

The Best Steak Marinade In Existence: A Bold, Savory Game-Changer

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30 min

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INGREDIENTS

Olive Oil (1/2 cup): Provides the fat needed to transfer flavors into the meat and prevents sticking.

Soy Sauce (1/3 cup): The primary salt source that adds deep color and umami.

Lemon Juice (1/4 cup): The acid that helps break down tough muscle fibers.

Worcestershire Sauce (1/4 cup): Adds a complex, fermented depth (sub with extra soy if needed).

Dijon Mustard (1 tbsp): Acts as an emulsifier and adds a subtle tang.

Garlic (1 tbsp): Freshly minced for the best aromatic punch.

Fresh Parsley (2 tbsp): Chopped finely to add a herbaceous finish.

Black Pepper (1 tsp): For a bit of classic heat.

Onion Powder (1 tsp): For a savory, rounded flavor profile.

DIRECTIONS

- 1. Whisk the : Base:** In a medium-sized glass bowl or a large measuring cup, combine the olive oil, soy sauce, lemon juice, and Worcestershire sauce.
- 2. Add : Aromatics:** Whisk in the Dijon mustard, minced garlic, chopped parsley, black pepper, and onion powder until the marinade is well-emulsified.
- 3. Prepare the : Meat:** Place your steaks (works great for Ribeye, NY Strip, Sirloin, or Flank) into a large, heavy-duty resealable plastic bag or a shallow glass dish.
- 4. Marinate:** Pour the marinade over the meat, ensuring every inch is covered. Seal the bag (squeezing out excess air) or cover the dish tightly.
- 5. The : Wait:** Place in the refrigerator for at least 2 hours. For maximum flavor penetration and tenderness, overnight(8-12 hours) is highly recommended.
- 6. Cook:** Remove the steak from the fridge about 30 minutes before cooking to take the chill off. Grill, pan-sear, or broil to your desired internal temperature. Let the meat rest for 5-10 minutes before slicing.

SWAPS & NOTES

The Acid: If you're out of lemons, balsamic vinegar or red wine vinegar works beautifully in a pinch.

Fresh thyme or rosemary are excellent substitutes for a more "earthy" steak.

The Sweetener: While not in the base recipe, a teaspoon of honey or brown sugar can help with caramelization (maillard reaction) on the grill.

Dietary Note: For a gluten-free version, ensure you use Tamari instead of soy sauce and check your Worcestershire label.

TIPS FOR SUCCESS

Don't Over-Marinate: While overnight is great, don't let the steak sit for more than 24 hours, or the acid in the lemon juice may begin to "cook" the meat and turn the texture mushy.

Pat it Dry: For the best sear, remove the steak from the marinade and gently pat the surface with a paper towel before it hits the hot pan or grill.

Temperature Matters: Use a meat thermometer!

For a medium-rare steak, pull it off the heat at 130°F (54°C) .

More recipes: [ChefManiac.com](https://chefmaniac.com)

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