



# INSTRUCTIONS

*For Using Our*

# MEAT MARINADES

*Hi-Country marinades are formulated to bind natural juices and to tenderize and flavor various wild game meats and game birds, including duck and goose, as well as pork, beef, ribs, and vegetables.*

### **Meat Preparation:**

Thickness and amount of surface area of the meat will determine tenderness and the flavor imparted by the marinade. Thinner pieces with large surface areas are optimum. Piercing in several places with a fork or end of a knife and hand massaging will allow the marinade to uniformly penetrate the meat and reduce the marinade time (see Tip 4).

### **Marinade Preparation:**

1. Dissolve a 2 oz. Meat Marinade seasoning packet with 2/3 cup water. For alternatives to water, see Tips 1, 2 & 3 on other side.
2. Massage marinade into meat by hand, then put marinade and meat into a covered container or resealable plastic bag and REFRIGERATE.
3. Length of refrigerated marinade time:
  - a. Meat sliced in strips, thin slices, or cubes: 1 to 2 hours
  - b. One inch or thicker steaks: 4 to 12 hours
  - c. Pierced one inch or thicker steaks: 2 to 4 hours
  - d. Roasts: 12 to 24 hours
  - e. Beef or pork ribs: 4 to 12 hours
  - f. Game bird or poultry meats: 1 to 3 hours or less if using fruit juices
4. Cook to desired doneness and enjoy! (see Tip 5)

## Tips & Tricks

1. To add extra flavor and help seasoning adhere to the surface of the meat, mix seasoning with vegetable or olive oil instead of water.
2. To increase tenderizing action, combine marinade seasoning with fruit juices (apple or berry), wine, or flavored vinegars.
3. Tips 1 and 2 can be combined!
4. Marinating time can be reduced in half by piercing the meat surface. An excellent tool for piercing meat is the Jaccard tenderizer (see photo).
5. Leftover marinade can be made into a sauce by combining 1 Tablespoon of cold water and 1 Tablespoon of corn starch and adding to marinade while bringing to a slow boil. Always cook used marinade to a boil to kill potential bacteria from raw meat juices. Otherwise, discard left over marinade.

