



100% Grass Fed Beef and Natural Vegetables  
Yoder, WY  
[meadowmaidfoods.com/recipes](http://meadowmaidfoods.com/recipes) (307) 534-2289

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## *Bourbon Marinade*

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Use this marinade as a great flavor step on premium grassfed steaks such as ribeye or New York Strip, but keep marinade time short (1-4 hours).

Or, use overnight to tenderize and flavor top round, chuck, or other economy cuts.

Always marinate in the refrigerator in a covered, stainless steel or glass bowl (NEVER reactive metal or plastic).

### **Ingredients**

- 3 Tbsp. olive oil
- 1/2 Tbsp. spicy brown mustard
- 1/4 cup bourbon or Irish whiskey
- 1/3 cup soy sauce or tamari
- 2 Tbsp. balsamic wine vinegar
- 1 Tbsp. Worcestershire sauce
- 1/2 c. water
- 1/4 cup brown sugar (sucanat or raw sugar are the best)
- 2 Tbsp. minced red onion
- 2-3 cloves garlic, peeled and smashed
- Fresh ground black pepper, to taste

### **Directions**

Mix all ingredients. Pour over steaks in a glass or stainless-steel bowl. Cover, and refrigerate until ready to grill. Unused marinade may be refrigerated or frozen for future use.

Grassfed steaks (or any steaks, for that matter) are best when cooked rare or medium-rare.