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Tips for Cooking Grassfed Steaks

Don't overcook

Use indirect heat

Let the meat 'rest' after cooking

- ***Do not overcook the meat***

Grassfed beef usually requires 30% less cooking time due to higher protein and lower fat levels. It also tastes best rare to medium rare.

- ***Use indirect heat, if possible***

Grilling over charcoal or gas is best for steaks. Pan-frying is the next best option. Whether on the grill or in a pan, the meat should be at room temperature before cooking. Rub the steaks with oil and salt and pepper to taste.

On high heat, sear the steak for one minute per side. Then, if grilling, move the steak to the edge of the coals or turn the burner directly under the meat off so that it cooks from indirect heat, close the grill lid. When using a pan, lower the heat and cover.

Total cooking time after searing is only 1-2 minutes per side. Because Filet is cut slightly thicker, cooking time may be 3-4 minutes per side. An internal temperature of 120° makes a perfect rare steak.

It is best to use tongs or a spatula when turning the meat- forks cause juices to drain out.

- ***Let the meat rest***

Steaks benefit greatly from sitting off the heat for 5 – 7 minutes after cooking. Heat naturally pulls the juices to the core, but when the meat is removed from the heat, the juices spread back through it and the 'cooking' continues. This is one of the major reasons why you should not overcook the meat. And if, after letting it rest, the meat is too rare for you, simply put it back on the heat for a minute or so.

Once you give it a try, the flavor will win you over!