



## 5 Grilling Tips to 100% Grass-Fed Beef Cooking Success

The biggest mistake people make when cooking grass-fed beef is *over-cooking* it. Following these guidelines will help ensure you don't make that mistake.

**1. Start steaks and roasts at room temperature.** This is a good rule for all meats, but especially for grass-fed beef. By starting your meat at room temperature, it will take less time to reach the ideal internal temperature while cooking. This gentler cooking method will help your meat stay juicy and delicious. Do not use a microwave! You can place the vacuum sealed packaging in room temperature water to speed the thawing process.

**2. Lower the cooking temperature.** Because grass-fed beef is leaner than its grain-fed counterpart, you need to cook it at a slightly lower temperature (at least 50 F) for 30-50% less time. Otherwise, you cook off the fat that's there and are left with a dry, tough, unappealing mass of meat that's lost many of its nutrients. (The more cooked your grass-fed beef, the more Omega 3s and CLA you lose.)

**3. Invest in a meat thermometer.** You may know how to "eye" when conventional meat is done, but because grass-fed beef is leaner, you don't have the same kind of wiggle room for mistakes. A meat thermometer will ensure you cook your meat just the way you like it — every time. The desired internal temperatures for grass-fed beef are:

- Rare — 120F
- Medium Rare — 125F
- Medium — 130F
- Medium Well — 135F
- Well — 140F

*IMPORTANT NOTE! To achieve the desired temperature, remove the meat from heat when it's about 10F shy of what's on that list. The residual heat will finish cooking the meat over the next ten minutes as you let it rest.*

**4. Don't play with your meat.** Avoid the temptation to poke steaks or roasts with forks or pat burgers down with spatulas. This lets all that delicious fat escape, giving you a less juicy end result.

**5. Give your meat a rest.** When you're done cooking your meat, let it rest for at least 10 minutes before slicing into it. This allows time for the escaped juices to get sucked back into the meat. If you don't do this final step, you'll slice into your meat only to have all the juices dribble out onto your cutting board or serving plate. What good are they there? You want them in each and every bite of meat you eat.