

# MEAT MARINADE

## INGREDIENTS

- 200 mls Salad Oil
- 100 mls Old Cathay Soya Sauce
- 30 mls Worcestershire Sauce
- 1 tablespoon Dry Mustard
- 1 teaspoon Salt
- ½ tablespoon Freshly Ground Pepper
- 60 mls Wine Vinegar
- ¾ teaspoon Dried Parsley Flakes
- 1 Garlic Clove, crushed
- 40 mls Lemon Juice

## METHOD

1. Combine all ingredients and mix well. This makes about 1 ¾ cups of marinade. What isn't used to marinate your meat can be stored in the refrigerator for about a week.

