

## MARINADES AND RUBS

Marinades are seasoned liquid mixtures that add flavor and in some cases tenderize. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar, or a natural tenderizing enzyme found in fresh papaya, ginger, pineapple and figs.

A rub is a blend of seasonings, such as fresh or dried herbs and spices, applied to the surface of uncooked beef steaks or ground beef patties for flavor. Paste-type rubs often contain some oil, crushed garlic or mustard.

- Always marinate in the refrigerator, never at room temperature.
- Tender beef cuts need only be marinated 15 minutes to 2 hours for flavor. These include: Porterhouse/T-Bone, Top Loin, Tenderloin, Ribeye, Rib, Top Sirloin, Chuck Eye, Shoulder Top Blade (Flat Iron) and Shoulder Center (Ranch Steak).
- Less tender beef cuts should be marinated at least 6 hours (up to 24) in a mixture containing a food acid or enzyme. These include: Flank, Skirt, Top Round and Chuck Shoulder Steaks.
- A tenderizing marinade penetrates about 1/4 inch into the meat.
- Marinating longer than 24 hours in a tenderizing marinade can result in a mushy surface texture.
- If a marinade is to be used later for basting or served as a sauce, reserve a portion of it before adding the beef. *Marinade that has been in contact with uncooked meat must be brought to a full rolling boil before it can be used as a sauce.*
- Never save and reuse a marinade.
- Allow 1/4 to 1/2 cup marinade for each 1 to 2 pounds of beef.
- Marinate in a food-safe plastic bag or non-reactive container. Turn or stir the meat occasionally to allow even exposure to the marinade.

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