



## Cooking Tips for Grass-Fed Beef

*We've selected recipes and cooking methods that will maximize tenderness, juiciness, and optimize the great flavor of grass-fed beef.*

*Slow, long, moist heat cooking with a good mix of complementary herbs, vegetables and juices, gravies, or sauces is the best way to develop grass-fed beef's potential and experience it's stellar qualities.*



L&M Beef, LLC,  
1650 County Road 112, Floresville, TX 78114  
(830) 393-6366, [www.lmbeef.com](http://www.lmbeef.com)

### Our Beef...

- is from calves born, raised and finished on grass in Texas. They are never given antibiotics or hormones and have grown in a clean and healthy environment to their optimum age and size for becoming beef, approximately 2 years old.
- is harvested and dry-aged for about 14 days at a local state inspected plant. Dry-aging increases the tenderness of the meat and makes it more flavorful. The meat is then cut and vacuum packaged. We stamp the date when the meat is packaged on the label.
- is vacuum packed to increase freezer life and to prevent freezer-burn. Packages of meat are made to be as flat as possible, an advantage for quick freezing, quick thawing, and for efficient storage in your freezer or refrigerator. Frozen meats are best used within a few months of purchase.

### Some differences between grass-fed and grain-fed beef that can influence cooking method:

- Grass-fed beef is sometimes darker in color than the paler color most often associated with grain-fed beef, especially when rainfall has been low;
- Grass-fed beef's fat is likely to have a yellowish tint which is indicative of higher levels of beta-carotene, Vitamin A, other vitamins, and nutrients that result from a natural diet of grass;
- Grass-fed beef is more flavorful and partners well with marinades and sauces;
- Grass-fed beef is very lean, without the marbling of fat often found in some of the muscles of grain-fed beef.

*Grass-fed beef is best when cooked at lower temperatures for longer time, with additional liquids.*

### **Stewing, boiling, braising, pot-roasting:**

Grass-fed meats excel with these cooking methods. As with all meat, grass-fed beef should be thawed completely and at room temperature, about 70 , before cooking for best retention of juices and flavor. Ovens and broilers should always be pre-heated. Dry the surface of the meat and brown all sides in hot fat or oil to seal in juices before introducing liquids and other ingredients.

### **Grilling, Broiling, Sautéing, Roasting:**

If you absolutely love steak and want to grill a grass-fed one then do so carefully. Just remember, **no flame-kissing allowed!** Sear both sides of a steak, that has marinated for a few hours, over even matured hot coals. Then move steak to

the side of the grill until desired doneness is reached, being very careful not to overcook. Make a sauce by reducing the saved marinade and pour it over the steak right before serving. This returns the nutrients leached by the marinade to the meat and increases the flavor and delicious quality of the meat.

#### **About Marinades:**

*“Never underestimate the power of a marinade.”* - Irma Rombauer

According to Joy of Cooking, marinades are aromatic tenderizing liquids, which usually have an acid in their make-up. Therefore, any dish in which they are soaked should be glass, glazed, or impervious metal, like stainless steel or stainless enamel. The simplest marinades are a way of spreading flavor or preserving a better color, but the main function of a marinade is to tenderize foods. Marinades may be either raw or cooked. When marinating meat, soak the meat in the marinade in the refrigerator.

#### **Beer Marinade for Grass-fed Beef:**

Combine:

1 \_ cups beer  
\_ cup salad oil

stirring the oil in slowly. Then add:

2 cloves garlic minced  
3 tablespoons lemon juice  
1 tablespoon sugar  
1 teaspoon salt  
3 tablespoons soy sauce  
3 cloves

Marinate steaks, cubed meat, thin cuts for 2-3 hours in refrigerator. To make sauce, remove cloves from the marinade and cook the saved marinade on low heat in a saucepan until reduced by half.

#### **“Emergency” Marinade:**

For a quickly prepared marinade in an emergency, you can mix a packet of dried

salad seasoning, such as Italian or French, with oil and vinegar.

#### **Sauces:**

These really are fun and have limitless possibilities, turning the simplest of foods into sumptuous meals.

Get a cookbook that has a great sauce section or go to [www.epicurean.com](http://www.epicurean.com) and request any recipe you want from Bordelaise Sauce to Beef Noodle Soup.

*Try a Bordelaise sauce over grilled meats; a Cream Horseradish Dressing with cold, boiled meat; a Hollandaise sauce, a Madeira sauce, a Mushroom sauce or a Cheese sauce.*

#### **Bordelaise Sauce for Grass-fed Beef:**

(from The Flavour of France, 1968)

A good, thick steak broiled over a charcoal fire can be carved and served with this sauce, which can be made ahead of time.

(Steak, shallot, red wine, stock, herbs, lemon)

Combine one chopped shallot, freshly ground pepper, \_ teaspoon salt, a pinch each of marjoram and thyme, a bay leaf, and \_ cup red wine. Simmer this mixture until the wine is reduced to about half its original quantity. Now add \_ cup of good strong beef stock and reduce the sauce again to about one-half. You may sieve the sauce at this point, if you like. Add \_ teaspoon lemon juice, 1 tablespoon of butter, and 1 teaspoon of chopped parsley. Sliced marrow from the center of

*Some good cookbooks, especially for grass-fed beef, are The Grass-fed Gourmet Cookbook and The Farmer and the Grill by Shannon Hayes. These are available from [www.eatwild.com](http://www.eatwild.com).*

marrow bones is a great addition.

#### **Boeuf (Beef) a la Mode**

*Boeuf a la Mode* is one of the most delicious commonplaces of French cooking. Serve it hot one day and cold the next. This recipe comes from The Flavour of France, a cherished book given to me 30 years ago by a dear friend in Kenya.

(Beef, white wine, herbs, marrowbones, brandy, carrots, onions, butter, bacon)

Take a lean (grass-fed) 4 lb. piece of meat suitable for a pot-roast. Run a few narrow strips of bacon or salt pork through it with a larding needle. In a deep iron casserole brown the meat on all sides in 1 tablespoon of butter. Add 1 cup of hot water, 2 cups of white wine, salt and pepper, a bay leaf, a sprig of parsley, a good pinch of thyme, a pinch of nutmeg, and a cracked marrowbone. Simmer the beef covered over a low flame for about 2 hours, then add 2 tablespoons of brandy, 4 carrots, cut in pieces, and 6 small whole onions. Stick 2 or 3 cloves into one of the onions. Simmer the *Boeuf a la mode* for another 1 \_ hours, or until it is tender. Remove the marrowbone and the cloves before serving. The sauce should be fairly brown and rich; if there is too much pour it into another pan and reduce over a brisk flame.”

(The recipe asks for a cracked veal knucklebone instead of a marrowbone, but I prefer the marrowbone.) Enjoy!

