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Braai Marinade

30ml Soy sauce
30ml Honey
100ml Dry white wine or white grape vinegar
5ml Worcestershire sauce
5ml Tomato paste
5ml Lemon juice

Blend all the ingredients for marinade, pour over the meat and marinate for about 4 hours. Remove the meat from the marinade and pat dry with paper toweling before grilling, otherwise it will not brown evenly. Grill the meat over medium hot coals or under the oven grill for medium: 7-10 minute in total and for well done: 10-12 minutes in total. Baste frequently with the remaining marinade