



## **COOKING TIPS:**

### **GENERAL COOKING TIPS REGARDING GRASSFED MEATS:**

- Grassfed meat needs to be cooked at a lower temperature and should be monitored closely as the inside temperature of the meat when being cooked tends to go from warm to cooked in a short amount of time.
- I use a cooking thermometer to test the inside temperature during the cooking process.
- Keep in mind that a barbeque has many variables that effect the cooking temperature, such as wind, humidity, gas pressure and number of times the lid is opened.
- In addition to using a meat thermometer I always use a timer that sits next to the barbeque. Using these two tools I am able to cook grassfed meat to the desired temperature everytime.

## **BARBEQUING STEAKS:**

1. Thaw the frozen steaks in the refrigerator for 36 to 48 hours prior to cooking. Never use the microwave to thaw steaks as it will cook the meat and make the meat tough. Never put a half frozen steak on the barbeque as the outside will end up overdone and the inside will remain uncooked.
2. I like to allow thirty minutes from the time I start preparing thawed steaks until the time I place them on the table to consume. Remember it took up to five years to produce these steaks, so please take some time to enjoy the cooking process and you will be pleasantly rewarded with a fantastic steak.
3. Place your meat thermometer, timer, resting plate and tinfoil and spatula next to your grill.
4. Preheat your barbeque to Medium and thoroughly scrape the grill prior to placing the steaks on. I like to allow the grill to cook on medium for about 8-10 minutes, scraping the grill in the beginning when cold then scraping the grill just prior to placing the steaks on.
5. Take the steaks out of the cryo-vacuum packages and provide a "quick rinse 1-2 seconds" in warm water then pat dry with paper towel.
6. If you desire salt, pepper or other seasonings try sprinkling the desired amount onto a flat surface then lay your steak on top of the seasoning, flip to cover both sides. By placing the salt, pepper or other seasons on the plate first it allows you to monitor the amount of seasoning that goes on the steak with accuracy instead of pouring it on directly to the meat.
7. Scrap the barbeque one last time prior to placing the steaks on. Lay the steaks on the grill and shut the lid. Set the timer for 4 minutes. Make sure the Grill is on Low to Med-Low.
8. After 4 minutes have passed, open the lid and flip the steaks, set the timer for 4 minutes, shut the lid.
9. After 8 total minutes have passed, open the lid and check the inside temperature of the steak by poking the meat thermometer into the middle of the steak. I poke the meat thermometer into the inside of the steak from the side of the steak which helps prevent the thermometer from going all the way through the steak thus providing an inaccurate temperature reading. I pull my steaks off the grill when the inside temperature reaches 125 degrees to 128 degrees. (this will provide a steak that is rare to medium rare after it has rested (wrapped in tinfoil for 8-10 minutes). If the inside temperature is below the desired level (125-128 degrees rare-medium rare, 128-132 degrees for medium), then flip the steak and cook for another 1-2 minutes per side until the desire temperate is achieved. When grilling in the winter keep in mind that the outside temperature is much colder which in turn keeps my barbeque cooler and prolongs the cooking process, so make sure and take the outside temperature and conditions into effect when grilling.
10. When the steaks reach their desired temperature, pull off the grill immediately and wrap them into tinfoil. Next place a small kitchen towel over the tinfoil wrapped steaks.

Let the meat rest on the table for 8-10 minutes. During this time the meat continues to cook and the muscle fibers begin to relax. When the meat relaxes it reabsorbs the juices. When you uncover the steaks you will notice the steaks are bathed in their juices. I like to pour this juice back over the steaks prior to serving.

### **ESTIMATING PORTION SIZE FOR STEAKS:**

- HARDGRASS BEEF steaks are all cut to 1.25" thick. The size of these steaks are deceiving, a small steak will fill you up. The meat is dense, nutrient rich and you will find yourself getting full fast.
- I cook one to two steaks for my family (two adults and two little ones). One steak the size of your palm will feed two adults.

## **BARBEQUING BURGERS:**

1. Thaw the frozen ground beef in the refrigerator for 36 to 48 hours prior to cooking. Never use the microwave to thaw meat as it will cook the meat and make the meat tougher.
2. I like to allow thirty minutes from the time I start preparing the Burger until the time I place them on the table to consume. Remember it took up to five years to produce this meat, so please take some time to enjoy the cooking process and you will be pleasantly rewarded.
3. Place your meat thermometer, timer, resting plate and tinfoil and spatula next to your grill.
4. Preheat your barbeque to Medium and thoroughly scrap the grill prior to placing the burgers on. I like to allow the grill to cook on medium for about 8-10 minutes, scraping the grill in the beginning when cold then scraping the grill just prior to placing the burger on.
5. Take the ground beef out of the cryo-vacuum packages and place in a mixing bowl.
6. Add seasoning if desired. If you desire salt and pepper use caution and only apply a small amount. Also garlic and onion complements this meat extremely well. Mix the meat up with your hands and form patties that are about  $\frac{3}{4}$ " thick. Take about thirty seconds to form each patty by gently pushing the meat together. The meat is lean and requires just a little more mixing with your hands to bind together for grilling. The patties will reduce a little in size when cooked. I like a burger patty that is  $\frac{3}{4}$ " of an inch thick because it produces a burger that is medium rare to medium without drying out the meat during the cooking process.
7. Scrap the barbeque one last time prior to placing the burgers on the grill. Depending upon the surface of your grill you may want to spray some non-stick olive oil on the grill prior to placing the patties on. Lay the patties on the grill and shut the lid. Set the timer for 4 minutes. Do not move the burgers until they have cooked for at least 4 minutes, this will help the patty stay together when you go to flip them. I like to use a stout spatula that allows you to get under the meat easily. Make sure the grill is on Low to Med-Low.
8. After 4 minutes have passed, open the lid and flip the burgers to side #2 then set the timer for 4 minutes and shut the lid.
9. After 8 total minutes have passed, open the lid and check the inside temperature of the burger by poking the meat thermometer into the middle of the patty. I poke the meat thermometer into the inside of the burger from the side of the burger which helps prevent the thermometer from going all the way through the burger. This method will provide a more accurate reading of the inside temperature of the meat. I pull my burgers off the grill at 143 degrees to 148 degrees. (this will provide a burger that is medium-rare after it has rested for 4-6 minutes). If the inside temperature is below the desired level (143-148 degrees rare-medium rare, 150-155 degrees for medium), then flip the burger again

and cook for another 1 minute per side until the desired temperature is achieved.

10. When the burgers reach their desired temperature, pull off the grill immediately and wrap them into tinfoil. Next place a small kitchen towel over the tinfoil wrapped burger. The towel will help lock in the heat and allow the meat to continue to cook slowly. Let the meat rest on the table for 4-6 minutes. During this time the meat continues to cook and relax. When the meat relaxes it reabsorbs the juices. When you uncover the burger you will notice the burgers are bathed in their juices. I like to pour this juice back over the burger prior to serving.

### **PORTION SIZE NOTE FOR BURGERS:**

- HARDGRASS BEEF burgers are packaged into 1lb increments for convenience. The meat is dense, nutrient rich and you will find yourself getting full fast.
- One pound of ground beef will feed 2-3 adults. I cook one pound of ground beef for my family (two adults and two children).
- I cook one pound for three adult burgers.