

Farmer Jim's.

Very Important Tips for Cooking & Thawing your Grass Fed Beef

We at Farmer Jim's would love to hear about you new experiences in eating healthy Grass Fed Beef, Sausages Pepperettes, Burgers, or Summer Sausage. Your thawing, cooking, recipes experiences, or any other comments you might have

" You are about to have a taste of happiness by eating our GRASS FED BEEF. Bon Appetite "

Thawing Beef

No meat or poultry should ever be thawed in the oven or at room temperature. There is a greater danger of bacterial growth and food spoilage. Meat should be thawed in the fridge with no packaging. To speed thawing place the meat under a cold tap for about 30 seconds this will loosen the packaging and then remove. Place in a pan and place on the bottom shelf of the fridge. This will keep the other food safe. For quick thawing place in plastic bag and immerse the meat in cold water until it is pliable and then remove.

" National Center for Home Food Preservation "

1. Your biggest culprit for grass fed beef is overcooking. This beef is best for rare to medium rare cooking. If you like well done beef, then cook your grass fed beef at very low temperatures in a sauce to add moisture.
2. Use a digital thermometer to test for doneness and watch the thermometer carefully. Since grass fed beef cooks so quickly, **your beef can go from perfectly cooked to over cooked in less than a minute.**
3. **Reduce the temperature of your grain fed beef recipes by 50 degrees i.e. 275 degrees for roasting or at the lowest heat setting in a crock pot.** The cooking time will still be the same or slightly shorter even at the lower temperature. Again use moisture from sauces to add to the tenderness when cooking your roast.
4. Never use a fork to turn your beef. . . precious juices will be lost. Always use tongs.
5. Let the beef sit covered and in a warm place for 8 to 10 minutes after removing from heat to let the juices redistribute.
6. Coat your thawed steak with your favorite rub, place on a solid surface, cover with plastic and pound if it is tough a few times to break down the connective tissue. As an added benefit your favorite rub will be pushed into your grass fed beef. Don't go overboard and flatten your beef unless your recipe calls for it. If you don't have a meat mallet, use a rolling pin or whatever you feel is safe and convenient.
7. Grass fed beef has high protein and low fat levels. The beef will usually require 30% less cooking time and will continue to cook when removed from heat. For this reason, remove the beef from your heat source 10 degrees before it reaches the desired temperature.
8. Always pre-heat your oven, pan or grill before cooking grass fed beef.

Preparation

- A) Bring your grass fed beef to room temperature before cooking. . do not cook it cold straight from a refrigerator. Never use a microwave to thaw your grass fed beef. Grass fed beef is extremely low in fat, coat with virgin olive oil, truffle oil or a favorite light oil for flavor enhancement and easy browning. The oil will, also, prevent drying and sticking.
- B) We recommend marinating your beef before cooking especially cuts like NY Strip and Sirloin Steak. Choose a recipe that doesn't mask the delicate flavor of grass fed beef but enhances the moisture content. A favorite marinade using lemon, vinegar, wine, beer or bourbon is a great choice. Some people use their favorite Italian salad dressing. If you choose to use bourbon, beer or vinegar, use slightly less than you would use for grain fed beef. Grass fed beef cooks quicker so the liquor or vinegar won't have as much time to cook off. For safe handling, always marinate in the refrigerator.
- C) Stove top cooking is great for any type of steak. . . including grass fed steak. You have more control over the temperature than on the grill. You can use butter in the final minutes when the heat is low to carry the taste of fresh garlic through the meat just like steak chefs.
- D) When grilling, sear the meat quickly over a high heat on each side to seal in its natural juices and then reduce the heat to a medium or low to finish the cooking process. Also, baste to add moisture throughout the grilling process. Don't forget grass fed beef requires 30% less cooking time so watch your thermometer and don't leave your steaks unattended.
- E) When roasting, sear the beef first to lock in the juices and then place in a pre-heated oven.
- F) When preparing hamburgers on the grill, use caramelized onions, olives or roasted peppers to add low fat moisture to the meat while cooking. We add zero fat to our burgers (they are 85% to 90% lean) . . . so some moisture is needed to compensate for the lack of fat. Make sure you do not overcook your burgers . . . 30% less cooking time is required.