

## Grilling Grass-Fed Steaks

Grass-fed beef has less fat in it so it needs to be cooked differently than most store beef. The only way we have found to produce tough meat from our beef is by over-cooking it. Many expert chefs and butchers say steaks are best cooked rare to medium rare.

1. Get the cooking surface very, very hot. If the surface just starts to smoke you're probably pretty close.
2. Sear one side of the meat. If it takes more than 2 or 3 minutes it's probably not hot enough.
3. Turn the steak over with tongs, trying not to poke or squeeze the juices out.
4. Sear the other side of the steak.
5. Now cook the steak the rest of the way on low heat. If you're using a gas grill, simply turning down the gas will usually lower the heat quickly enough. Other cooking methods may require you to do more to make sure that the temperature of the cooking surface is reduced pretty quickly. For example, with a charcoal grill you will want to slide the steaks to a side of the grill that has lower heat and close the cover.

### A few tips:

- A one inch steak typically should not take much more than 10 minutes to cook, if that long, depending on the steak size, your cooking method and temperature.
- **Allow the steaks to warm up some** before cooking. It will make it easier to get the inside of the meat done without getting the outside too done. But be aware this will reduce the cooking time.
- ❖ **Beware of grills that use “indirect, even” heat and are promoted as reducing flare-ups.** They are designed with fatty grain-fed steaks in mind. With these grills, the flames never touch the steak directly. They actually bake the steak rather than grill it, and will often result in tough steaks. It is especially important to cook steaks only rare to medium rare on these grills. Or better yet, just **cook your steaks on a grill where the flame is directly under the steaks.**
- Remember that the meat will also cook more after it is removed from the heat.
- Our cattle are raised in a fresh, healthy environment. The result is good, clean meat that doesn't have to be over-cooked to protect you from the unknown. Cooking a steak to more than medium may increase the chances of it being tougher.
- The less you poke and turn the steak, the more juices will stay in the meat.
- Putting the meat on a pre-heated pan or platter will keep it warmer until it is ready to be served.