

COOKING TIPS FOR YOUR ALL NATURAL GRASS-FED BEEF

A little extra care in the kitchen will ensure that you enjoy every bit of the rich flavor and natural goodness of high-quality, Grass Fed Beef. Be sure and follow these tips to ensure the best results when cooking your Grass Fed Beef.

1. The biggest culprit for tough Grass Fed Beef is overcooking. This beef is made for rare to medium-rare cooking. If you like well done beef, cook your Grass Fed Beef at very low temperatures in a sauce to add moisture.
2. Grass Fed Beef cooks as much as 30% faster and at a lower temperature than grain fed beef. There is less fat on Grass Fed Beef and it melts at a lower temperature than grain fed beef.
3. Be sure to keep a close eye on your steaks the first few times you cook them. Even the tenderest cut of meat may become dry and tough if over-cooked! Do not use a fork to turn your beef as precious juices can be lost. Be sure to use tongs. Remember to pre-heat your grill before cooking.
4. Reduce the temperature of your grain fed beef recipes by 50 degrees, i.e. 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. Thaw your Grass Fed Beef in the refrigerator from 12-24 hours. Do not use a microwave as it can cause tough spots. Once thawed, bring your Grass Fed Beef to room temperature before cooking.