



Tips for Cooking Grass Fed Beef

1. Your biggest culprit for tough grass fed beef is overcooking. This beef is made 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. Since 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.
3. We highly recommend the [Jaccard meat tenderizer](#) which uses no chemicals. This tenderizer has won the prestigious Gold Medal presented by Chefs in America and the easiest way to produce a great meal. Plus in literally seconds the Jaccard will tenderize all your meats including grass fed beef, grain feed beef, poultry, veal, venison, pork and lamb.
4. If you don't own a [Jaccard meat tenderizer](#), we recommend marinating your beef before cooking especially lean 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.
5. If you do not have time to marinate and don't own a [Jaccard meat tenderizer](#), just coat your thawed steak with your favorite rub, place on a solid surface, cover with plastic and pound your steak 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.
6. 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.
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. Use a 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 overcooked in less than a minute.
9. Let the beef sit covered and in a warm place for 8 to 10 minutes after removing from heat to let the juices redistribute.
10. Never use a fork to turn your beef . . . precious juices will be lost. Always use tongs.
11. 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 . . . watch your meat thermometer and don't overcook your meat. Use moisture from sauces to add to the tenderness when cooking your roast.