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:

<table>
<thead>
<tr>
<th>FLAVOR</th>
<th>TENDERNESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-20 MINUTES</td>
<td>6-24 HOURS</td>
</tr>
</tbody>
</table>

Tender Cuts: Chicken Breast, Ribeye Steaks, Pork Chops
Tougher Cuts: Round Steak, Skirt Steak, Stew Meat

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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.
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-Frying: 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 (rieye).

### 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

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

### Safe Cooking Temperatures

- **BEEF (STEAKS/ROASTS)**: 145 F
- **PORK (CHOPS/ROASTS)**: 145 F
- **LAMB**: 145 F
- **POULTRY**: 165 F
- **GROUND MEAT**: 160 F

**SAFE COOKING TEMPERATURES**