

TENDERISE TOUGH MEAT IN SECONDS



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Try these easy tricks and enjoy more tender meat.

When cooking with tougher and cheaper cuts of meat there are two simple ways to make them tender without having to wait too long. The first is to submerge meat in cooking oil (sunflower or olive oil) before you start cooking. The oil is absorbed and softens the meat. The second method is to add some vinegar while you're cooking and the vinegar will begin to tenderise the meat.