

Cooking Grass Fed Meat

Grass fed meat has the fat content of skinless chicken. It is low in unhealthy fat and is high in heart friendly essential fatty acids, Vitamin E and cancer fighting conjugated linoleic acid.

Cooking lean meat too fast produces tough meat as it destroys the structure of the proteins.

Lean meat must be cooked slowly – Don't overcook!

Roasts usually cooked at 325° F/160° C should be cooked at 275° F/135° C.

Grass-fed meat continues to cook when removed from heat, therefore, it requires 30% less cooking time.

Grass-fed meat is low in fat it should be coated with a light oil, such as olive oil, to promote browning, enhance the flavour, and prevent drying and sticking.

For some cuts, a **mechanical** meat tenderizer such as the Jaccard Meat Tenderizer can be used. Less than \$20 on Amazon.

Fire or heat must be consistent, but not hot enough to burn or scorch the meat.

Fat should **not** be removed prior to cooking.

Thaw the meat in a fridge, never use a microwave.