

OLD SALT
CO|OP

BEEF RECIPE E-BOOK



Featuring Old Salt Co-op beef from producer partners
Available for purchase at www.oldsaltco-op.com

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Cattle are synonymous with the history of our beautiful Montana landscapes, though not always favorably. As a part of our core mission, Old Salt aims to enhance the landscapes its customers know and care about. Our founding producer partners consistently prioritize positive ecological outcomes through a wealth of land stewardship experience. As a result, the beef we grow, cook, and celebrate is incredibly nutrient dense and an accurate representation of what the land can offer in mutual support.

In this beef e-book, we share four easy-to-repeat recipes and highlight different aspects of this iconic species. Some of the great ranchers in our program also weigh in with personal memories that influence how they think and feel about the pursuit of a multi-generational legacy.

BIRTH

The gestation period for a female is 9 months, and unlike other species, the birth of twins is generally discouraged because a single calf needs the majority of its mother's energy and attention. Breeding practices vary, but our ranchers tend to time the cycles as the seasons support. This can mean their bottom line selling into the conventional market is compromised, but as a result they can run a more natural program in consideration of the animals.

GRAZING

There are numerous factors that go into how grazing is managed. Lush valley bottoms can use light-weight electrical fencing solutions to create distinctive pathways for short, concentrated impacts followed by a lengthy rest period. Steep mountain pasture mixed with forest requires a different approach. In all cases, our ranchers use animal impacts as a tool for pursuing the balance between grazing and rest.

NAMES

Cattle refers to the entire species. A bull is a fully intact male and a cow is a female that's given birth at least once. A heifer is a first time mother and if not added to a cow/calf herd, will likely become a part of the meat program. A steer is a male that has been castrated young while a calf is the newborn male or female, becoming a yearling after the first twelve months of life.

BEEF FACTS

There are seven stages in cattle production. Breeding is an important first foundation, followed by cow/calf and backgrounding (weaning). Once the calves are weaned, they become stockers and will grow vigorously until entering the finishing stage. Meat processing and sales/distribution then becomes the lynchpin for feeding our families and communities.

SEASONS

The seasons in Montana are relentless, particularly in the winter when extra energy support is often required. Through selective breeding, the herds become well adapted to surviving in even the harshest conditions. Some of our ranches have become pioneers in winter grazing methods.



BUTTER BASTED STRIP STEAK

WITH MUSHROOMS AND POTATOES

FEEDS
3 - 4

TIME
40 MIN

DIFFICULTY
MEDIUM

METHOD
PAN SEAR

INGREDIENTS

2 beef strip steaks
(around .75 lb each)

3 T avocado oil

8 T butter

1 sprig rosemary

2 sprigs thyme

4 garlic cloves, crushed

Salt/pepper for seasoning

1 pound fingerling potatoes
(or any other small variety)

1 pound mixed mushrooms
(oysters, shitakes, etc)

2 T butter

Salt/pepper for seasoning

Olive oil for finishing

TIPS FOR SEARING STEAKS

If you have the time, it is worth the extra effort to follow these steps when preparing to cook a steak:

- Season meat 24-48 hours ahead of time by salting all sides liberally; the salt will first pull moisture from the meat, but then through reverse osmosis reabsorb back into the steak, improving the flavor and tenderness
- Hold the steaks on a tray with a rack in the fridge after pre-seasoning; this allows extra moisture to evaporate and will result in a better golden brown crust because water turns to steam when hitting the heat and can prevent the browning process
- Pull the meat from the fridge 1-2 hours before cooking so the steaks are closer to room temperature before searing; this will result in more even

BUTTER BASTED STRIP STEAK

WITH MUSHROOMS AND POTATOES



STEPS

1. Follow the recommended steps above when preparing the steaks, or skip that part and season the steaks right before cooking.
2. Pull the steaks from the fridge and let them rest at room temperature 1-2 hours before searing. While the steaks are resting, add your potatoes to a pot of salted cold water and bring to a boil. Turn heat down to a simmer and cook potatoes until they are fork tender (easily pierced with a fork). Prepare all the other ingredients while the potatoes are cooking. Once potatoes are fork tender, drain water and allow them to cool to room temperature.
3. Pat the steaks dry if there is any excess moisture and carefully score the fat cap on each steak with a knife. Don't slice into the meat as we are just trying to allow the heat to penetrate more surface area of the fat. This is a great technique for any piece of meat with a decent fat cap.
4. Heat a heavy bottomed pan over medium-high heat until just smoking. Add the 3 T avocado oil (or preferred cooking fat) and place both steaks into the hot pan fat cap side down. If your steaks aren't thick enough to sear on the fat cap, skip this part. After a couple of minutes on the fat cap, place the steaks on one side of the meat and allow to sear for a few minutes until golden brown.
5. Flip the steaks to the other side and add the 8T butter, herb sprigs, and crushed garlic cloves to the pan. Once the butter melts, tilt the pan slightly and begin spooning the melted butter over top of the steaks. Do this constantly, taking short breaks if you need a quick rest from tilting the pan.

