

Tips for Cooking Grass Fed Beef

Your 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, then cook your grass fed beef at very low temperatures in a sauce to add moisture.

Since grass fed beef is extremely low in fat, coat with virgin olive oil, truffle oil or favorite light oil. The oil will also prevent drying and sticking and create a nicely browned crust.

We highly recommend a tenderizer for lean cuts like NY Strip and Sirloin Steak. Choose a recipe that doesn't mask the delicate flavor of grass fed beef but enhances the moisture content. A favorite marinade using lemon, vinegar, wine, beer or bourbon is a great choice. Some people use their favorite Italian salad dressing. If you choose to use bourbon, beer or vinegar, **use slightly less than you would use for grain fed beef**. Grass fed beef cooks quicker so the liquor or vinegar won't have as much time to cook off. For safe handling, always marinate defrosted meat in the refrigerator and discard the marinade once the meat has been removed.

If you do not have time to marinate and don't have a tenderizer, just coat your thawed steak with your favorite rub, place on a solid surface, cover with plastic and pound your steak a few times to break down the connective tissue. As an added benefit your favorite rub will be pushed into your grass fed beef. Don't go overboard and flatten your beef unless your recipe calls for it. If you don't have a meat mallet, use a rolling pin or whatever you feel is safe and convenient.

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 through the meat just like steak chefs.

Bring meat to room temperature before cooking or marinating. Remove steaks from the refrigerator 1 hour before cooking. Never use a microwave to thaw your grass fed beef. Thaw the beef in the refrigerator or for quick thawing place the sealed package in a pot of cold water changing the water every 30 minutes until thawed.

Remove excess surface moisture around your beef before cooking. Pat meat dry with kitchen toweling as damp meat will not brown properly.

Salt meat just before it hits the heat. Salting too early will draw out moisture to the surface, leaving the beef dry and tough.

Always pre-heat your oven, pan or grill before cooking grass fed beef.

Reduce the temperature of your grain fed beef recipes by **50 degrees** or at the lowest heat setting in a crock pot. The cooking time will shorter even at the lower temperature. Watch your meat thermometer and don't overcook your meat. Keep in mind that the internal cooking temperatures continue to rise 5 to 10 degrees due to residual cooking as the meat rests. Use moisture from sauces to add to the tenderness when cooking your roast.

Grass fed beef has high protein and low fat levels, the beef will usually require 30% less cooking time and will continue to cook when removed from heat. For this reason, **remove the beef from your heat source 10 degrees before it reaches the desired temperature**. Use a thermometer to test for doneness and watch the thermometer carefully. Since grass fed beef cooks so quickly, your beef can go from perfectly cooked to over cooked in less than a minute. Let the beef sit covered and in a warm place for 8 to 10 minutes after removing from heat to let the natural juices redistribute.

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. Also, baste to add moisture throughout the grilling process. Don't forget **grass fed beef requires 30% less cooking time** so watch your thermometer and don't leave your steaks unattended.

When roasting, sear the beef first to lock in the juices and then place in a pre-heated oven.

Use tongs or a spatula to turn meat instead of a fork to avoid piercing the seared crust and allowing precious juices to escape

When preparing hamburgers on the grill, use caramelized onions, olives or roasted peppers to add low fat moisture to the meat while cooking. We add zero fat to our burgers (they are 85% to 90% lean), so some moisture is needed to compensate for the lack of fat. Make sure you do not overcook your burgers as 30% less cooking time is required.

Source: AmericanGrassFeedBeef.com