



The Kinderhook Farm grass-fed beef will cook differently than supermarket grain-fed beef. Here's a guide to help you cook your meat to perfection.

### How to Thaw

Keep it frozen until you're ready to use it then thaw it completely before cooking. To defrost, place each individual vacuum-packed cut in the refrigerator overnight. If you call ahead, I'll be glad to defrost the cut you request and have it ready for you to pick up for the weekend. Call Georgia at 518.929.3075 and let me know when you would like to pick up your meat. If you're in a rush and are picking up frozen meat, it's possible to defrost the packages in a bowl of cool, not warm, water. Using a microwave to defrost or cook grass-fed beef isn't recommended because it will change the texture and flavor of the meat.

### The Less Heat the Better

The Kinderhook Farm grass-fed beef has more protein and less fat than conventional grain-fed beef. The flavor of our beef is accentuated by cooking it at a slightly lower temperature and for slightly less time. So, unless a recipe specifies grass-fed beef, reduce the temperature in the recipe by 50 degrees. Even with the lower temperature the cooking time will be about 30% to 50% less than for conventional beef.

### When is it Done?

A digital meat thermometer will give you the most accurate reading. To achieve the desired temperature, remove the beef from its heat source when it's 5-10 degrees shy of your target temperature - the residual heat will finish cooking the meat in about five to ten minutes. Here's a list of recommended final temperatures:

- 120 degrees - for rare
- 125 degrees - for medium rare
- 130 degrees - for medium
- 135 degrees - for medium well
- 140 degrees - for well.

### How to Grill

Basting with your favorite marinade throughout the grilling process will add moisture. Using tongs instead of a fork will keep from punching holes in the meat and letting the natural juices run out. Leaving the lid down on the grill will help the beef cook more evenly.

### Before Cooking

Bring your grass-fed beef to room temperature before cooking it. That way it will spend less time in the pan getting to temperature. It's a gentler method of cooking and will deliver juicier meat to your plate.

### To Serve

Let your beef rest at least 10 minutes before slicing. This allows time for the juices to circulate back into the meat. Slicing before it has properly rested sends the juices onto your cutting board.

### Let Us Know

We appreciate your comments about our beef. Let us know which recipes and cooking methods work best for you. Also feel free to call and request your favorite cuts of beef and we will reserve them for you.  
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