

Cooking Grass-Fed Meat

Don't overcook your meat!

Your biggest culprit when preparing grass-fed meat is overcooking due to its lower fat content than conventional meat. Most undesirable grass-fed meat experiences are due to improper cooking methods. This meat is best for rare to medium cooking. If you like well-done meat, then cook your grass fed beef meat at a very low temperature in a sauce or liquid to add moisture; we suggest using a crock pot.

Reduce the temperature

Reduce the temperature of standard (grain fed) beef recipes by 50 degrees. The cooking time for grass-fed meat will be 30% - 50% less than standard (grain fed) meat, even at the lower temperature. Until you gain experience, use a digital meat thermometer (120-145 degrees for rare-medium) and don't overcook. The meat will continue to cook when removed from heat. Since the meat cooks quickly, it can progress from perfectly cooked to over cooked in less than a minute.

Thaw completely before cooking

For best results, thaw your meat in the refrigerator or if it is important to thaw more quickly, place the sealed package in warm water.

Use olive oil, tenderizer, or marinate for enhanced flavor and moisture

Grass-fed meat is low in fat. In fact grass-fed beef has only 1/4th the fat as grain-fed and bison is even lower. Coating the meat with olive oil will add to the flavor and moisture and also prevent sticking. Meat tenderized with a mechanical puncturing tool (you can find these in stores) accepts marinade more generously and takes a shorter time to cook. If you do not use a meat tenderizer, marinate your meat, especially the lean cuts.

... Or rub it

You can also coat your thawed steak with your favorite seasoned rub (see a cookbook to make your own or purchase at grocery store). Place the meat on a solid surface, cover with plastic and firmly pound your steak a few times to break down the connective tissue. As an added benefit your favorite rub will be pushed into your grass fed meat.

Grilling is fine

Stove top cooking steaks, while a bit risky, is sometimes preferable to grilling because you can control the heat more accurately. However, if the steaks are thick, that helps protect them from overcooking and also allows you to grill them with greater success. The heat on a grill is correct when you can hold your hand next to the meat on the grill for 3 seconds. Baste to add moisture throughout the grilling process. Use a digital meat thermometer to closely monitor your meat while cooking.

Try this: Sear ... then roast

One of our favorite steak preparation methods, also used by many chefs, is to sear a steak or chop quickly over a high heat on each side (two-four minutes per side) to seal in its natural juices and then place in a pre-heated 400 degree oven to finish the cooking process (about 4-6 minutes). Preheat the oven or pan or skillet you plan to cook in starting at a low temperature and slowly raising the temperature.

When roasting, sear the meat first to lock in the juices and then place in a pre-heated oven. Use moisture from sauces to add to the tenderness when cooking your roast.

Cut across the grain

When you cut the meat, cut across the grain as this will improve texture because you are cutting the fibers in the meat into shorter segments.

Ground Meat

Using ground meat is easy. Grilling works fine as above. Ground meat is great when used to make meat balls or when added to sauces (spaghetti sauce for example). It is seldom or never necessary to prebrown ground meat when added to sauces. Just crumble it into the tomato base and when the sauce is hot the meat is cooked.

Let it rest before eating

Let your grass-fed meat sit in a warm place for about ten minutes before enjoying.