



All About Grassfed Cooking

Introduction to Grass fed Cooking

Grassfed beef is ideal at rare to medium-rare temperatures. If you prefer your meat well done, cook at a low temperature in a sauce to add moisture. A slow cooker is ideal.

Because grassfed beef is low in fat, coat it with extra virgin olive oil or another light oil for easy browning. The oil will also prevent the meat from drying out and sticking to the cooking surface.

Very lean cuts like New York Strips and Sirloin Steaks can benefit from a marinade. Choose a recipe that doesn't mask the flavor of the beef but will enhance the moisture content. For safety, always marinate in the refrigerator.

Never use a microwave to thaw grass fed beef. Either thaw in the refrigerator or for quick thawing place the vacuum sealed package in cold water for a few minutes. Let it sit at room temperature for no more than 30 minutes. Don't cook it cold straight from the refrigerator.

Tenderizing breaks down tough connective tissue, so use a mechanical tenderizer like the [Jaccard](#). It's a small, hand-held device with little "needles" that pierce the meat and allow the marinade or rub to penetrate the surface. You can find [Jaccard tenderizers on amazon](#).

Another way to tenderize is to coat a thawed steak with your favorite rub (we recommend GLC Grass fed Dry Rub); put it into a plastic zipper bag; place on a solid surface; and using a meat mallet, rolling pin, or other hard object, pound it a few times. This will not only tenderize the meat but will also incorporate the rub and add flavor.

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

Grass fed beef cooks about 30 percent faster than grain fed beef. Use a thermometer to test for doneness and watch the temperature carefully. You can go from perfectly cooked to overdone in less than a minute. The meat will continue to cook after you remove it from the heat, so when it reaches a temperature ten degrees lower than the desired temperature, it is done.

Let the beef sit covered in a warm place for eight to ten minutes after removing from heat to let the juices redistribute.

Pan searing on the stove is an easy way to cook a grass fed steak. After you've seared the steak over high heat, turn the heat to low and add butter, garlic, and rosemary (optional) to the pan to finish cooking.

When grilling, quickly sear the meat over high heat on each side and then reduce the heat to medium or low to finish. Baste to add moisture.

Never use a fork to turn the beef. Always use tongs.

When grilling burgers, use caramelized onions or roasted peppers to add low-fat moisture to the meat.

When roasting, sear the beef first to lock in the juices and then place in a preheated oven. Reduce the roasting temperature by 50 degrees F.

Grass fed Cooking Techniques

When I speak of low and slow cooking, what I am trying to do is warm up the inside of a steak or roast without overcooking the outside. This can only be done with low heat and a longer cooking period. Grass-fed meats are best when raw (steak tartar from a washed steak or boneless roast), rare, or medium rare. Many people have the idea that meat must be cooked until it is brown on the inside, which is absolute nonsense. Please do not approach grass-fed meats that way.

Also, if the meat is still juicy after you have cooked it, you have cooked it correctly. Cooking meat until "no blood runs" is another way to ruin your grass fed meal. Meat is 70% water and yes, the water will have some blood cells in it, but it is not anything like blood from a major vein. So don't get the willies when the juice is a little red. When the water is gone (no juice), you have jerky.

As I said, all meats are 70% water. When steaks and boneless roasts are cooked beyond medium rare they are being dried out excessively. Once again, this is how you make jerky. Jerky is merely dehydrated meat. Jerky is tough and, without spices, not very palatable. So we HIGHLY recommend against overcooking grass-fed meats.

Rare or medium rare cannot be determined by the "redness" of the meat. Rare and Medium Rare are internal temperatures of the meat. A Medium Rare steak is cooked to an internal temperature of 150 degrees and is limber when removed from the grill. Rare is 140 degrees and quite limber. Sometimes it takes us 25 minutes to warm a steak up to rare. This is low and slow cooking done at its best. Always keep in mind that grass-fed steaks can still be red inside when well done. A well done steak is dry and extremely tough. It makes good shoe leather.

When I fire up my gas grill I immediately set the knobs on their lowest settings. At the same time I put the steaks on the cold grill. I call that "cooking." The grill warms up slowly, but "slowly" depends on the ambient temperature. My first turn may be in 7 minutes. The hot side of the steak will still look just like it did when I put it on the grill. My next turn may be in another 6 minutes. This time the steak looks like it is starting to cook. If the temperature inside my grill is pushing much above 200 degrees F, I shutdown

the burners. I want a 200 degree grill, no more. Depending on various factors (*steak thickness, winter or summer grilling, the wind, fresh gas tank or nearly empty gas tank) it may take another 7-12 minutes or more to finish warming up the steaks. Do not use my timing methods unless you KNOW your grill is not very hot. Most grills will “toast” a steak in 15 minutes). After the second turn I turn the steaks more frequently for two reasons. First I do not want the side facing the fire to get too hot. Better yet, I turn the burner off directly below the meat. Secondly, by turning the steaks over I can check them for limberness. A limber steak is a tender palatable steak. A stiff steak has been “killed.”

