

HERE ARE SOME COOKING TIPS FOR GRASS FED BEEF

1. Grass fed beef is leaner and should be cooked rare to medium rare you. If you prefer beef well done, cook on very low heat and add a sauce to add moisture.
2. Grass-fed beef is very low in fat content, so coat with virgin olive oil, or a favorite light oil to enhance flavor and prevent drying and sticking. With burgers, I top with a mine green chili for additional flavor
3. Marinating your beef before cooking, (especially lean cuts) is recommended. Use a mild marinade such as lemon, vinegar, wine, beer or bourbon so it with add moisture without changing the flavor of the grass-fed beef. Grass-fed beef cooks quicker so watch your meat carefully.
4. Stove top cooking is great for any type of steak. You have more control over the temperature than on the grill. In the final cooking stage, you can add a little butter and garlic to enhance the flavor.
5. Grass fed beef is high in protein and low in fat and requires 30% less cooking time. Use a thermometer to test for doneness and watch carefully.
6. Use tongs to turn your meat to prevent juices from draining out.
7. When roasting, reduce your temperature by 50 degrees in the oven and use lowest heat setting in the crock pot. Use sauces for moisture and tenderness.
8. Bring your grass fed meat to room temperature before cooking--do not cook directly from the refrigerator.
9. Always pre-heat your oven, pan or grill before cooking. When grilling, sear meat quickly over high heat on each side to seal in natural Juices, then, reduce heat to medium or low to finish cooking. Baste to add moisture.
10. Remember not to overcook. Don't microwave. Don't cook frozen or partially frozen meat. Thaw in your refrigerator not in the microwave. And bring to room temperature before cooking.

ENJOY THE GREAT FLAVOR OF YOUR GRASS FED BEEF