

Cooking Directions for Grass Fed Beef

Do not overcook
Cooking times will be 30% shorter, lower oven temperature.
Rare to Medium rare is the best target temperature for service (130-140 degrees)
Sear and seal
Prepare from room temperature.
With the added health benefits of Grass Fed Beef as well as the healthier cattle & lower impact on the environment, make Grass Fed Beef your first consideration when shopping for any Beef product. More significant flavors with shorter cooking times save food cost as well.
The controls of any pathogens during slaughter are greatly reduced by herd size control and the knowledge that the origins of the cattle are stringently recorded.



Pot Roast

Honor the Grass fed beef with Organic Ingredients

3-4 pounds of Grass Fed Chuck Roast	1 medium yellow onion
1 medium white onion	1 medium red onion
½ pound carrots	1 bunch celery including sweets
Sea salt, black and white pepper	Bouquet Garni
Bay Leaf/ Red Wine	

Sear the beef so that the surface is closed and caramelized. Introduce all vegetables chopped for service into dry roast pan after searing the beef. Sweat all vegetables until bright, season beef add back to Roast Pan place into 300 degree oven for 5 minutes add 1 ½ cups red wine Bouquet & Bay Leaf cook approximately 2 hours. Remove beef from roaster place onto cutting surface, place roasted vegetables onto service tray for table, reduce & thicken jus, slice Beef place atop vegetables serve sauce on side with roasted Yukon Gold Potato.
Grass Fed Beef has the fat content of skinless chicken, and is high in heart friendly essential fatty acids. Vitamin E and Cancer fighting conjugated linoleic acid.

