

Some Quick tips on cooking your grass-fed meat

1. The main reason for tough grass-fed meat is overcooking. The meat usually will require 30% less cooking time and will continue to cook when removed from heat. This meat is intended for rare to medium-rare cooking. If you like well-done meat, then cook grass-fed meat at very low temperatures in a sauce to add moisture. When grilling, sear the meat quickly over a high heat on each side to seal in its natural juices and then reduce the heat to a medium or low to finish the cooking process.
2. Since grass-fed meat is extremely low in fat, coat with virgin olive oil, truffle oil or a favorite light oil for flavor enhancement and easy browning. The oil will also prevent drying and sticking.
3. Stove top cooking is great for any type of steak... including grass-fed steak! You have more control over the temperature than on the grill. You can use butter in the final minutes when the heat is low to carry the taste of fresh garlic through the meat as steak chefs do.
4. If roasting, reduce the temperature of your grain-fed meat recipes by 50 degrees. This usually means around 275 degrees for roasting, or at the lowest heat setting in a crock pot. The cooking time will still be the same or slightly shorter, even at the lower temperature. Again, watch your meat thermometer and don't overcook your meat. Use moisture from sauces to add to the tenderness when cooking your roast.
5. Never use a microwave. Thaw in the refrigerator for 24-48 hours. Then marinate for another 24+ hours. The marinade is not essential but is worth the effort. Marinades can be very simple. I started with Italian dressing. Some like beer. Some like fruit juice. Chefs often recommend that you let the meat come to room temperature prior to cooking and then after cooking allow the meat to sit (covered) for 5-10 minutes prior to serving. This is a simple, no cost tip that adds tremendously to the taste and texture of your meat.
6. Also, baste to add moisture throughout the grilling process. Don't forget grass-fed meat requires 30% less cooking time so don't leave your steaks unattended.
7. When roasting, sear the meat to lock in the juices and then place it in a pre-heated oven. Save your leftovers... roasted grass-fed meat slices make good, healthy, luncheon meats instead of processed "lunch-meats".
8. 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 if ever 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. The same is true when making meatballs which by the way are a great hit for parties.

