

Chef's Cooking Tips

Long Meadow Ranch Grass-fed Highland Beef

Do	Don't	Chef's Tip
<p>Enjoy your naturally tender, wonderfully flavorful grass-fed Highland beef with family and friends - and a bottle of LMR Cabernet Sauvignon.</p> <p>Remember grass-fed beef is meant for Rare to Medium Rare cooking.</p> <p>Choose recipes that show off the natural, rich and delicate flavors of grass-fed beef.</p>	<p>Don't overcook!</p> <p>The primary culprit for tough grass-fed beef is overcooking.</p>	<p>Treat it like game (think "venison" or "ahi tuna").</p> <p>Rare is King!</p> <p>Grass-fed beef is as low in fat as chicken breast.</p> <p>If you insist on Well Done, then cook your grass-fed beef at very low temperatures in a sauce to add moisture (because the fat content is so low).</p>
<p>Bring your grass-fed beef to room temperature before cooking.</p>	<p>Do not cook your grass-fed beef cold straight from a refrigerator.</p> <p>Never use a microwave to thaw your grass-fed beef.</p>	<p>Thaw your beef in the refrigerator.</p> <p>For quick thawing, place your vacuum sealed package in cold water for a few minutes.</p>
<p>Always use tongs.</p>	<p>Never use a fork to turn your beef or precious juices will be lost.</p>	<p>Prevent sticking by basting your meat with Long Meadow Ranch Napa Valley Select Extra Virgin Olive Oil (or favorite light oil) before it goes on any grill or pan.</p>
Do	Don't	Chef's Tip
<p>Marinate your steaks before cooking (for up to 24 hours) - especially lean cuts like New York and Top Sirloin Steak.</p> <p>Baste to add moisture throughout the grilling process.</p>	<p>Never go straight from the package to the grill.</p>	<p>Choose a marinade recipe that does not mask the delicate flavor of grass-fed beef but enhances the moisture content.</p> <p>A great choice is any marinade using lemon, vinegar, wine, beer, or bourbon.</p> <p>Always marinate in the refrigerator for safety.</p>
<p>Pound your steak a few times if you do not have time to marinate.</p> <p>Place on a solid surface and cover with a towel or waxed paper. Use a meat mallet, rolling pin, or whatever you feel is safe and convenient, and pound two or three times.</p>	<p>Don't go overboard and flatten your beef unless your recipe calls for it.</p>	<p>Coat your thawed steak with your favorite rub.</p> <p>Your favorite rub will be pushed into your grass fed beef as an added benefit of pounding.</p>
<p>Use a very hot fire.</p> <p>When grilling, sear the steak quickly (20-30 seconds) over high heat on each side to seal in its natural juices and</p>	<p>Don't forget grass-fed beef requires 30 percent less cooking time - frequently use the touch test.</p> <p>Don't cook slowly over a moderate fire.</p>	<p>Know your fire and your grill. Find a lower temperature spot for the second side.</p> <p>Use your finger frequently to test the softness of the meat. Take meat off the grill while still moist and springy.</p>

<p>After searing, reduce the heat to medium or low and then try 3-4 minutes for the first side and 2-3 minutes for the second.</p> <p>Remember you can always go back to the grill if your steak is too Rare, but not vice versa!</p>	<p>Don't leave your steaks unattended.</p>	<p>Your beef can go from perfectly cooked to over cooked in less than a minute. Even 4 minutes can be a long time on a very hot fire.</p> <p>Use fresh garlic butter in the final minutes - just like the top steak chefs.</p>
<p>Try stove top cooking - chefs do steaks on the stove all the time. You have more control over the temperature than on the grill.</p>	<p>Don't ever cook grass-fed steaks to Medium Well or Well Done.</p>	<p>If you usually like your meat Well Done, try a steak done to Medium. Grass-fed steaks have a different texture and taste at Medium.</p>
Do	Don't	Chef's Tip
<p>Remember grass-fed Highland burgers are 85 to 90 percent lean . . . so some moisture is needed to compensate for the lack of fat.</p> <p>Coat your burgers (and your grill) with Long Meadow Ranch Napa Valley Select Extra Virgin Olive Oil (or another favorite light oil)</p>	<p>Don't place burgers on grill or pan without added moisture, butter, or oil.</p>	<p>When preparing hamburgers for the grill, use caramelized onions, olives or roasted peppers to add low fat moisture to the meat while cooking.</p> <p>Add a pat of butter as the burger comes off the grill.</p>
<p>Use a very hot fire.</p> <p>Sear the burger quickly over a high heat on one side to seal in its natural juices and then reduce the heat to medium or low.</p> <p>Try 3-4 minutes for the first side (after searing for 30 seconds) and 2-3 minutes for the second.</p>	<p>Don't forget grass-fed beef requires 30 percent less cooking time.</p> <p>Don't forget minutes really count.</p> <p>Don't leave your burgers unattended.</p>	<p>Know your fire and your grill. Find a lower temperature spot for the second side.</p> <p>Take burgers off the grill early. Your burgers will continue to cook when removed from heat. Your burgers can go from perfectly cooked to over-cooked in less than a minute.</p>
Do	Don't	Chef's Tip
<p>Reduce the temperature of your grain-fed beef recipes by 50 degrees (generally to about 275 degrees for roasting). Always pre-heat your oven.</p> <p>Use slightly shorter cooking time even at the lower temperature.</p> <p>Use the lowest heat setting in a crock pot.</p>	<p>Never assume the cooking time will still be the same (it is always shorter).</p>	<p>Coat with Long Meadow Ranch Napa Valley Select Extra Virgin Olive Oil, (truffle oil or a favorite light oil) for flavor enhancement and easy browning.</p> <p>When roasting, sear the beef first to lock in the juices and then place in a pre-heated oven.</p> <p>Use moisture from sauces to add to the tenderness when cooking your roast.</p>
<p>Use a thermometer to test for doneness and watch the thermometer carefully.</p> <p>Remove the roast from your heat source 10 degrees before it reaches the desired temperature (we like 115-125 degrees).</p>	<p>Never wait for the thermometer to get near 140 degrees</p>	<p>Your roast can go from perfectly cooked to over-cooked in less than five minutes.</p> <p>Your roast will continue to cook when removed from heat.</p> <p>Let the roast sit covered and in a warm place for 8 to 10 minutes after removing to redistribute the juices.</p>