



Grass-fed beef is leaner and quite different from conventional or even organic corn/grain-raised/finished beef. If you are not familiar with the difference, please review some cooking tips to help you enjoy your beef purchase. All grass-fed beef should be cooked at a lower temperature with a longer cook time to help keep the beef from being tough. Watch it as it can go from done to overdone and tough in a minute! You may need to add ghee, butter or oil for very lean cuts.

Aging Grassfed steaks is important. When you receive your order, keep steaks refrigerated for about two weeks, depending upon the date noted on the package, to allow it to age. This will allow it to become more tender for cooking. Marinades also help promote tenderness. Another way to tenderize is to coat it with your favorite rub. You can use a meat mallet, rolling pin or even a heavy frying pan to pound it to tenderize as well and help incorporate the rub/seasoning. You can also baste your meat to add moisture.

Bring beef to room temp before cooking instead of cooking it cold right out of the refrigerator.

Never use a microwave to thaw grass-fed beef. If frozen, defrost in your refrigerator or for a quick thaw, place the vacuum sealed package in cold water and let it sit at room temp in the cold water for no more than half an hour.

Always preheat the oven, pan or grill before cooking.

Since grass-fed meats are leaner, they cook faster than traditional grain-fed meats, almost 30% faster! Use a thermometer to test for doneness and watch the temperature carefully. You can go from perfectly cooked to overdone and tough in less than a minute! The meat will continue to cook from the residual heat once you

remove it from the pan or oven so when it reaches a temp ten degrees shy of your desired temp, remove it and let it sit covered for 8-10 minutes for the juices redistribute and the cooking to stop.

When grilling, quickly sear on high heat, then flip, do not fuss or constantly turn it, just sear on each side, then reduce the heat to medium or low to finish.

When roasting, sear the beef to lock in juices and enhance flavor, then place in your pre-heated oven and reduce roasting temp by 50 degrees so you don't overcook it.

For more tips, check out our Pinterest Board:

Ground Beef: <http://www.pinterest.com/abcorganics/ground-beef/>

Neck Bones: <http://www.pinterest.com/abcorganics/neck-bones/>

Steaks: <http://www.pinterest.com/abcorganics/grass-fed-beef/>

Sirloin steaks are very lean. Sirloins can be tough, if they are not cooked properly. They also get the best reviews with flavor. We always recommend aging beef in the refrigerator 2-3 weeks before consuming, but please be cognizant of the date on the package. All deliveries are freshly delivered that week so should have a nice long date or can be frozen before the date. A marinade is a great benefit to leaner cuts like the Sirloins and NY Strips. You want to enhance the moisture content without masking the delicious flavor of the grass-fed beef. Always marinate in your refrigerator.

Ground beef should be good right out of the package and easy to use or freeze. Do not age ground beef. It is ideal at medium-rare to rare temps. If you prefer it well done, be sure to cook at a low temperature in a sauce to add moisture. Your slow cooker is perfect!

Neck Bones should be cooked low and slow to extract the most flavor, skimming off the top as they slowly simmer away with vegetables, seasoning and a little ACV to draw out their goodness.