

GRASS-FED BEEF COOKING TIPS

FROM

THISTLES & CLOVER FARM

DANBURY IOWA

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GRASS-FED BEEF IS BEST ENJOYED RARE OR MEDIUM RARE.

THAW YOUR BEEF IN THE REFRIGERATOR (I.E. NOT IN THE MICROWAVE).

BRING YOUR GRASS FED MEAT TO ROOM TEMPERATURE BEFORE COOKING.

GRASS-FED BEEF TENDS TO BE LOW IN FAT, SO MASSAGE STEAKS WITH OLIVE OIL, BACON GREASE OR OTHER FAT BEFORE GRILLING TO PREVENT STICKING.

PRE-HEAT YOUR OVEN, PAN OR GRILL BEFORE COOKING YOUR GRASS-FED BEEF.

WHEN GRILLING, SEAR THE MEAT OVER MEDIUM HEAT ON EACH SIDE TO SEAL IN ITS NATURAL JUICES AND THEN REDUCE THE HEAT TO MEDIUM-LOW OR LOW TO FINISH THE COOKING PROCESS.

USE TONGS TO TURN YOUR BEEF SO THAT JUICES ARE NOT LOST.

GRASS-FED BEEF USUALLY REQUIRES 30% LESS COOKING TIME THAN GRAIN-FED BEEF AND WILL CONTINUE TO COOK WHEN REMOVED FROM HEAT. FOR THIS REASON, REMOVE THE BEEF FROM YOUR HEAT SOURCE 10 DEGREES BEFORE IT REACHES THE DESIRED TEMPERATURE.

A MEAT THERMOMETER MAY HELP YOU GET ACCUSTOMED TO THE AMOUNT OF TIME IT TAKES TO COOK GRASS-FED BEEF. BEEF IS RARE AT 140 DEGREES, MEDIUM AT 160 DEGREES AND WELL-DONE AT 170 DEGREES. THIS IS ESPECIALLY IMPORTANT WHEN IT COMES TO STEAKS AS A GRASS-FED BEEF STEAK CAN GO FROM PERFECTLY COOKED TO OVERCOOKED IN LESS THAN A MINUTE.

WHEN ROASTING, SEAR THE BEEF FIRST TO LOCK IN THE JUICES AND THEN PLACE IN A PRE-HEATED OVEN.