BUTTER BASTED STRIP STEAK

WITH MUSHROOMS AND POTATOES



STEPS

6. After a few minutes of basting the steak with the butter, check for doneness. We're wanting an internal temperature of around 125 degrees for medium rare. If you have thicker steaks, you may need to finish them in a 350 degree oven until they reach temperature. Remove the steaks from the pan and place the herbs and garlic over top as they rest, leaving any melted butter in the pan for next steps.
7. Take each of the cooked, fork tender potatoes and smash them about half way down with a pan or spatula (or your hand). Add the potatoes to the pan over medium heat with the leftover butter and juices. Cook for a couple minutes and flip to the other side until the potatoes are nicely colored and hot all the way through. Remove the potatoes and reserve any butter in the pan. Do this in two batches if necessary so as not to overcrowd the pan.
8. Over medium heat again, add the mushrooms in an even layer to the pan. If the pan seems dry, add the 2T butter or more cooking fat of choice to help brown. Stir occasionally, letting the mushrooms cook in an even layer for several minutes. Once the mushrooms are cooked through and browned, season with salt and pepper to taste. Do this in two batches if necessary so as not to overcrowd the pan.
9. To finish, slice the rested steaks into roughly 1/2 inch pieces and serve alongside the herbs and garlic for presentation. Place the smashed potatoes and mushrooms on another plate and drizzle with olive oil to finish.

A man with a beard and mustache, wearing a grey baseball cap with a bull logo and sunglasses on top, a brown zip-up jacket, and blue jeans, stands in a field of tall grass. He is smiling and looking to his left. The background is a soft-focus landscape with trees and a body of water.

“

My grandfather and grandmother started our family ranch. I spent a lot of time with them and my parents to help make it all work. My grandmother in particular always made special efforts to show us kids little details. If a bird occasionally flew into a window and she wasn't able to aid in its recovery, she would put it in the freezer and save it until we had a chance to admire it. She instilled in me at a very young age a kind of amazement and wonder for the animals and natural world. That really rubbed off on me.

ANDREW ANDERSON, J BAR L RANCH

OLD SALT CO-OP BOARD MEMBER AND FOUNDING PARTNER



CHEESEBURGER CASSEROLE WITH EGG NOODLES

FEEDS
3 - 4

TIME
40 MIN

DIFFICULTY
EASY

METHOD
OVEN

INGREDIENTS

1 lb ground beef
4 T butter
1 small white onion, thin slice
1 C pickles, rough chop
8 oz shredded cheese
(we used cheddar/jack)
1 lb egg noodles
1.5 C burger sauce
Salt/pepper for seasoning

For the burger sauce:

2/3 C mayo
2/3 C ketchup
2 T mustard
2 T hot sauce

TIPS FOR CASSEROLES

Casserole dishes can evoke a love or hate response depending on your childhood experience, but there's no denying that they're a great way to use a variety of ingredients in the pantry. The possibilities are really endless. Here are a few tips for best results:

- Cooking ingredients before assembling and finishing the casserole in the oven is best to avoid excessive moisture or grease in the end result
- Cooking covered until the last 5 or so minutes will help prevent the top layers from drying out
- You can use any starch to stretch the ingredients: rice, bread, noodles, potatoes, etc - just make sure there's a good sauce to keep it moist and in balance

CHEESEBURGER CASSEROLE

WITH EGG NOODLES



STEPS

1. Cook the egg noodles in boiling salted water until just al dente, but don't overcook to mush. They will cook a bit more in the casserole to finish. Drain and set aside until ready to use.
2. Heat a heavy-bottomed pan over medium heat until almost smoking. Add the 2 T butter until melted and then the 1 pound of ground beef. Allow the ground beef to sear without touching for a few minutes to help achieve that golden brown crust.
3. Flip the meat to the other side and continue searing without touching to encourage maximum golden brown crust. After a few minutes, add the onions and pickles and begin to break the meat up into smaller chunks until just cooked through. Remove from the heat for next steps. If there is an excessive amount of fat in the pan, feel free to drain some of it.
4. With the pan removed from the heat, add the 1.5 C burger sauce and mix thoroughly with the meat. Add the cooked egg noodles and continue mixing until everything is well incorporated. Pre-heat your oven to 375 degrees while finishing the mixture.

