

AUGUST
2012

GRASS-FED BEEF

Basic Cooking 101



WANT TASTY MEAT?

FOLLOW 5 TIPS FOR THE BEST RESULTS

“The only time to eat diet food is while you're waiting for the steak to cook.”

— Julia Child

MAKE YOUR MEAT COUNT!

5 Quick Tips

Tip #1: Thaw



Thaw Thoroughly

Start by thawing your meat thoroughly. We recommend placing your meat in the refrigerator a day early, then removing it before cooking so that your meat can warm to room temperature.

Tip #2: Preheat

Preheat Your Pan or Grill

Make sure your pan or grill is preheated before placing your meat on it. You want a consistent temperature the entire time you cook.

Tip #3: Don't Overcook

Don't Overcook

Grass fed beef has less fat and water than grain fed beef. If you don't watch it, your meat will be overcooked, and overcooked meat is usually dry and tough to chew. Don't overcook!

Tip #4: Use Tongs

Don't Stick Your Meat

Meat juice is delicious, so you want to contain every bit of it. Instead of sticking your meat with a fork and draining the juice, use tongs. You'll be glad you did.

Tip #5: Let It Rest

Give It a 5 Minute Rest

Let your meat rest for 5 minutes after pulling it from the heat. This will allow juices to reabsorb. Mmm!

THOUGHTS ON GRASS-FED BEEF

As summer draws to a close, there is still plenty of time to dazzle family and friends with perfectly cooked steaks and burgers on your outdoor grill.

Before you get going though, you will need to follow a few simple tips to ensure your pasture raised, grass-fed beef is the most flavorful and tender.

Grass-fed beef has less fat and water than its grain-fed counterpart. As a result, the meat will dry out if cooked too long or at too high a temperature. Fatty beef is more forgiving of sloppy cooking, but grass-fed cuts need extra attention and less cooking.

So, the most important tip to remember: **Don't Overcook!** Grass-fed beef needs about 30 percent less cooking time than most common beef, and it is best if cooked medium-rare to medium if you don't want tough meat.

Ground beef, however, should be cooked thoroughly in order to kill any bacteria in the inner portion of the meat. That means there should be no red or pink left in the middle of your burger.

