



## Grassfed Beef: A Primer

Thank you for choosing Fresh  
Roots Farm's Grassfed Beef!

We are happy to have provided you with a product that is sustainably-raised, nutritionally-dense, and delicious! Grassfed beef has great health benefits, as it is rich in:

- Omega-3 fatty acids
- CLAs (conjugated linoleic acids)
- Antioxidants, including Vitamins E, C and beta-carotene

Our animals enjoy a dense diet of pasture and grass-based forage, and are finished within 18-20 months. We have worked hard to select cattle genetics that are best suited to a pasture-based diet, and the grazing management practices we use contribute towards improvement of the land we steward.

If you are trying grassfed meats for the first time, you may want to know that they cannot always be prepared in the same way as conventionally raised meats. They tend to be lower in overall fat, and very flavorful. When prepared properly, they are a real treat!

To ensure the best eating experience to our customers, we wanted to share some tips on some of the best methods for preparing and cooking grassfed beef!

## Cooking Tips:

*Adapted from The Grassfed Gourmet Cookbook by Shannon Hayes*

Four basic principles for cooking grass-fed meats:

1. Put away your timer, get a good meat thermometer, and be prepared to use it.  
*Since there is less fat on grassfed meats, and fat works as an insulator, lean cuts will cook faster than those higher in fat. Also, with varied size and thickness of cuts, cooking times for meat will vary. A thermometer can give you the best indication of when a cut is finished cooking. (See suggested internal temperatures on the opposite page.)*
2. Turn down the heat.  
*If heats are too high when grass-fed meat is cooked, the moisture & fat will exit quickly, toughening the protein. It is best to set the flame a little lower when grilling or frying, and set the oven temperature lower, than is customary.*
3. Learn when to use dry-heat cooking methods and when to use moist-heat methods.  
*See the guide for which cooking methods to use for which cuts, on the opposite page.*
4. Ease up on the seasonings & sauces.  
*You can trust that prime cuts of grass-fed meat have sufficient flavor to stand on their own! Try using simple herb rubs or just salt and pepper so that you can experience the true flavor of the meat – how they are supposed to taste! However, marinades can always help bring out a desired flavor and tenderize the meat, and seasonings are always great!*

## Recommended Internal Temperatures for Cooked Meat

Adapted from *The Grassfed Gourmet Cookbook* by Shannon Hayes

The following table provides the ideal temperatures at which to remove the meat from the oven. Meat requires an additional resting period of about 5-10 minutes for chops and steaks, and 15-30 minutes (depending on size) for roasts. During that time, the internal temperature of the meat will climb about 5 degrees for steaks and chops and 10-15 degrees for roasts.

We have included the suggested 'meat-lovers' range, and the USDA-recommended range – the decision ultimately lies with the cook!

Meat	Suggested Internal Temperatures	USDA Recommended Internal Temperatures
Beef	120°-165°F	140°-170°F
Lamb	120°-155°F	140°-170°F

Some of our favourite cookbooks & resources for grassfed beef include:

- [The Grassfed Gourmet](#) by Shannon Hayes
- [The Nourished Kitchen](#) by Jennifer McGruther
- [Nourishing Traditions](#) by Sally Fallon
- [The Heal Your Gut Cookbook](#) by Hilary Boynton & Mary G. Brackett
- [EatWild.com](#)

## Common Retail Cuts of Beef & Ideal Cooking Methods

**Dry-heat Method:** The process whereby fats and water are pulled from the meat, thus firming it up until it reaches the desired doneness. Dry-heat methods include pan-frying, broiling, roasting, barbecuing, grilling, stir-frying and sautéing.

**Moist-heat Method:** Used for tougher cuts of meat, and include braising, stewing, crock-pot cooking, and boiling.

- **Super-slow roasting** – tougher cuts of meat are put in the oven at 170F (or slow-cooker on low) and allowed to roast for several hours.

CHUCK		ROUND, cont.	
Roast	Moist heat, super slow roast	Bottom round roast	Moist heat, super slow roast
Steak	Moist heat, super slow roast	SHORT LOIN	
Stew beef	Moist heat	Tenderloin roast	Dry heat
Short ribs	Moist heat	Filet Mignon	Dry heat
Ground beef	Dry or Moist heat	T-Bone, Porterhouse steaks	Dry heat
RIB		Top loin steaks	Dry heat
Rib steaks	Dry heat	SIRLOIN	
Rib eye steaks	Dry heat	Sirloin steaks and roasts	Dry heat, super slow roast
Rib roast	Dry heat	Tri-tip	Dry heat
Short ribs	Moist heat	Kabobs	Dry heat
ROUND			
Sirloin tip roasts and steaks	Dry heat, super slow roast		
Top round roast	Dry heat, super slow roast		
Eye round roast	Dry heat, super slow roast		