CHEESEBURGER CASSEROLE

WITH EGG NOODLES



STEPS

5. Spoon the mixture into a casserole dish and top with the shredded cheese. Cover with foil and place into a pre-heated 375 degree oven for 20 minutes.
6. Remove the foil cover for the last 5 minutes of cooking to get a nice color on the top of the casserole. Remove from the oven and allow to rest for a few minutes. Serve and enjoy this hearty, classic casserole!

BREED

Much of the cattle raised on our ranches are primarily Angus in origin, but have been selectively bred with other lines. Hybrid introductions are evident in various physical/behavioral traits, but at the end of the day, we're always seeking a good balance between the quality of meat and their desired use in natural ranching methods. Cattle adaption to each unique operation is an important part of a sustainable program.

DIET

We employ both planted, irrigated pastures and dryland forage in our programs. Native species are also encouraged, particularly on non-irrigated land. This leads to a diverse array of grass, legumes, and forbes for the animals. Part of the grazing patterns are also aligned with the different growing stages of the herd. A nursing mother is going to require more energy than a bull. Reducing or eliminating external feed inputs is also a primary goal of feeding responsibly. High quality forage with good genetics produces a great result.

FLAVOR

Fat is flavor, and special attention is paid to finishing animals well so they have an adequate supply. We fatten our animals without the use of grain products, which produces a robust and nuanced flavor that lingers on the palette. Recent studies also demonstrate that many micro plant compounds concentrate in the meat and fat, which affects both the flavor and measurable nutrient density. It's not surprising that there's a link between delicious depth of flavor and diversity of diet in the animals.

BEEF FACTS

The beef butchery process is incredibly important for preserving the best eating quality of any animal. A lifetime of care and nourishment can be affected by poor processing practices. Many variables are taken into consideration, but the process remains simple: turn well treated animals into high quality food and nutrition through skilled craft.

LIFESPAN

A breeding cow or bull can live well into its teen years while younger animals destined for the red meat program need around 26-30+ months, particularly when finished on a solely forage and grass-based diet. In any scenario, the meat is always used well for a delicious and healthy meal.



MARINATED BEEF SKEWERS WITH ASIAN PEAR AND CUCUMBERS

FEEDS
3 - 4

TIME
90 MIN

DIFFICULTY
MEDIUM

METHOD
PAN SEAR

INGREDIENTS

- 1 lb sirloin tip steak
- 2 T avocado oil
- 1 English cucumber, bite size pieces
- 1 Asian pear, bite size pieces
- 1 jalapeno, de-seeded, halved, sliced

For the marinade:

- 1 T sesame oil
- 1 T ground or grated ginger
- 3 cloves garlic, finely minced
- 1 T brown sugar
- 1 T miso paste (white or red)
- 1/4 C soy sauce
- 1 tsp sesame seeds
- 1 tsp chili flakes

For the dressing:

- 3 T rice vinegar
- 2 T soy sauce
- 1 T miso paste (white or red)
- 2 T sesame oil
- 2 tsp sesame seeds (toasted)
- 2 tsp grated ginger
- 1 tsp chili flakes

TIPS FOR MARINADE AND SKEWERS

Marinating when working with cheaper cuts is a great way to help tenderize the meat. You can really make it your own, playing with different combinations of salty, sweet, acidic, and spicy. We recommend marinating for 24 hours, but if a marinade has acid (vinegar or lime/lemon), it will eventually breakdown the meat and turn mushy, so be careful of timing.

Skewers are a bit of extra work, but fun and easy to assemble. We recommend skewering the meat after it has marinated. You can cut the meat in cubes or slices, depending on how big of a bite you'd like. If pan searing, use shorter skewers. If grilling, use longer skewers that are pre-soaked in water to prevent burning. Metal is also a good option if you plan on cooking skewers regularly.

