

## 100% Grass-fed Beef Cooking Suggestions

100% Grass-fed and finished beef is a healthier choice for you, better for the animals, and better for the environment. Not only is grass-fed beef lower in saturated fat, calories and cholesterol, it also contains closer to the proper ratio of omega-6 and omega-3 fatty acids. Since grass-fed meats are lower in fat, the way we cook them can make a difference in how they taste. Here are some simple tips to help you fully appreciate delicious grass-fed beef:

### Defrosting Suggestions

- Always try to defrost meat naturally, without the use of a microwave. Take your meat out of the freezer the night before cooking.
- Take meat out of the package to defrost and place on a plate with some paper towels and place in the refrigerator. Turn a few times to soak up any blood that may drain from the meat. Beef likes to be dry, not wet, hence the term dry-aged beef.

### Pre-Cooking Suggestions

- Bring your meat up to room temperature before cooking. Simply take out of the refrigerator and place on the counter for ½ hour or so prior to cooking.

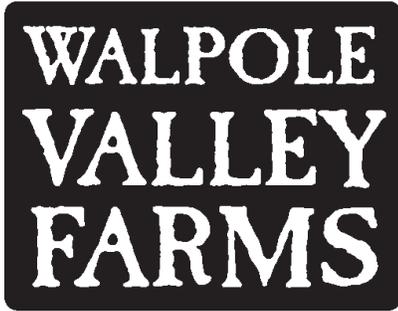
### Cooking Suggestions

- Cook your meat slower and with less heat than you are used to. About 30% less cooking times are required for grass-fed meats due to the lower saturated fat content.
- Turn your steaks often while cooking. Hamburgers turn only once.
- Never press your meat while cooking. The juices will run out and may cause a flare up.
- Use a meat thermometer and take a reading from the center of the cut. Meat will continue to cook after removing it from the heat so it is advisable to stop cooking at about ten degrees before your desired degree of cooking.
- Let the meat rest on the top of your stove for 15-20 minutes before cutting into it. This also allows the meat to cool and hold the juices in when you cut into it for the first time.

#### Suggested Internal Temperatures

Rare	120 degrees	Medium-rare	125 degrees
Medium	130 degrees	Well	140 degrees

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## 100% Grass-fed Beef Cooking and Recipe Suggestions

### General tips and suggestions

Beef develops a better flavor when it is dry and not bloody. For this reason we suggest to always defrost your grass-fed beef out of the package on a platter a day or so before using.

#### Steaks for the grill or fry pan (Sirloin, Rib Steak, NY Strip, Porterhouse, Flank Steak, Skirt Steak)

Have the steak come to room temperature, rub with a bit of sea salt, a smashed garlic clove, and olive oil. Let sit for a few minutes. All steaks do well on a grill, cast iron frying pan or even under the broiler. These cuts need not be marinated, due to their excellent flavor and tenderness by themselves. Cook slowly until it is done to your liking, but remember, always cook it slowly on lower heat.

#### Roasts for the Oven (Top Round, Eye Round, Sirloin Tip)

Preheat oven, and about 1 hour before cooking take roast out of refrigerator and allow to come up to room temperature. Rub meat with a smashed garlic clove, sprinkle with salt and olive oil. Bake in oven at 250 degrees for 1-2 hours depending on desired doneness.

#### Roasts for Braising in Dutch oven, Crockpot or Pressure Cooker

(Bottom Round, Chuck Roast, Rump Roast, Shoulder Roast)

These cuts are best suited for braising. Pot Roast is a New England Tradition, and for good reason. There is nothing quite like a slow-cooked roast simmering all day Sunday in the crock pot or Dutch oven. Long cooking times make these cuts tender while developing a rich gravy in the process.

#### Ground Meats & Special Cuts (Hamburger, Stew Beef, Kabobs, Steak Tips, Short Ribs)

Ground beef makes excellent hamburgers, plain and simple. If you have fond memories of meatloaf, it makes a wonderful meatloaf as well. Stew beef makes a hearty stew for cooler times of the year. Kabobs are used with skewers and are a great summertime treat on the grill.

#### Soup Meat (Shanks, Oxtails, Bones)

A must to be made in the long New England winters, a true beef stock from the bones of the cow makes an excellent base for soups. The flavor comes from long simmering. Cover bones with salted water and a bay leaf and simmer on your wood stove or range all day. Cool overnight. Skim and use the next day, add barley, vegetables or anything you desire.

#### Organ Meats (Heart, Liver, Tongue)

Largely ignored, these cuts contain the highest nutritional content on the entire animal. Do some research on recipes and we can provide the cuts for you.

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