



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

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## *Tenderizing Marinades*

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See also *Flavor Rubs* recipes (button on recipes page)

Many recipes exist for wonderful marinades and rubs suitable for use on grassfed beef. Marinades and rubs are generally used for two purposes: to flavor and/or tenderize the meat. Not all flavor marinades or rubs are tenderizing. All of the marinades listed here are tenderizing. All of the rubs listed here are not tenderizing.

Tenderizing marinades are designed to add flavor while improving tenderness. More tenderizing is achieved with longer marinade times. Marinating time for flavor is usually 30 minutes - 4 hours. To marinate for tenderness, plan as little as 4 hours, or as long as 24-48 hours.

When selecting a marinade recipe, look for one of the following ingredients if you want the marinade to act as a tenderizer:

Citrus Fruit Juice - lime, lemon, or orange

Wine - red, white, or rice

Vinegar - often balsamic, red wine vinegar, or rice wine vinegar, for the best flavors

It is easy to create your own marinade recipe using one or more of the above tenderizing ingredients, plus some coordinating flavor ingredients such as minced garlic, minced fresh ginger, freshly ground black pepper, thyme, rosemary, or other herbs and spice combinations.

ALWAYS refrigerate beef cuts while marinating, and use stainless steel or glass bowls to contain meat and marinade (NEVER use plastic or reactive metals).

Some ideas for marinades (Go to the recipes by the same name):

*Korean Beef BBQ* marinade. A great lime juice and rice wine marinade for lean economy cuts, especially round. You can modify this recipe for other uses, too. Be sure to include the lime juice and rice wine as the tenderizers in your modified recipe.

*Bourbon Marinade*. This is a wonderful marinade, but expensive to prepare, so you may wish to reserve it as a flavor step for premium steaks.

*Oriental Stir-Fry* Marinade - great as an overnight marinade for round, chuck, or flank, to provide a very tender meat for stir-fry. May also be used for shorter marinade time on sirloin or other premium steaks. Stir-fry is a great way to stretch meat, creating a quick, family meal that incorporates meat, vegetables, and grains.

Red Wine Marinade recipe in "*Cooking Premium Grass Fed Beef Steaks*" button. This marinade is primarily used as a flavor step for premium steaks. It may be used to tenderize economy cuts if marinated overnight.

*Fajitas* marinade may be used with premium cuts, but it is an excellent choice for economy cuts of beef destined for southwest-inspired dishes.

*Skirt Steak with Compound Butter* recipe includes one of my favorite tenderizing marinades. I use this marinade also as a starting point for stir-fry or other recipes.

The sky is the limit with marinades! Have fun and enjoy your grass-fed beef!