## Balsamic Marinade

*This marinade uses the power of balsamic vinegar to tenderize and flavor meats. It marinade works well on poultry and pork, particularly pork tenderloin.*

### **Ingredients:**

1 cup balsamic vinegar  
1/4 cup water  
3 tablespoons paprika  
1 tablespoons kosher salt  
2 tablespoons lemon pepper  
1/4 teaspoon marjoram



Combine all ingredients. Store in an airtight glass container in the refrigerator.

Yield: approx. 1 3/4 cups

Per tablespoon: 11 calories, 0.2g protein, 0g fat, 1.8g carbohydrate, 122mg sodium.