



Tips for Cooking 100% Grass Fed Beef

- **Don't overcook it!** Grass-fed beef can become tough when overcooked and is ideal for rare to medium-rare cooking.
- **Grass-fed beef is high in protein and low in fat, so it will require 30% less cooking time and will continue to cook when removed from heat.**
- **Bring your grass-fed meat to room temperature before cooking.** Do not cook it cold straight from the refrigerator. Always pre-heat your oven, pan or grill.
- **Own and use a digital meat thermometer.** Test for doneness frequently. Your grass-fed beef can turn from perfectly cooked to overdone quickly.
- **When grilling, sear the meat quickly to seal in natural juices** and then reduce it to low or medium to finish the cooking process. Steaks and burgers should be removed when desired temperature is reached. **120 to 130 degrees is ideal, with 125 degrees being medium.** Let the beef sit covered for 3-5 minutes after removing from the heat before serving.
- **It takes 30% less cooking time for burgers too!** Because grass-fed beef is so lean, you will have little shrinkage when making hamburgers. Stove-top cooking is a good option for cooking grass fed beef because you have control over the temperature.
- **Use tongs to turn your meat.** Never use a fork to turn your beef, never flatten your burgers while cooking. Precious juices will be lost.
- **Never use a microwave to thaw or re-heat your grass-fed beef.** Either thaw you beef in the refrigerator or under cold running water while still vacuum-sealed.
- **Some cuts of beef do best cooked with moisture, (chuck roast, brisket, short ribs, stew meat). Use a crockpot on low, or if using a dutch oven, set your oven as low as possible. Total time may be less then you'd normally expect.**
- **Other cuts of beef do best with dry heat (sirloin tip roast, rolled roast, round roast). Set you oven to 170 degrees and figure 30-40 minutes per pound. Check internal temperature! Done is 120-140 degrees. Roasts are best on the rare side, sliced thin across the grain. Yum!!!!**

Our Favorite Cookbooks:

Shannon Hayes' cookbooks: "The Grassfed Gourmet" & "A Long Way On a Little"

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