

Ken's Cowboy Marinade (for Steak or Lamb)

For 2 steaks or 4-6 lamb chops

Ingredients

2 tblsp. Ground coffee

1 tblsp. Creole Seasoning or Cayenne Pepper

1 tblsp. Flour

1 tblsp. Char Seasoning

1 tblsp. Worcestershire Sauce

2 tblsp. Canola Oil

¼ cup red wine

Preparation

Place dry ingredients on platter and mix together. Add oil, wine and Worcestershire and mix further. Prick steak or lamb with fork to tenderize and add to marinade. Flip meat and allow marinade to absorb into meat for at least an hour at room temperature. Cook meat to desired temperature on grill or use grill pan.