

Marinated Steak

Rub

- 4 tbsps dry mustard
- 2 pinches sage (don't overdo)
- 4 dashes cracked coriander
- 4 dashes fennel seed
- couple shakes majoram
- opt – couple shakes cayenne pepper

Marinade

- 4 cloves chopped garlic
- 1 tbsp worchestershire sauce
- 2 cups balsamic venegar (opt)
- ¼ cup orange juice
- soy sauce

Thaw steak 2-3 days before intended cooking day.

Marinate meat 24 plus hours before barbecuing at room temp.

Rub dry mix onto both sides of steaks. Put on plate for the length of time it takes you to drink 2 glasses of wine or 3 beer)

Brush olive oil lightly on the grill side of steak to sear the meat and hold the juices in. Repeat on top side before flipping steak. BBQ to your liking (you can pour left over marinade on top if you like).

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