

TIPS FOR COOKING GRASS-FINISHED BEEF

There are 2 basic ways to cook beef:

- **Moist Heat Methods**

All of your favorite recipes using slow, moist cooking are appropriate including roasting with liquid (braising or pot roasting,) simmering in a liquid or sauce, and grilling or broiling a marinated cut. Use our roasts for outstanding stews and pot roasts. See [Recipes](#) for a few of our favorite recipes.

Fork-tender, delicious moist heat cooking successfully combines the right temperature and time. High heat, moderate duration (350° F for about 3 hours/4 pound roast) or low heat, long duration (225° F for up to 8 hours, i.e., crock pot cooking) accomplishes the same goal. That is the breakdown of sinew, fat and collagen to yield tender, moist, deep, rich flavor without the fat.

- **Dry Heat Methods**

Lean, grass-finished beef has less inter-muscular fat and so benefits from a little more attention during the cooking process. The goal is to keep natural meat juices from cooking away. Naturally tender loin (rib eye, strip and tenderloin) cuts are most suitable for dry roasting, broiling, grilling and stir-frying.

Our beef is very tender due to our finishing methods and dry aging. Because it is lean, it **will cook faster** (30% less cooking time) so is easily overcooked. Sear the beef to lock in juices and flavor and, generally, cook to no more than medium.

A favorite method for fixing steaks at our house is to season a steak (Anne and I find one steak is enough for the two of us) with coarse sea salt and fresh-ground black pepper, sear it in an iron skillet for 2 – 3 minutes a side, and then roast it uncovered in a 350° oven to desired degree of doneness, turning once during the cooking. It takes about 20 minutes to get the steak medium well, which is how Anne takes hers. Ben prefers his steak medium rare, which generally takes less than 10 minutes.

IN SHORT:

- ✓ Do not overcook. Cook steaks to no more than medium. Grass-finished steaks have a different texture and flavor at medium, or add marinade and cook as carefully as possible. Try the pan-seared, oven-roasted method for steaks described above.
- ✓ Rest the meat loosely covered to allow moisture to redistribute (5 minutes, or longer for a large roast.)
- ✓ Use tongs—avoid piercing the beef during preparation.

- ✓ Defrost meat 12-24 hours in your refrigerator to allow ice crystals to thaw gradually and be re-absorbed into the meat. If you are in a hurry, place the meat in a large bowl of cool water.
- ✓ Microwaving changes texture and flavor. It causes tough spots and reduces moisture. While the microwave can be used to begin thawing meat that will be cooked using a moist cooking method, you will get better results with gradual thawing.
- ✓ Cooking frozen or partially frozen beef causes it to be dry and to cook unevenly. If you will be using a moist cooking method, it is possible to begin the cooking process before the roast is completely thawed, although you will get better results if you wait until the beef is completely thawed before beginning to cook it.