

LOCUSTBRAE GRASS FED BEEF COOKING TIPS

- The main reason for tough grass fed beef is overcooking.
 - Never use a microwave to thaw your grass fed beef.
- Bring your grass fed meat to room temperature before cooking.
- Always pre-heat your oven, pan or grill before cooking grass fed beef.
- Grass fed beef requires at least **30% less cooking time**, therefore, remove the beef from your heat source about 10-12 degrees before it reaches the desired temperature as it will continue to cook from residual heat.

Recommended final temperatures for meats.

Rare – 120 degrees

Medium rare – 125 degrees

Medium – 130 degrees

Medium well – 135 degrees

Well – 140 degrees

We are what our animals eat!
~ Author Jo Robinson



- Steaks are intended for rare to medium cooking.

If you like well-done beef, then cook grass fed beef cut in smaller pieces at very low temperatures in a sauce to add moisture.

- Since grass fed beef is extremely low in fat, coat with a favorite light oil

The oil will also prevent drying and sticking.

- If you use a thermometer to test for doneness, watch the thermometer carefully.
 - Since **grass fed beef cooks so quickly**, your beef can go from perfectly cooked to overcooked in less than a minute
- 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.

- Never use a fork to turn steaks or roasts, you lose precious juices!
 - *Now, enjoy beef the way mother nature intended!*

