

Grass Fed Beef Cooking Tips by the Cut

1. Thaw completely. This is best done in the refrigerator. Covered. Do not thaw using a microwave.
2. Bring beef to an even temperature throughout prior to cooking. Room temperature is best but keep the meat covered.
3. Always pre-heat your oven, pan or grill before cooking grass-fed beef.
4. 30% less cooking time is typical because of our higher protein levels and lower fat content.
5. If using an oven, lower the oven temperature by 50°F when using your recipes.
6. Grass-fed steaks are most succulent when eaten rare to medium-rare.
7. Use an instant-read thermometer.
8. Grass-fed meat continues to cook even after it has been removed from the heat.
9. Finished temperatures of 125° F – Rare (Best); 130° F – Medium Rare (OK); 135° F – Medium.
10. Keep it tender and juicy. Lightly coat the cuts with extra virgin olive oil then season.
11. Cook it “low and slow.” Cook over lower heat retains moisture.
12. Let it rest for 6-10 minutes allows the precious juices to be redistributed within the relaxing meat.

NOTE: The meat should always be juicy with a pink center when served. The red liquid that should still be present inside the steak or roast (and on the serving plate) is not blood. It is myoglobin in water a protein constituent of healthy red meat.

Choose the right method for the appropriate cut

Use the right cooking method for the cut of meat that you are cooking. It can be so disappointing to anticipate a wonderful grass fed beef meal and then have the meat turn out to be tough and chewy.

The different cuts lend themselves to different forms of cooking. The cooking method makes a huge difference in how your meals turn out.

Grilling a Steak

The fat in grass fed beef has a much different consistency than the fat in commercial, grain fed beef. It melts at a lower temperature.

Until you gain experience, you will be surprised that the steaks are done before you expect.

1. Grill grass fed beef at lower heat.
2. Grilled more slowly and carefully than you would steaks from grain fed beef.
3. If you like to quick – sear the outside of the steaks to seal in the juices, you can still do this, but just do not sear at too high a temperature.
4. Low and slow. Do not grill any higher than slightly past medium.

Watch the steaks closely; you do not want to overcook them. However, when done, the slow cooked steaks also have the grill marks, for great presentation, they just are not seared.

Grilling Cuts

Not all steaks are suited to go straight onto the grill. Most cuts of steak are better

marinated. Some require marinate or tenderizing.

The tenderest steaks for grilling include:

1. Filet Mignon
2. T-Bone
3. New York Strip
4. Rib Eye or Rib Steak
5. Sirloin

Steaks that definitely should be marinated before grilling:

1. Round Steak
2. Cube Steak
3. Chuck Steak
4. Sirloin Tip Steak
5. Sirloin Steaks

Braising or better yet crock pot

This is the best way to cook the tougher cuts

Braising is simply cooking on low heat with added liquid for at least 4 – 6 hours, in a covered container. Sometimes referred to it as slow cooked. It is the most convenient way to cook. If you cook low and slow enough, you can make any cut fall-off-the-bone, fork-tender. Braising (crock potting) works with everything from roasts, to ribs, to organ meats. You may want to brown the outside first by placing it on the grill or on a pan for a few minutes on each side.

The other benefit of braising is you end up with a fabulous Au Jus, or stock that can be made into gravy, served as Au Jus, or saved as stock for later. You can also get Au Jus from dry roasting, but you get less of it, and it is much more concentrated, whereas the Au Jus from braising tastes wonderful and goes a long way.

Any time you cook in a **crock pot**, you are basically braising. We all know how easy it is to throw something in the crock pot in the morning and come home to a hearty, wholesome meal, whether it is a plain roast or stew.

The best cuts for braising include

1. Chuck Roast
2. Shoulder Roast
3. Rump Roast
4. Brisket
5. Short Ribs
6. Tongue
7. Heart

Cooking ground beef

Since ground beef (hamburger) is already ground up, tenderness is not an issue. You should cook hamburgers, or ground beef dishes at a little lower temperature and for a shorter time than you would with grain fed beef. Overcooked hamburger will dry out and lose flavor. Quality Meats prepares our grass-fed ground meat in a 90/10, 93/7 range. That is quite lean. Do not overcook.

Pan frying

Good for tough steaks but suitable for even the best steaks. If you do not have a grill,

take heart, you can still enjoy premium steaks, and sometimes they are better pan-fried, than grilled.

Pan fry in olive oil, it helps keep the steak moist and seems to improve tenderness.

Tenderize round steak/cube steak with a tenderizing hammer, then lightly flour, dip it in egg, and fry in olive oil, grape seed oil, or almond oil.

Pan frying is the only way to cook liver with plenty of onions and bacon in the frying pan can go a long way towards disguising the liver.

Dry Roasting (This may be tricky. Do not do it unless you are experienced and good.)

Dry roasting involves cooking at a higher temperature, with little or no liquid. With grass fed beef, you will want to cook at a lower temperature. Cover the roaster to keep the meat moist. If the meat dries out, you will be unhappy. The best cuts for dry roasting are the more tender cuts of roasts such as:

1. Whole Tenderloin
2. Standing Rib Roast
3. Sirloin Tip Roast
4. Rump Roast
5. Round Roast

These roasts may have enough marbling and or moisture to withstand the higher heat and no additional liquid. But this is risky.

Best regards. Tom