



## **Marinades Help Tenderize Meat**

Marinades are easy to prepare, can help tenderize less tender cuts of meat and add delicious flavor.

Marinades can be used on chicken, pork, fish and beef. Marinades not only flavor the meat but also can be used for tenderizing a less tender cut. The amount of time needed for tenderizing depends on the meat type and the size of the cut. It can take anywhere from 2 hours for chicken, which is naturally tender, to 8 hours for pork or beef. Beef pieces can be sliced into thinner strips so the marinade can cover and coat more of the surface, decreasing the amount of time needed to help tenderize the beef.

Meat should always be marinated in a glass or stainless steel container and covered with plastic wrap. If you use aluminum or copper, the acid will react with the metal and cause both the metal and the meat to darken. Another useful and convenient way to marinate meat is in a zip-type food bag. When marinating using this technique, the meat can be removed and the leftover liquid discarded along with the bag.

Approximately 1/4 cup of marinade is used per pound of meat. So, if you have 2 pounds of beef strips or chicken strips, you would use 1/2 cup of marinade. Before you leave for school or work the marinade can be mixed, the meat put in the marinade and then into the refrigerator to marinate until you



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For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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