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Tips for Cooking Grassfed Steaks

Don't overcook the meat

Let the meat rest after cooking

Following these two tips will insure a great grassfed steak experience. I've been cooking our steaks for several years now and have found them to be so juicy and marbled that they require much less fuss than many cooking guides recommend.

Grassfed beef tastes best rare to medium rare, which is why it's so important not to overcook the meat. Also, due to higher protein count and lower fat levels, grassfed steaks require 30% less cooking time than other beef does.

Steaks can be cooked on a grill or in a pan. Either way, the meat should be at room temperature before cooking.

Follow these simple steps for the perfect grassfed steak:

1. Salt and pepper to taste. Get your grill or pan very hot. Cooking time is only a few (3– 5) minutes per side. Filet Mignon may take a bit longer, because it's cut slightly thicker. Also, it's best to use tongs or a spatula when turning the meat, because forks cause the natural juices to drain out.
2. Using a meat thermometer is the best way to know when your steaks are done. An internal temperature of 120° makes a perfect *rare* steak every time.
3. After cooking, let the steaks rest about 5 minutes. Heat naturally pulls the juices to the core, but when the meat is removed from the heat, the juices spread back through it. Allowing for this to happen is well worth the time.

If it's more rare than you're used to – try it! You'll be amazed by the flavor. And, you can always put it back on the heat for a minute or so if you'd like it less rare.

Enjoy!