

**No time to make a marinade?**

Items in your fridge may make a great marinade. Italian dressing, BBQ sauce, salsa, store bought marinades all have the key components of a great marinade!

# MAKING A MARINADE

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**Marinades are a great way to improve tenderness and change the flavor profile of meat.**

## Marinades Need:

- **Oil:** Binds ingredients and infuses flavor (olive oil or sesame oil for Asian inspired dishes).
- **Acid:** Improves tenderness (Lemon or lime juice).
- **Seasonings:** Improves flavor and enhances taste (herbs, spices, brown sugar, garlic, mustard, etc.)
- **Salt:** Improves flavor and binds moisture

Store and marinate meat in glass or plastic airtight containers in the refrigerator

**Using this as your guide, what types of marinades could you make?**

### Garlic Herb Marinade:

- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp Italian seasoning
- 1 tbsp minced garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 lb meat
- 1/4-1/2 c. marinade/lb meat

### HOW LONG TO MARINATE TO IMPROVE:

#### FLAVOR:

**15-20 MINUTES**

Tender Cuts

Chicken Breast

Ribeye Steaks

Pork Chops

#### TENDERNESS:

**6-24 HOURS**

Tougher Cuts

Round Steak

Skirt Steak

Stew Meat

## Southwest Marinade:

- 1/3 c. olive oil
- 1/3 c. apple cider vinegar
- 1 tbsp chopped cilantro
- 2 tsp chili powder
- 2 tsp garlic powder
- 1 tsp ground cumin
- 1 tsp salt
- 1/2 tsp pepper
- 1.5 lbs meat
- 1/4-1/2 c. marinade/lb meat

# COOKING METHODS

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**Different cuts of meat require different cooking methods to improve eating experience.**

## Cooking Methods:

- **Dry Heat:** Tender or less tender cuts that have been marinated  
Grilling/roasting/broiling: Steaks, chops, chicken breast  
Pan-frying/Stir-Fryng: Thin pieces of meat, ground meat, tenderized cuts
- **Moist Heat:** Less tender cuts. Typically low heat over a long period of time  
Slow Cooker/Braising: Roasts, stew meat

### Did you know?

Initial tenderness of a cut is primarily determined by the muscle's function during life. Cuts from muscles that help with movement (round steak) are tougher than cuts from support muscles (ribeye).

## SAFE COOKING TEMPERATURES



**BEEF (STEAKS/ROASTS): 145 F**

**PORK (CHOPS/ROASTS): 145 F**



**LAMB: 145 F**

**POULTRY: 165 F**



**GROUND MEAT: 160 F**

To ensure food safety and protect against over cooking, use a meat thermometer.