



100% Grass Fed Beef and Natural Vegetables

Yoder, WY

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Cooking Premium Grass Fed Beef Steaks

Premium Cuts to Use - Tenderloin, Ribeye, New York Strip, and Sirloin.

To cook other Steaks - Flank, Skirt, Top Round, Sirloin Tip, Chuck - see "Using Cuts of Beef". These steaks should be handled more gently than the premium steaks listed above.

The first key to cooking any good steak, grass fed or otherwise, is a hot flame, pan, or broiler. Never place a steak on a cool grill or pan, or on one which is still coming up to temperature.

Steaks are best enjoyed when cooked to rare, medium-rare, or medium. Overcooked steaks become dry. You may use an instant-read meat thermometer, but I find the best method is to develop a sense of "touch". When you press lightly on a steak with a spatula or the back of a fork, the steak should depress lightly. As the steak cooks more, it becomes firmer. A steak that resists depression is over-cooked. You will find your desired "touch" with experience.

Steaks continue to cook a bit during the "resting" period, after they are removed from the cooking surface. If you cut into a steak or check its temperature while it is cooking to check whether it is "done", remember that it will rise in temperature another 5° or so after it is removed from the cooking element.

First, prepare the steak. Then, grill, pan-fry, or broil. See details, below.

Preparing the Steak

1. **Bring your steak to room temperature just before cooking.** Almost as critical as the hot flame is a room-temperature steak. Although many steaks are cooked when the steak has just been retrieved from the refrigerator, the result is always a more evenly-cooked, finer result if you bring the fully-thawed steaks out of the refrigerator for about 15-30 minutes prior to cooking.
2. **Flavor Step.** I always season a steak prior to cooking. Before applying a rub or dry seasoning, first pat the steak dry.
Some Flavor Ideas:
 - a. Press freshly cracked pepper and sea salt into both sides of the steak.
 - b. Sprinkle the steak with freshly cracked black pepper and garlic powder, and drizzle with Worcestershire sauce. (We like this combo for burgers, too.)
 - c. Make a rub of savory spices, garlic and salt. Press into the steak on both sides.Some Marinade Ideas:
 - d. **Red Wine & Balsamic Marinade** - Mix equal portions of red wine, balsamic vinegar, and maple syrup (NOT pancake syrup). Add a little garlic powder.

- e. **Red Wine Marinade #2:**
 - i. 1 ½ cups dry red wine
 - ii. ¼ cup extra-virgin olive oil
 - iii. 4 cloves garlic, peeled and smashed
 - iv. 1/4 teaspoon fresh or dried rosemary
 - v. Salt and freshly ground pepper
 - vi. Mix all ingredients together, pour over steaks and marinate.
 - f. **Bourbon Marinade** - (see *Marinades*), excellent flavor, a bit expensive to prepare.
- Pour marinade over steaks and refrigerate 1-4 hours for premium steaks, or overnight for other cuts.
3. See *Flavor Rubs* and *Marinades* for other ideas. (Note: these are not direct links here, but are buttons on the [recipes](#) page).

Grilling

First, prepare the steak, above. Place your steak on a hot grill to sear the outside of the steak. Once the steak is seared on both sides, the flame may be turned down (or the steak may be moved to a cooler part of the grill) to finish cooking the steak. A great steak should be cooked to rare or medium-rare. If you want to cook a steak past medium-rare, it is critical that it was properly seared first. Do not overcook.

Allow steaks to **rest** for 10 minutes prior to eating. Cover loosely to keep them warm.

Pan-Frying Steaks

First, prepare the steaks - see above.

The keys to a good pan-fried steak are a hot surface, a dry steak, and an uncrowded pan. You want to sear a steak, not poach it. So, you make sure that the surface is hot enough that any moisture that may be present escapes the pan as steam and doesn't collect in the pan.

If you want to sauté onions or mushrooms to go with your steak, do this in a separate pan, or while your steaks are resting so that your steaks do not poach in the vegetable juices.

Heat a small amount of oil, or ½ oil and ½ butter over medium-high heat. Pat the meat dry with a paper towel before putting it in the pan, especially if you marinated it first. Do not over-crowd the steaks in the pan - better to use two pans or cook several batches than to over-crowd steaks into one pan. Sear the steak on both sides. Once the steaks are seared well on both sides, the temperature may be reduced to cook to medium or medium rare, if desired, or removed promptly for a rare steak.

Allow steaks to **rest** for 10 minutes prior to eating. Cover loosely to keep them warm.

Make a Sauce (optional): When steaks are pan-fried, the pan drippings may be made into a quick sauce while the steaks are resting. Pour a little red-wine or beef broth (about ¼ - ½ cup) into the pan. Bring to a quick boil and reduce the volume of liquid by ½ while scraping the pan with a wooden spoon. Remove pan from heat and stir in small amounts of butter (1-2 tsp. at a time) until butter is fully incorporated and a creamy sauce is achieved. Pour over steak.

Broiling

Use a hot pre-heated broiler. Prepare the steaks - see above. Place the steaks on a broiler pan, with the surface of the steak lying 4-6 inches from the heating element. Broil several minutes on each side. Watch them carefully, and flip once.

Allow steaks to rest for 10 minutes prior to eating. Cover loosely to keep them warm.