

COOKING TIPS

Cooking grass-fed meat requires different techniques because it is leaner and lower in fat than grain-fed meat. For best results, follow these tips:

THAW IN THE REFRIGERATOR

If possible, plan ahead and thaw your meat in the refrigerator. Slow thawing preserves the integrity of the meat and is safer than other thawing methods.

GREASE THE SURFACE

Grass-fed meat renders less fat as it cooks, so use some oil to grease your cooking surface.

TOOLS FOR CHECKING DONENESS

Turn only as needed by using tongs. (Using a knife or fork results in loss of juices). Use a meat thermometer to monitor temperature while cooking.

REDUCE THE TEMPERATURE

Grass-fed meat cooks about 30% quicker than grain-fed, so lower the cooking temp and check it earlier than you usually would for doneness. Generally, you can reduce the cooking temperature of standard (grain-fed) recipes by about 50°F.

REMOVE IT FROM HEAT SOONER

If overcooked, grass-fed meat can become dry and tough.
Try these temperatures:

Your Taste:

°F When done

Rare

125°-130°

Medium Rare

130°-135°

Medium

135°-140°

Well Done: cook in a crock pot at a lower temperature in sauce or braising liquid to add moisture.

LET THE MEAT REST

Once removed from heat, let meat rest for 5-10 minutes, tenting loosely with foil. The meat will continue to cook and the juices will return to the edges/surface to provide a juicier cut all around.