



How To Create A Balanced Meat Marinade

A Comprehensive Guide



Wellness Simplified

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#1 Select Your Acid

apple cider vinegar



citrus juice

rice vinegar



wine



balsamic vinegar



plain yogurt



#2 Select Your Sweetener

honey



maple syrup



white or brown sugar



fruit puree or juice

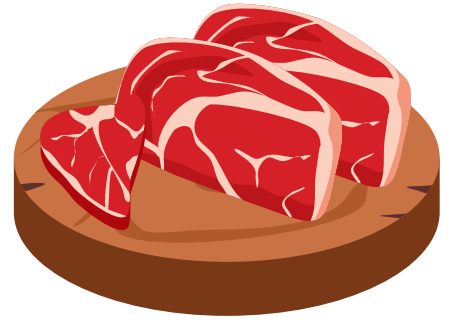
*halve the amount of acid in the marinade.

**pineapple, kiwi and papaya contain enzymes that will help tenderize tougher cuts of meat



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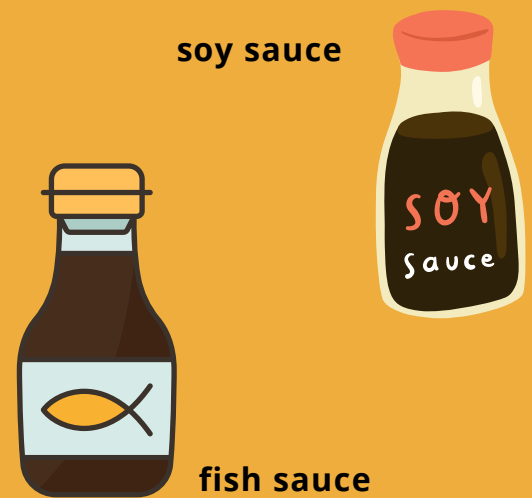


#3 Select Your Salt



sea salt

miso paste



soy sauce

fish sauce

#4 Select Your Aromatics



garlic



ginger



spices



onion / shallot

herbs

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#5 Select Your Oil

extra virgin olive oil



toasted sesame oil



avocado oil



chili oil

Basic Ratio for 1 lb meat

- 2 tbsp acid
- 1 tbsp oil
- 1 tbsp sweetener (or 2 tbsp fruit puree/juice)
- 1 tsp salt/miso paste (or 1 tbsp soy sauce/fish sauce)
- Aromatics to taste



MARINATING TIMES

- Chicken or pork: 1-4 hours (or overnight for deeper flavour)
- Beef: 2-12 hours depending on the cut
- Seafood: <30 minutes

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Flavour Combinations To Get You Started

	ACID	SWEET	SALT	AROMATICS	OIL
Mediterranean	lemon juice	honey	sea salt	garlic, oregano	olive
Thai	rice vinegar	sugar	fish sauce	lemongrass	avocado
Mexican	lemon juice	orange juice	sea salt	garlic, cumin	avocado
Indian	yogurt	sugar	sea salt	onion, masala	avocado
Chinese	rice vinegar	papaya puree	soy sauce	garlic, ginger	sesame
Filipino	calamansi juice	brown sugar	fish sauce	garlic, onion	avocado

