

Meat Marinade Sauce

Learn to make authentic Turkish meat marinade sauce with yogurt, spices, and herbs. Perfect for tenderizing beef, lamb, or chicken in 2-24 hours.

15 min

PREP

15 min

TOTAL

4

SERVINGS

Easy

DIFFICULTY

Meat Marinade Sauce

Ingredients

- 1 tbsp tomato paste
- 3 tbsp sunflower oil
- 1 tbsp plain yogurt
- 2 tsp chili flakes
- 2 tsp black pepper
- 2 clove garlic
- 2 tsp salt
- 0.5 club soda
- 1 sprig rosemary
- 1 sprig fresh oregano
- 0.5 tbsp pepper paste

Instructions

- 1 Prepare the marinade base**

Place 1 tablespoon pepper paste in a large mixing bowl and add 2 tablespoons warm water. Whisk until the paste is completely smooth and no lumps remain.
- 2** Add 3 tablespoons yogurt and 1 tablespoon olive oil to the bowl. Whisk until the mixture is smooth and well combined.
- 3** Add 2 teaspoons salt, 2 teaspoons black pepper, and 2 teaspoons red pepper flakes to the mixture. Whisk until all spices are evenly distributed.
- 4** Peel and mince 2 cloves garlic very finely. Stir the minced garlic into the marinade until well incorporated.
- 5** Strip the leaves from 1 sprig rosemary and 1 sprig thyme, then roughly chop the herbs. Add the chopped herbs and ½ tablespoon baking soda to the marinade and stir until combined.
- 6 Marinate the meat**

Place your meat in the marinade and turn several times to coat all surfaces completely. The marinade should cover the meat entirely.
- 7** Cover the bowl tightly with plastic wrap and refrigerate for at least 2 hours or up to 24 hours. Turn the meat once halfway through the marinating time.

8 Prepare for cooking

Remove the marinated meat from the refrigerator 30 minutes before cooking to bring it to room temperature. Scrape off excess marinade before grilling or pan-searing.

Tips

Use full-fat Greek yogurt for the best texture and flavor - the extra richness helps create a better coating on the meat and prevents the marinade from becoming watery.

Always dissolve pepper paste with a small amount of warm water before mixing to prevent lumps and ensure even distribution throughout the marinade.

Crush garlic with the flat side of your knife and a pinch of salt to create a paste - this releases more flavor compounds than simply mincing.

Remove excess marinade before cooking to prevent burning, but don't rinse the meat as this removes valuable flavors that have penetrated the surface.

For extra tender results, score tougher cuts of meat in a crosshatch pattern before marinating to help the marinade penetrate deeper.

Add the fresh herbs just before marinating rather than mixing them into the base sauce ahead of time to preserve their bright flavors and prevent them from wilting.

Let marinated meat come to room temperature for 30 minutes before cooking to ensure even heat distribution and better searing.