

## HOW TO COOK FOXHOLLOW FARM'S 100% GRASS FED BEEF STEAKS INDOORS



**Congratulations!** You just made a delicious decision and decided to cook and eat grass fed steaks this winter! Not only are you supporting your local farms and economy, but you are supporting your health and the health of our animals as well. There are a lot of differences between conventional beef (AKA Factory Beef) and grass fed, grass finished, beef; Therefore, when cooking your grass fed steaks there are a few basics you should know. First of all, forget just about everything you know about cooking factory beef. Grass fed has a depth of flavor that conventional feedlot beef does not come close to. It browns beautifully on medium heat, does not release excess water in the pan, and cooks much faster because it lacks excess water and has less fat. Grass fed beef has tremendous flavor when properly cooked, therefore, you will want to bring out that flavor rather than mask it with tons of spices and condiments. The best marinade for prime grass-fed beef steaks is a little bit of extra virgin olive oil. Ideally, you will want to use unfiltered olive oil because unfiltered oil contains enzymes and other substances which make the meat more tender and bring out its flavor. If you do not have unfiltered olive oil in your pantry though, don't fret, good ol' extra virgin olive oil is just fine.

### HOW TO SAUTÉ FOXHOLLOW FARM'S GRASS FED, GRASS FINISHED STEAK:

Sauté = cooking with some fat in a cast iron (ideal) frying pan over medium heat.

1. The night before (or anywhere from 1 to 18 hours before. I usually do about 1 hr. for prime steaks) you plan to cook the steak coat all sides with olive oil. Depending on the size of the steak, 2-3 tablespoons should be enough. Place steak in glass or ceramic bowl and cover, and refrigerate overnight.
2. Remove steaks from refrigerator so the steak can come to room temperature before cooking. This should take about 30 minutes to 1 hour.
3. Heat 2 tablespoons real butter (pastured butter is best) in your cast iron frying pan over medium heat. The heat never goes over medium when cooking grass fed beef.
4. Let butter get hot, bubbly, and slightly smoking. While this happens, lightly sprinkle a little sea salt over both sides of the steak. Put steaks in pan.
5. Cook for about 5 minutes on each side (adjust the time depending on how rare you want it. 5 minutes will give you around medium rare for 1 ½ inch steak).
6. Place the steak on a plate or cutting board and cover with foil. Let sit for 10 minutes before carving or serving.

## HOW TO OVEN BROIL FOXHOLLOW FARM'S GRASS FED, GRASS FINISHED STEAK:

How to preheat the oven broiler for grass-fed steaks: Bring the oven rack up to the 2<sup>nd</sup> highest position (the meat should be approx. 4 inches below the broiler). Lightly grease a broiler rack which is set in a pan. Turn the oven to Broil, and the heat to broil. Place the broiler rack and pan in the oven once it has reached the broiling temperature. Let it heat for 5 minutes with the oven door partially open.

Marinate the steaks with olive oil at least 1 hour before you plan to cook the meat. Let rest at room temperature for 1 hour. Preheat the broiler as described above. When broiler is preheated, place the steaks on the already warm broiler rack (do not overcrowd). Put the broiler rack back in the oven with the steaks and cook for 2 minutes. Turn the steaks over and cook for 2 more minutes. Remove the steaks from the oven; brush all surfaces with melted butter (or melted beef tallow). Return steaks to the broiler and cook for 2 more minutes on each side (4 minutes total). The steaks should be medium to medium rare. Place the steak on a plate or cutting board and cover with foil. Let the steaks rest for 10 minutes before carving or serving. Enjoy!



## GARLIC-HERB STEAKS IN BOURBON PAN SAUCE:

Recipe from *The Grassfed Gourmet Cookbook* by Shannon Hayes

- 2 Steaks, about 1 inch thick (T-bone, filet, NY Strip, Ribeye)
- 3 Tablespoons Garlic Herb Rub (1 tablespoon dried Thyme, 1 tablespoon dried rosemary, 2 tablespoons dried oregano, 2 teaspoons garlic powder, 2 teaspoons freshly ground black pepper)
- 2 tablespoons olive oil
- 2 tablespoons pastured butter
- 1/3 cup bourbon

Generously coat each of the steaks with the Garlic-Herb Rub. Set them aside, and bring the meat to room temperature, about 30 min- 1 hour. Heat the Skillet over a medium- high flame. Add the olive oil and butter. Once the butter has melted and begins to spatter lightly. Add the steaks. Cook for about 5-6 minutes per side for medium-rare, or until they achieve the desired level of doneness (the internal temperature should be between 120 and 130 F). Remove the steaks from the pan and tent with foil.

Turn the heat to low, add the bourbon, and simmer 2 minutes longer, stirring constantly and scraping up any browned bits. Set the steaks on warmed plates, top with bourbon pan sauce, and serve.



## FOXHOLLOW FARM SIRLOIN, CHUCK EYE, OR FLAT IRON STEAK

- Extra-virgin olive oil (Unfiltered is ideal)
- 1 tablespoon oregano, chopped fresh (or 1 tsp. dried)
- 1 tablespoon fresh thyme, chopped fresh (or 1 tsp. dried)
- 1 tablespoon freshly cracked black pepper
- 1 Foxhollow Farm, Grass-fed sirloin steak, chuck eye steak, or flat iron steak

Rub the steak with the Olive Oil. Mix oregano, thyme, and pepper in a small bowl. Sprinkle evenly over both sides of steak. Place on large plate; cover and refrigerate at least 4 hours and up to 6 hours. Let stand at room temperature 1 hour before cooking. Follow any of the steak cooking directions on the "How to cook Foxhollow Farm's Grass Fed Beef" handout. Transfer steak to cutting board; let rest 5 minutes. Cut steak crosswise into 1/4 - to 1/3 -inch-thick slices.