Steaks

Porterhouse Steaks are super-sized t-bones with extra tenderloin. The New York Strip is on one side of the bone and the tenderloin is on the other. This is a premium grilling steak that should be cooked low and slow to a doneness of no more than medium rare.

Boneless Ribeye Steaks are premium, high flavor, relatively tender cuts of meat that are perfect for grilling. They should be grilled low and slow to a doneness of no more than medium rare.

T-Bone steaks are super steaks. The NY strip is on one side of the bone and the tenderloin is on the other. T-Bones are premium grilling steaks that should be grilled low and slow to a doneness of no more than medium rare.

Sirloin Steaks are a great, relatively lean boneless steak. They can be carved up in one-inch cubes for the finest Kabob meat on Earth, or grilled as a nice large steak low and slow to a doneness of no more than medium rare.

Chuck Eye Steaks are a great, boneless steak that are very similar to the boneless ribeye, although not quite as tender. They are a true Hunter/Gatherers steak with a nice balance of lean to fat. They should be grilled low and slow to a doneness of no more than medium rare.

Chuck Steaks are cut ½ inch thick and are good for grilling. We like them for their great flavor. Chuck steaks consist of three primary muscles. Two of the muscles are on the tough side, the muscle in the middle is very tender. We grill low and slow to no more than medium rare. The less tender parts are sliced thin. The tender muscle in the middle is a treat and is the same muscle that makes the Flat Iron Steak.

Roasts

Generally for all higher quality roasts, use a meat thermometer and a 350 degree oven. Bake until the internal temperature of the roast gets to 135 degrees. Pull the roast out of the oven and let it sit for 10-15 minutes. Slice it thin and except for the exterior slices, each slice should be rare and very juicy inside. We do not recommend cooking a roast beyond an internal temperature of 140 degrees. Every degree above that dries out the meat and makes it tougher.

Eye of Round, Rump, Sirloin-Tip, Pike's Peak, or Top Round Roasts are nice-sized boneless roasts for roasting in the oven. These roasts should be prepared with a meat thermometer and cooked to no more than the medium rare point (internal temperature of 140 degrees) for optimum enjoyment. They should be thin sliced for serving and the slices should be red and juicy in the middle. When cooked in a crock pot these roasts can turn out to be like dehydrated presto logs. But some people like them that way. A good roasting temperature is 170 degrees. Expect this method to take a few hours or more to get the internal temperature up to 150 degrees.

If you're using a crock pot, make sure the lid has a good seal. I'm not referring to an absolute seal like with a pressure cooker. A seal that doesn't readily allow the steam to escape will keep your roast nice and juicy, whereas a roast cooking in a dry crock pot will turn out tougher than a boot.

Chuck Roast is an easy to prepare flat-lying pot roast. Put it in the crock pot or a covered pot in the oven at a maximum temperature of 180 degrees. A little lower is better! Keep covered and cook for 10 hours or more. Always make sure during the entire cooking period that there is ample juice in the bottom of the pot. The roast can be turned over at the halfway mark. About 2-3 hours before the roast is finished, add a touch of garlic and maybe a little onion for incredible flavor! Some people cut little slits in the roasts before they cook and put garlic slices in the cuts. Wow!

Briskets have long been a barbeque favorite. They can be marinated overnight and then cooked low and slow the next day. Once again 180 degrees works wonders. When served the meat should be thinly sliced across the grain at an angle. Briskets are also the cut of choice for making "corned beef." Simply put this means the brisket is soaked in a salt water brine for up to a week. Some folks add bay leaves, cloves, mace, peppercorns, garlic, allspice, and honey to the brine. After soaking, wash the meat thoroughly to remove the surface brine. Then cook low and slow for at least five hours in a crock pot with a little fresh water, cabbage, onions, and herbs. Serve hot or cold.

Soups and Stews

Stew Meat and Meaty Soup Bones makes for a wonderful, nutritious stew that is good for both winter and summer. Carrots, onions, and other omega-3 vegetables in the pot along with grass-fed beef are delightful!

Marrow Bones are making a comeback in modern cuisine because of grass-fed's healthy fats. Marrow is supposed to be slightly higher in CLA than the rest of the animal. They can be cooked alone for preparing gravies and sauces, or they can be put into stews and soups. Once the marrow is soft it can be dug out of the bones and stirred into stews and soups for boosting the incredible flavor of grass-fed beef.

Short Ribs are very versatile. They are excellent on their own and also add exceptional flavor and meat to both stews and soups.

Sirloin Kabobs make a fun barbeque meal. Place beef in a bowl and mix in your favorite marinade. Cover and refrigerate for at least one hour. Thread beef cubes and vegetables on skewers then brush

with marinade. Either broil in a grill or an oven. In an oven, broil kabobs with tops about eight inches from the heat; turn and brush with marinade. Broil until done no more than medium rare. Brush with marinade again before serving. On a grill use the same approach as with a sirloin steak brushing now and then with your marinade.