

GRAZED VALLEY BEEF

• LOCALLY SOURCED •

A PRACTICAL GUIDE TO COOKING GRASS-FED, GRASS-FINISHED BEEF



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Cooking Our Grass-Fed, Grass-Finished Beef

Cooking our beef is a unique experience. It's naturally leaner and more nutritious than grain-fed beef, which means it cooks differently - reduce the cooking time by about 30% if you're someone who prefers your steak well-done, it's worth rethinking. Because our beef is lean, it doesn't respond well to being cooked all the way through. For the best result, cook grass-fed steaks to medium at most.

If you absolutely must have your meat well-done, a slow cooker is your best option. Cooking low and slow helps retain moisture and makes the meat more tender. Understanding how to select, prepare, and cook our grass-fed, grass-finished beef will ensure every meal is tender, juicy, and full of flavour.

Essential Tips for Cooking Grass-fed, Grass-Finished Beef

Lower Cooking Temperatures: Grass-fed, grass-finished beef can dry out faster due to its lower fat content. Cook at slightly lower temperatures than you would for grain-fed beef.

Timing Is Crucial: Stop cooking 5-10 degrees before your target temperature, as the steak will continue to cook while resting.

Resting After Cooking: Let the steak rest for 10-15 minutes, then slice against the grain for tenderness.

Internal Temperature Guide:

- Rare: 49 °C
- Medium-Rare: 54 °C
- Medium: 60 °C
- Medium-Well: 65 °C
- Well-Done: 71 °C

Note: Grass-fed, grass-finished beef is best enjoyed medium-rare to medium to preserve tenderness and flavour.

Preparing Grass-Fed, Grass-Finished Beef

Adding Fat: Lean cuts benefit from extra fat. Brush with grass-fed butter, tallow, ghee, or olive oil for better browning and richer flavour.

Thawing: Always thaw in the fridge - ideally for 48 hours, 24 hours minimum. Do not microwave or water thaw.

Room Temperature: Grass-fed beef is more sensitive to high heat. Let it sit out for 15-30 minutes before cooking so it cooks evenly.

Dry The Beef: Use paper towels to pat the steak completely dry - this step is essential for achieving a proper sear and that golden-brown crust.

Tenderising: Use a meat mallet or sharp knife to break down fibres, and always cut against the grain.

Salting The Beef: For even better flavor, salt the steak at least 10-20 minutes before cooking. This helps lock in moisture and enhances the taste.

Cooking Methods

Pan-Searing: Heat a skillet over high heat with a small amount of desired choice of fat (butter, tallow or olive oil). Sear beef 2–3 minutes per side until a crust forms.

Oven Roasting: Preheat oven to 200 °C. Place beef on a baking tray, season, and roast until desired doneness.

Braising (Tougher Cuts): Sear in a hot pan, then cook slowly in a covered pot with a small amount of liquid (stock or wine) for 2–3 hours until tender.

Reverse Sear (Steaks >4 cm thick):

- Season steak and place on a wire rack in an oven-safe dish.
- Oven: 135 °C; Grill: indirect heat on half the burners.
- Cook to 5–8 °C below final temperature, then sear in a hot skillet or over high flame with a tablespoon of oil and a small knob of butter. No resting needed; serve immediately.

Reverse Sear Oven Guide:

Doneness	In-Oven Temp	Final Temp	Time in Oven
Rare	40 °C	50 °C	20–25 min
Medium-Rare	46 °C	55 °C	25–30 min
Medium	52 °C	60 °C	30–35 min
Medium-Well	57 °C	65 °C	35–40 min

Reverse searing ensures even cooking, a better crust, and more tender meat.

Seasoning and Enhancing Flavour

Basic Seasoning: Salt, pepper, garlic.

Herbs: Rosemary, thyme, or other fresh herbs complement natural beef flavours.

Aromatics: Onions, garlic, or shallots enhance taste.

Marinades: Olive oil, vinegar, and herbs tenderise and add depth, especially for tougher cuts like flank or skirt steak.

Cooking by Cut

Steaks (Ribeye, Filet Mignon, Tomahawk, New York Strip, Flat Iron, Flank, Skirt, Ranch, Sirloin)

- Cook on low to medium heat; check internal temperature with a thermometer.
- Rest 5-10 minutes before slicing.
- **Specific Tips:**
 - **Ribeye:** Higher fat content; handle higher heat but avoid overcooking.
 - **Filet Mignon:** Lean; stovetop or grill; avoid overcooking.
 - **Tomahawk:** Grill or roast; use indirect heat.
 - **New York Strip, Flat Iron:** Grill or pan-sear; medium-rare to medium.
 - **Flank & Skirt:** Marinate; grill; slice thinly against grain.
 - **Ranch & Sirloin:** Lean; grill or pan-sear; avoid overcooking.

Roasts (Chuck, Brisket, Tri Tip, Top Round, Eye, Sirloin Tip, Rump)

- Low and slow cooking keeps roasts tender.
- Add liquid (broth, wine, water) and cover while cooking.
- **Specific Tips:**
 - **Chuck:** Braise 3–4 hours.
 - **Brisket:** Smoke or slow roast; indirect heat.
 - **Tri Tip:** Sear high, finish low heat.
 - **Top Round & Eye Roast:** Slow roast or braise at 135 °C.
 - **Sirloin Tip & Rump:** Roast or slow-cook; cover to retain moisture.

Mince (500g packs, 110 g & 225 g Patties, Sausage, Pulled Beef)

- Cook gently over medium heat; avoid overworking meat.
- Add oil, butter, or broth to improve moisture.
- **Specific Tips:**
 - **Mince:** Tacos, chili, spaghetti, burgers.
 - **Patties:** Medium heat, 4–5 min per side for medium-rare; rest before serving.
 - **Sausage:** Medium stovetop or grill; turn regularly.
 - **Pulled Beef:** Already tender; reheat gently.

Common Pitfalls

- **Overcooking:** Grass-fed, grass-finished beef cooks faster; use a thermometer.
- **High Heat:** Lean cuts can toughen; cook at lower temperatures.
- **Not Resting:** Always rest to retain juices.
- **Skipping Marinade:** Use for tougher cuts to tenderise and flavour.

Enjoy our beef with these simple grass-fed, grass-finished cooking tips.