

Thank you for buying our Beef!

Grass fed beef is lower in fat than grain fed beef, needs on average 30% less cooking time than grain fed beef and runs the risk of drying out or becoming overcooked much quicker than grain-fed beef. Grass fed beef gets its delicious taste from its juices, not its fat. It loses its taste when you overcook it.

Here are some cooking tips:

1. There is not much fat in grass-fed beef: **grease your pan or grill** with some (olive) **oil** or cooking spray before cooking.
2. Sear fast, at high heat. **Pre-heat** your surface **very well**. It will close your meet on the outside, and lock the juices in.
3. **After searing, cook at lower temperatures** than you would do with grain fed beef – on average 50 F less when roasting in the oven.
4. Doneness is not defined by the color of the meat inside (**should always be red**), but by the temperature inside (should be 160 F), which can be reached on a **low heat setting**, removing the beef from the heat when the **core temperature reaches** around **140 F** and tenting it loosely with foil to let it rest. While resting the temperature will rise another 5 to 10 degrees. ("carryover cooking.")
5. To check the temperature, insert a meat thermometer into the thickest part of the steak, away from any bones.
6. Keep the meat **moist**, do not poke holes, do not overcook.

Feel free to reach out with any questions: [info@schakerfarm.com](mailto:info@schakerfarm.com)

Enjoy!



SCHAKER LLC  
738 Mount Anthony  
Road  
North Pownal, VT 05260

802 823 4025  
[info@schakerfarm.com](mailto:info@schakerfarm.com)  
[www.schakerfarm.com](http://www.schakerfarm.com)  
USDA Premise ID  
No. 00L13MA

Beef Cattle  
BQA Certified  
AGA Compliant  
Non Certified Organic  
Grass Fed,  
Pasture Based  
Regenerative  
Agricultural Practices  
Sequestering Carbon,  
Conserving Water