

Marinade Ratios

Kitchen

The components of a marinade, and how long each protein needs.

Oil, acid, aromatics, and time.

Protein	Time	Note
Fish	15–30 min	Acid starts to cook it
Prawns	15–30 min	Same risk
Chicken breast	30 min–2 h	
Chicken thigh	2–12 h	
Pork	2–12 h	
Beef steak	2–24 h	
Tough cuts	12–24 h	Then still braise

Base ratio: 3 parts oil to 1 part acid, plus aromatics and salt. Salt does more tenderising than the acid does.