

TIPS FOR COOKING OUR GRASS FED BEEF



1. Defrost our frozen beef in the refrigerator for at least 12 hours.
2. Let the beef warm to room temperature before cooking.
3. The biggest culprit in cooking grass fed Beef is overcooking. Overcooking the meat will make it dry. Meat should be cooked to a temperature of 120° F for rare or 140° F for medium. Many chefs who prefer grass-fed beef don't think grass-fed beef should be cooked to well done at 170° F.
4. Since grass-fed beef has higher protein and lower fat levels than grain-fed beef, the beef will usually require 30% less cooking time and will continue to cook when removed from the heat. You can also coat the beef with virgin olive oil, truffle oil or a favorite light oil for flavor enhancement and easy browning.
5. Remove the beef from your heat source 10 degrees before it reaches the desired temperature, it will continue to cook when removed from its heat source.
6. Let the beef sit covered and in a warm place for 8 to 10 minutes after removing from heat to let the juices redistribute.
7. Always pre-heat your oven, pan or grill before cooking grass fed beef.
8. Never use a fork to turn your precious beef because precious juices will be lost . Always use tongs.