

Beef Marinade

Ingredients:

- 1 cup of garlic
- 1 cup Worcestershire
- 1 liter Canola Oil

Procedure:

Place the garlic and the Worcestershire in a blender and begin to blend on medium speed and slowly add the oil to emulsify.

Coat the beef the night before and the next day scrap off the excess and cook (prefer to grill with this recipe).

The meat selection should be middle of the road, not a tender cut and not a tough cut. Best suited would be strip loin, rib eye, ect...