



Simple Marinade

This is a simple marinade I use almost every time I grill beef or pork. It complements and enhances the natural flavor of beef or pork. The marinade should be prepared and applied to the meat by pouring over the top of the cuts in a pan or bowl then rubbing the marinade into each individual cut. Marinade for at least 30 minutes but not longer than three hours at room temperature.

Ingredients

- 2 parts Worcestershire sauce. *I use Annie's Naturals or Lea & Perrins. Use of economy brands has been disappointing so far but if anyone finds a good one please let me know.*
- 2 parts Canola oil. *I use Spectrum Organics Canola oil but any medium to high heat oil will work. Most of the oil will cook off in the grill but not all so I recommend using healthy, high omega 3 oil.*
- Minced garlic to taste. *Use only freshly minced garlic, dried or prepackaged spices will not work as well.*
- Minced onion to taste. *Use only freshly minced onion, dried or prepackaged spices will not work as well.*

Optional

- Chopped jalapeños to taste.
- 1 part Bragg's apple cider vinegar. *Use this ingredient if you are grilling less tender cuts or you are marinating for the minimum time. I have not tried the recipe with any other type or brand of vinegar..*
 - Fresh ginger. *Used for pork. Reduce garlic and onion by half if ginger is used.*

Cooking

Place the beef or pork cuts directly on a medium heat (300 F. max.) grill. Reserve the marinade and brush on periodically or when meat is turned. I think the oil in the marinade protects the meat while it is cooking to provide a more evenly cooked cut (I have no expert data to back up this claim). I also gradually reduce heat while cooking or move cuts to a cooler portion of the grill. Desired internal meat temperatures are a minimum of 140 F. to a maximum of 160 F. I use a digital probe thermometer to determine doneness.

Proteins harden and become tough with high heat so the slower the meat cooks the more tender it will be.