MARINATED BEEF SKEWERS

WITH ASIAN PEAR AND CUCUMBERS



STEPS

1. Assemble the marinade by mixing all of the ingredients together thoroughly in a bowl. Cut the steak into bite-sized cubes, roughly 1 inch by 1/2 inch for size. Place the meat into the marinade and cover, refrigerating for at least 12 hours and up to 24 hours.
2. Pull the meat from the fridge, strain the marinade, and skewer with 4 pieces of meat (or as many as can comfortably fit while still fitting into the pan). Set aside while you prepare the other ingredients.
3. Make the salad dressing by mixing everything together thoroughly (a lidded jar works great for shaking just before serving). Assemble the fruit and vegetables and have ready to dress right before serving.
4. Set a heavy-bottomed pan over medium-high heat until just smoking. Add 2 T avocado oil and place half of the skewers into the hot pan to sear. Flip after 2 or 3 minutes and continue searing until desired internal temperature is reached (125 degrees for medium rare). Remove and repeat with the other half of the skewers. The sugar in the marinade will likely darken quickly, so keep an eye on the skewers to prevent burning, turning as necessary.
5. Once the skewers are cooked, toss the vegetables and fruit with the dressing in a bowl to coat evenly. Place the mixture into a serving bowl and rest the skewers over top of the salad. Enjoy!



FOUR GENERATIONS OF THE MANNIX FAMILY
HELMVILLE, MONTANA

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A LEGACY OF FAMILY AND LAND STEWARDSHIP



I feel a deep connection to the land and family, and to the community in Helmville. There's a beaver slide on the ranch that my grandparents built in highschool. There are things like that all over the place, and it creates a deep sense of roots. Being back on the ranch after working a different job is how I feel I can best help continue that legacy on a daily basis.

**MEMORIES FROM OLD SALT CO-OP BOARD MEMBER
AND FOUNDING PARTNER LOGAN MANNIX**



SLICED CARPACCIO SALAD WITH ARUGULA AND PARM

FEEDS
2 - 3

TIME
20 MIN

DIFFICULTY
EASY

METHOD
PAN SEAR

INGREDIENTS

1 lb top sirloin steak
1 T avocado oil
Salt/pepper for seasoning

3 C arugula
2 T olive oil
1 T red wine vinegar
1 chunk parmesan cheese for
grating in large slices

COOKING AND EATING RARE MEAT

See the butter basted steak recipe above for tips on pan searing steaks for best results. The same techniques apply here.

Eating rare or raw meat is a personal choice. It can offer a unique flavor and texture, particularly when sliced thin. The safest option is a steak versus something like ground beef. The reason is because the outside of the steak is getting seared with hot temperatures while the inside, regardless of finished cooking temperature, is virtually sterile (unless it has been punctured before hand). Ground meat on the other hand is put through a mechanical process that introduces any bacteria from the outside of the meat to the inside, mixing everything together. While rare ground beef may still be completely safe (particularly from a trusted source), steak is a very safe option to eat rare.

SLICED CARPACCIO SALAD WITH ARUGULA AND PARM



STEPS

1. Prepare the steak by salting and resting in the fridge uncovered beforehand, removing 1 - 2 hours before cooking to bring closer to room temperature.
2. Set a heavy-bottomed pan over high heat until just smoking. Add 1 T avocado oil and place the steak carefully into the hot pan. Sear on 1 side for 2 or 3 minutes and flip, repeating on the second side.
3. After some color is achieved on the steak, pull from the pan while it is still very rare. Allow it to rest at room temperature for a minimum of 30 minutes before slicing. This will help bring out the flavors and texture in the meat.
4. When the steak is fully rested, slice very thin with a sharp knife. Assemble the salad by mixing the arugula with olive oil, red wine vinegar, and salt to taste.
5. Plate the salad, arrange thin slices of steak over the top, and drizzle with olive oil. Sprinkle a bit more salt to taste over top of the meat so each bite has a little extra salt. Finish by shaving a healthy portion of parmesan cheese over the top. Enjoy!



OLD SALT
CO|OP

LESS THAN 2%
OF THE MEAT EATEN IN
MONTANA IS FROM HERE.

WE'RE OUT TO *Change* THAT.

We believe the land is kin. It is our job to leave it better. We envision a nourishing and resilient form of agriculture, wild and wide open habitat, and vibrant main streets.



MORE THAN
-a-
Meat Company

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QUALITY BUTCHER BUNDLES AND INDIVIDUAL CUTS DELIVERED TO YOUR DOOR