

MARINADES

BEST STEAK MARINADE

1/3 cup Soya Sauce
1/2 cup Olive Oil, Extra virgin
1/3 cup Lemon Juice
1/4 Cup Worcestershire Sauce
1 1/2 tbsp Garlic Powder

3 tbsp Dried Basil
1 1/2 tbsp Dried Parsley Flakes
1 tsp White Pepper
1/8 tsp Cayenne Pepper
1 tsp Fresh Garlic. crushed

1. Mix all ingredients.
2. Pour over meat – refrigerate up to 8 hours turning container over regularly (4 hours minimum)
3. Cook meat as desired.

BIG MEAT (STEAK ON A STICK)

2 lbs Flank Steak
1/2 tsp Garlic Powder
1 tsp Ginger, ground
1/2 tsp Onion Powder
2 tbsp Molasses

2 tsp Mustard Powder
1 tsp Ground Ginger
1/2 tsp Garlic Powder
1/2 tsp Onion Powder

4. In a large resealable bag, combine the soy sauce, olive oil, water, molasses, mustard powder, ginger, garlic powder and onion powder. Seal and shake the bag to mix together. Add steak strips to the bag and seal. Refrigerate for at least 8 hours to marinate.
 5. Preheat the oven's broiler. Thread meat onto skewers and place on a broiling rack.
 6. Broil the steak for 3-4 minutes on each side. Arrange on a platter to serve.
 7. (Grill for the same amount of time)
-

SW MARINADE

1/4 cup Olive Oil
1/3 cup Lime Juice
1 tsp Sugar
1 tsp Kosher Salt
1/2 tsp Cumin

2 Cloves Garlic
1/4 cup Water
1 1/2 tsp Paprika
1 tsp Onion Powder
1-2 Tbsp Chili Powder