

# Helpful Tips for Preparing and Cooking Grass Fed Beef

## 100% Grass Fed Beef:

- ♥ Grass fed beef has a lower total fat and content two to five times more omega-3 fatty acids than conventionally raised grain fed beef.
- ♥ Grass fed beef is an excellent source of protein and contains three times more Vitamin E and fewer calories than grain fed beef.
- ♥ Therefore, grass fed beef requires slightly different preparation than grain fed beef.



## Cooking Methods, Temperature and Times:

- ♥ Never use a microwave to thaw grass fed beef. Either thaw the beef in the refrigerator or place it in cold water for a few minutes to thaw more quickly.
- ♥ Once thawed, never cook the beef straight from the refrigerator or when cold. Bring steaks to room temperature for no more than 30 minutes before grilling or pan-frying.
- ♥ Always preheat the oven, pan, or grill before cooking grass fed beef.
- ♥ Grass fed beef cooks about 30% faster than grain fed beef. Use a thermometer to test internal temperature (see table below) and pay close attention as it cooks; the beef 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 ten degrees lower than the desired temperature, take it away from the heat.
- ♥ After removing the beef from the heat, allow it to rest 2 or 3 minutes for steaks and 8 to 10 minutes for roast beef; this will let the juices redistribute throughout.
- ♥ One of our favorite cooking methods for steaks is to coat them with a little olive oil, garlic, sea salt and pepper. The oil will prevent the meat from drying out and sticking to the oven, pan, or grill.
- ♥ Grass fed steaks are best served medium to medium rare (cook 6-8 minutes per side).
- ♥ Do not use a fork to turn the meat. Always use tongs or a spatula.

| Steak & Roast                              | Temperature |
|--|-------------|
| Rare (bright red center, very juicy)       | 120 °F      |
| Medium Rare (very pink, juicy)             | 125 °F      |
| Medium (light pink, very moist)            | 130 °F      |
| Medium Well (mostly brown, slightly moist) | 135 °F      |
| Well Done (completely brown, slightly dry) | 140 °F      |

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