

## Cooking Red Tail Valley Grassfed Beef

### *Congratulations on your selection of grassfed beef...*

Here are a couple of things we'd like you to know if you're new to grassfed beef.

Beef are ruminant animals, the only animals able to make maximum use of the cellulose in grass and turn it into healthy meat and dairy products. Meat and dairy products from grassfed animals has 3 to 6 times more of the essential Omega-3 fatty acids than feedlot beef. Most of us have a dramatic shortage of these essential acids in our diet.

Our animals are raised with strict adherence to humane animal handling standards and are never given artificial growth hormones or sub therapeutic antibiotics.

- Meat from grassfed animals tends to be leaner. This has important implications for cooking!
- Fat insulates meat protein so lean beef cooks more quickly and at lower temperature. Try your pot roast at about 325 instead of 375.
- Cuts like round steak and pot roast need to be cooked at low temps with moisture added. They are perfect for the crockpot.
- Most grassfed steaks are tender and juicy if properly cooked. To cook a t-bone, New York Strip or Rib steak
  1. Thaw in refrigerator
  2. Bring it out an hour or so before broiling or grilling
  3. Add your favorite rubs or spices
  4. Grill or broil at least four inches further away from the heat source than you would a conventional steak. Cook for about the same length of time.
  5. Remove from heat and let the juices set 5 to 10 minutes before you eat.

Here's more useful tips and information from the web. The American Grassfed beef site recommends a certain type of nonchemical meat tenderizer. I have never used any mechanical or marinade tenderizer on my steaks.

Enjoy!

[http://www.eatingwell.com/food\\_news\\_origins/green\\_sustainable/how\\_to\\_cook\\_grass\\_fed\\_beef](http://www.eatingwell.com/food_news_origins/green_sustainable/how_to_cook_grass_fed_beef)

<http://www.sustainabletable.org/features/articles/grassfedbeef/>

<http://www.americangrassfedbeef.com/tips-for-cooking-grass-fed.asp>