

Cooking Grass-fed Beef

1. **Do Not Over Cook. Grass-fed beef is best at medium rare to medium.**
2. Low and slow works great for roasts and briskets.
3. Use a meat thermometer. Do not overcook.
4. Moisture and Marinades. Grass-fed beef loves moisture and marinades.
5. Steaks. 2-3 minutes per side, rest for 5 minutes. Use a very hot grill or cast iron skillet and sear the steaks.
6. Roasts. Remove 10 Degrees before desired temperature. Let rest before slicing.
7. Ground beef. Same as very lean ground beef