

# Arbuckle Cattle Co.

## Cooking Guide & Tips for Grass-Fed & Finished Beef

Grass-fed and finished beef is leaner, more flavorful, and naturally healthier than conventional beef. Its unique qualities require slightly different cooking methods to maximize taste and tenderness.

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### Key Differences to Know

- **Leaner Meat:** Less marbling than grain-fed beef. Cooks faster and can dry out if overcooked.
  - **Rich Flavor:** Strong, beefy taste that pairs well with simple seasonings.
  - **Quick Cooking:** Ideal for medium-rare to medium doneness; slow-cooking works best for tougher cuts.
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### Cooking Methods

#### 1. Pan-Seared Steaks

- **Best Cuts:** Ribeye, Strip, Sirloin, Filet
- **Tips:**
  - Bring to **room temperature** before cooking.
  - Season simply with **salt & pepper**.
  - Heat a skillet over **high heat** with a small amount of oil.
  - **Cook 2–4 min per side** (depending on thickness) for medium-rare.
  - Rest 5–10 min before slicing.

#### 2. Grilling

- **Best Cuts:** T-bone, Ribeye, Flank, Skirt
- **Tips:**
  - Preheat grill to **high heat**.
  - Oil the grates to prevent sticking.
  - Flip only **once** for perfect sear.
  - Avoid overcooking; aim for **medium-rare to medium**.

#### 3. Roasting

- **Best Cuts:** Tenderloin, Round, Chuck (slow roast)
- **Tips:**
  - Use a **meat thermometer**: 125°F–130°F for rare, 135°F–140°F for medium.
  - Tent with foil and **let rest 10–15 min** for juices to redistribute.
  - For tougher cuts, **slow roast** at low heat (250°F) for 3–6 hours.

## 4. Braising / Slow Cooking

- **Best Cuts:** Chuck, Brisket, Short Ribs, Shank
  - **Tips:**
    - Brown meat first to enhance flavor.
    - Add **liquid** (broth, wine, or tomato sauce).
    - Cook **low & slow** for tender results.
    - Grass-fed beef may cook **slightly faster** than grain-fed; check tenderness early.
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## Cooking Tips

1. **Don't overcook:** Lean beef dries out quickly. Medium-rare is ideal for steaks.
  2. **Rest meat:** Always rest after cooking to lock in juices.
  3. **Use high heat for searing:** A quick sear locks in flavor.
  4. **Season simply:** Let the natural beef flavor shine—salt, pepper, garlic, and herbs work perfectly.
  5. **Slice against the grain:** Especially for tougher cuts like flank or skirt steak.
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## Serving Suggestions

- Pair with roasted vegetables or fresh salads.
- Use in hearty stews, stir-fries, or tacos for a quick flavor boost.
- Enjoy the natural flavor—grass-fed beef shines with minimal sauces.