

Tips for Cooking JK Farm Grass-Fed/Finished Meat

1. Before cooking ...

- **Bring me to room temperature before cooking.** Do not thaw in microwave.
- **Preheat your oven, pan or grill.**
- You may want to tenderize with a meat mallet a few times to break down the connective tissue. Don't go overboard unless your recipe says otherwise.

2. While cooking ...

- **Don't poke me!** Always use tongs.
- Since grass-fed meat is low in fat, you may need to **add butter or your favorite oil** to prevent sticking.
- While I am good naked (with a little salt and pepper), I love marinades and rubs. Since I cook in less time, marinades with alcohol or vinegar may not have time to cook down so you may want to use less.
- **For steaks** – Sear me quickly on high heat (on each side) to seal juices, then reduce heat to medium or low. For the grill – sear over hot coals and then move to indirect heat. Don't multi-task; just watch the steaks!

- **For roasts** – Sear me first (all over) to seal juices. Reduce your recipe's oven temperature by 50 degrees or use lowest setting on crock pot. The cooking time will be the same or slightly shorter at the lower temperature.

3. Don't over cook!

- This meat is ideal for a rare to medium-rare finished product. If you like your meat well-done then cook me in a sauce, at very low temperatures, to add moisture.
- All meat continues to cook when removed from heat so remove me from the heat source when I am within 10 degrees of your desired temperature.
- Because grass-fed meat is high in protein and low in fat, it **requires 30% less cooking time.** Your meat can go from perfectly cooked to overcooked in less than a minute!
- **After cooking, let me sit** covered in a warm place for a few minutes to let my juices redistribute. This is very important.

Recipes:

www.americangrassfedbeef.com