

Gordon Ramsay Steak Marinade: Unlock Tender, Flavorful Steak

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TIME
15-20 min

TEMP
140°F

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Recipe Card

SAVE
PDF

INGREDIENTS

12 oz steak (any cut, such as sirloin, ribeye, or flank steak)
1/3 cup balsamic vinegar
2 tablespoons soy sauce
3 tablespoons olive oil, divided (2 tbsp for marinade, 1 tbsp for cooking)
2 cloves garlic, minced
2 sprigs rosemary, minced (leaves only)
2/3 cup dark brown sugar
1/2 teaspoon kosher salt
1/2 teaspoon ground black pepper
1/3 teaspoon red pepper flakes (adjust to taste for heat)

Swaps and Notes:

Steak Cut: This marinade works well with various cuts. For tougher cuts like flank steak or skirt steak, marinating for the full 6 hours or even overnight is highly recommended for maximum tenderization. For more tender cuts like filet mignon or ribeye, a shorter marinating time (2-4 hours) is sufficient.

Balsamic Vinegar: Choose a good quality balsamic vinegar for the best flavor. Apple cider vinegar can be a substitute for a different tangy profile.

Soy Sauce: Use regular or low-sodium soy sauce based on your preference. Tamari can be used for a gluten-free alternative.

Brown Sugar: Dark brown sugar adds a richer, molasses-like sweetness and contributes to beautiful caramelization. Light brown sugar or even honey can be substituted.

Garlic & Rosemary: Freshly minced garlic and rosemary are crucial for the best aromatic flavor. If using dried herbs, use about 1 teaspoon of dried rosemary and $\frac{1}{2}$ teaspoon of garlic powder.

Red Pepper Flakes: Adjust the amount of red pepper flakes to your preferred level of heat. Omit entirely for no spice.

Olive Oil: Extra virgin olive oil adds good flavor to the marinade. A neutral oil like vegetable or canola oil can be used for cooking.

Zip-Lock Bag: A re-sealable plastic bag is ideal for marinating as it ensures the steak is fully coated with minimal marinade. A non-reactive bowl covered tightly with plastic wrap also works.

Instructions:

Prepare Aromatics: Take two cloves of garlic and two sprigs of fresh rosemary. Remove the rosemary leaves from the stems and finely mince both the garlic cloves and the rosemary leaves.

Combine Marinade Base: In a medium bowl, combine $\frac{1}{3}$ cup of balsamic vinegar, two tablespoons of soy sauce, $\frac{2}{3}$ cup of dark brown sugar, and two tablespoons of olive oil. Whisk these ingredients together vigorously until the brown sugar is mostly dissolved.

Add Seasonings & Mix: Add the minced rosemary, minced garlic, $\frac{1}{2}$ teaspoon of kosher salt, $\frac{1}{2}$ teaspoon of ground black pepper, and $\frac{1}{3}$ teaspoon of red pepper flakes into the bowl with the soy sauce mixture. Mix everything well to ensure all the spices and herbs are evenly distributed throughout the marinade.

Marinate Steak: Carefully pour the mixture into a zip-lock bag. Place the steak (or steaks) into the bag with the marinade. Press out any excess air from the bag and seal it tightly. Toss the bag gently to ensure the steak is fully coated on all sides with the marinade.

Refrigerate: Place the marinating steak in the refrigerator for at least six hours. For tougher cuts of meat or for an even deeper infusion of flavor, you can marinate it overnight, up to 24 hours.

Prepare for Cooking: Once marinated, take the steak out of the refrigerator. Remove it from the zip-lock bag and pat it thoroughly dry on all sides with paper towels. Discard the leftover marinade. Patting dry is important for achieving a good sear. Keep the steak aside to come closer to room temperature (about 15-20 minutes) before cooking.

Cook Steak: In a skillet (cast iron or heavy-bottomed is ideal), add the remaining 1

tablespoon of olive oil. Heat the skillet over medium-high to high heat until the oil is shimmering and just starting to smoke. Carefully place the marinated steak in the hot skillet. Fry the steak until crispy and cooked to your desired level of doneness. This typically takes 3-5 minutes per side for medium-rare, depending on the thickness of your steak. The high heat will create a beautiful crust and release those amazing flavors.

Rest & Serve: Remove the steak from the skillet and let it rest on a cutting board for 5-10 minutes before slicing. This allows the juices to redistribute, ensuring a tender and juicy result. Slice against the grain and serve hot.

Notes:

Marinating Benefits: Marinating steak isn't just about adding flavor; it also tenderizes the meat by breaking down tough fibers, resulting in a juicier and more delicious final product.

Tougher Cuts: For tougher cuts of meat like flank or skirt steak, extending the marinating time is essential to help break down those connective tissues and make the meat tender.

Versatility: This versatile marinade can also be used with other cuts of meat, such as pork chops, chicken breasts, or even hearty fish like swordfish, for a delicious twist inspired by Gordon Ramsay's approach to flavor.

Tips for Success:

Pat Dry for Sear: After marinating, thoroughly patting the steak dry is crucial. Excess moisture will steam the meat instead of searing it, preventing a good crust.

Hot Skillet: Ensure your skillet is screaming hot before adding the steak. This creates that desirable crispy, flavorful crust.

DIRECTIONS

- 1. Prepare : Aromatics:** Take two cloves of garlic and two sprigs of fresh rosemary. Remove the rosemary leaves from the stems and finely mince both the garlic cloves and the rosemary leaves.
- 2. Combine : Marinade Base:** In a medium bowl, combine 1/3 cup of balsamic vinegar, two tablespoons of soy sauce, 2/3 cup of dark brown sugar, and two tablespoons of olive oil. Whisk these ingredients together vigorously until the brown sugar is mostly dissolved.
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14. **Don't : Crowd the Pan:** Cook steak in batches if necessary. Overcrowding lowers the pan temperature and leads to steaming rather than searing.
15. **Rest : Your Steak:** This is non-negotiable for juicy steak! Letting it rest allows the muscle fibers to relax and reabsorb juices that have been pushed to the center during cooking.
16. **Internal : Temperature:** Use a meat thermometer to ensure your steak is cooked to your desired doneness (e.g., 130-135°F for medium-rare, 135-140°F for medium).
17. **Serving Suggestions and Pairings:** Steak marinated with this Gordon Ramsay Steak Marinade is a showstopper on its own, but it pairs beautifully with classic sides that complement its rich flavor:
 18. Roasted potatoes or creamy mashed potatoes
 19. Steamed or grilled asparagus, broccoli, or green beans
 20. A crisp side salad with a light vinaigrette to cut through the richness
21. **For a complete meal inspired by the : South,** try it with my This Tomato Skillet with Okra and Sausage is My Favorite Quick Dinner Packed with Southern Flavor.
22. **Storage and Leftover Tips:** This marinade is designed for fresh use. Leftover marinated raw steak should not

be stored. Cooked steak can be stored in an airtight container in the refrigerator for up to 3-4 days. To reheat, gently warm in a skillet over low heat or in the microwave to avoid overcooking and drying out the steak. Leftover steak is also fantastic thinly sliced for:

- 23. Steak salads
- 24. Sandwiches or wraps
- 25. Stir-fries

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Balsamic Vinegar: Choose a good quality balsamic vinegar for the best flavor.

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