



Cooking Your Grass-Fed Beef

Place beef in the refrigerator (if you have time to spare), or submerge the unopened, vacuum-sealed package in a deep bowl of cool water and let sit until thawed (this works quickest). Don't use a microwave to thaw your beef, the edges will cook and become chewy before the center is defrosted. Let the meat come to room temperature before cooking.

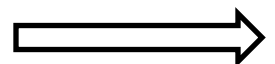
Grass-fed beef is naturally low in fat so use a small amount of oil and/or butter to coat your pan to prevent sticking and drying. Pat the meat dry on both sides, and be sure the pan is hot before adding your beef. A good cast iron pan and real butter are our house choices if you're cooking inside (butter can burn if you're not careful).

When grilling, or cooking on the stovetop- don't leave it alone for long! Grass-fed beef is best enjoyed rare to medium rare, when the tasty juices can be appreciated to their fullest. It is high in protein and low in fat so generally requires less cooking time than you may be used to. Give it a quick sear at a high temperature on both sides, then lower the temperature until it reaches the desired doneness. Overcooking will cause the fibers to firm up and the meat will be tough.

Internal temperature can be measured with a meat thermometer in the thickest part of the beef. Use the one finger touch test for doneness: If it feels soft and leaves an imprint, it is rare. If it is soft but slightly resilient, it is medium-rare. The minute it begins to feel firm, it is overdone.

Rare= 120° Medium rare= 125° Medium= 130° Medium well= 135° Well= 140°

Let it Rest! After cooking, and before enjoying, let the meat rest, uncovered for



5-10 minutes (we know, it's hard). This will allow the tasty juices to redistribute in the meat, and not run out as soon as you cut into it. We also like to rub a pat of butter on the steak while it's cooling... you won't be disappointed. Slice against the grain for tender pieces of goodness.

Premium Steaks like NY Strip, Tenderloin, Ribeye, Delmonico, Porterhouse, and T-bone are best grilled or pan-seared with salt and pepper, or a basic rub, they are very flavorful and tender on their own. **Marinating these types of cuts is not recommended.**

Marinades can be a valuable tool for adding flavor to the cheaper "economy" cuts of beef, making them just as tasty as the more pricey cuts. Steaks like Chuck, London Broil, Eye of the Round, Skirt, Sirloin Flap and Hangar can be marinated for up to 24 hours in the refrigerator. **Use a plastic or glass container, as metal reacts with acids in the marinade and may cause an off flavor.** You can quickly **tenderize these tougher cuts by covering with plastic wrap and pounding a few times with a meat mallet or rolling pin before cooking.**

For premium rare roasts like Top Round, Sirloin, Sirloin-Tip and Prime Rib roasts, sear the beef in a hot pan first to lock in the juices and brown the outside of the meat. Then, roast in the oven at 275-350° until it reaches 120° in the center of the meat. Remove the roast from the oven and let it rest uncovered for 15 - 20 minutes. **Don't discard the juices in the pan, use them to make a sauce or Au Jus. Again... use a meat thermometer and don't overcook your meat.**

For traditional "pot" roasts like Bottom roasts, Briskets, Chuck roasts, Eye of Round roasts or shoulder roasts, just follow your favorite recipe that uses slow/low and moist cooking to add to the tenderness of the meat. Experiment with braising and smoking, 2 methods of slow/low cooking that tenderize meat by "melting" the collagen (connective tissue) and transforming it into a soft, gelatinous and tantalizingly tasty substance. Try brining your own brisket for Corned Beef!