



STEAK COOKING TIPS

First thing is first, start with healthy, pasture-raised meat. Animals raised in low stress environments & free to roam the land produce better tasting and healthier meat. Not to mention that you can feel good about choosing to buy from farmers and butchers who believe in humane treatment of animals and minimizing waste.

- ☞ Let the meat come to room temperature before cooking.
 - A good rule of thumb is to rest your steaks on a plate on your counter for at least 30 minutes per pound prior to cooking. It is important that the internal and external temperature of your steak is approximately the same to avoid preparing a steak that has a beautiful sear on the outside, but undercooked and gummy on the inside. Yuk!
- ☞ Cook to an exact temperature based on your liking.
 - Meat continues to cook after removing it from the heat - not a lot, but it can go from medium to medium well in a few minutes. The temperatures provided below are the recommended temperature to remove your steak from the heat - your steak will continue to cook during its resting phase (see below). Use a large display digital thermometer and use the following temperatures as a guide.
 - Medium-rare (125°F), Medium (130°F), and Medium-well (135°F).
 - A note about 100% Grass-fed Beef - it is best prepared Medium-rare to Medium. You can extend to Medium-well if you prefer, but due to the fact that Grass-fed Beef is significantly leaner and has less marbling, in general, cooking to higher temperatures will result in a less tender, less juicy steak.

- ☞ Let the meat rest before slicing.
 - The cooking process drives the juices to the center; resting allows the juices to redistribute throughout making for a perfectly juicy steak. Generally, allow steaks to rest 5-10 minutes before slicing. If you're cooking a Prime Rib Roast, allow 10-15 minutes before slicing.
- ☞ Slice the meat against the grain.
 - Look for the direction of the meat fibers in the steak. Cutting across these fibers, against the grain, makes each slice more tender and easier to chew.