

BEEF & BIG GAME MARINADE

F EASY

Last Modified: 07/02/2020

PREP: 8 Hrs
COOK: N/A

SAUCE

MAKES 8 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
1/3	Cup	Mushroom Soy Sauce (Healthy Boy)	
1/2	Cup	Olive Oil	
1/3	Cup	Lemon Juice	
1/4	Cup	Worcestershire Sauce (Lea & Perrins)	
1 1/2	Tbsp	Garlic Powder	
3	Tbsp	Dried Basil	
1 1/2	Tbsp	Dried Parsley Flakes	
1	Tsp	Ground White Pepper	
1	Tsp	Dried Garlic Flakes	

PREPARATION

FACTOID	Excellent over ANY Beef or Wild Game. The Lemon Juice begins the process of breaking down the proteins and connective tissues for a more tender cut of meat.
TOOLS	1) Blender 2) Large Zip lock Bag
PREP	N/A
1	Add all of the listed ingredients into a blender. Blend on high speed for 30 seconds.
2	Add the Beef into the Zip Lock Bag, pour in the Marinade, seal and refrigerate for around 8 hours (not too much longer).
3	Drain the Beef and discard the Marinade. Bring the Beef up to room temperature. If this is a grilled meat, pat dry with paper towels just before grilling for proper searing.