

## **IMPORTANT TIPS FOR COOKING CERTIFIED ORGANICALLY RAISED GRASS FED BEEF**

1. Do NOT overcook. Grass fed, organically raised beef is grown for rare to medium rare cooking. Our beef is in the pasture always and has very little fat. That is a good thing for your health. Also good for our steers. They are happy steers prior to becoming beef.
2. If you like your beef well done, you need to cook your grass fed, organically raised beef at a very low temperature in a sauce or marinate to add moisture. Crock pot cooking is superb.
3. Since our beef is extremely low in fat, coat with virgin olive oil, hopefully organic, or favorite light oil for enhancing flavor and browning, if desired. The added oil will also prevent drying or sticking.
4. Odd Duck highly recommends the use of meat tenderizers that contain no chemicals.
5. If you do not like to use meat tenderizer then simply marinate our beef before cooking. The key is to augment the moisture without altering the incredible flavor of grass fed, organically raised beef.
6. Grass fed beef cooks quickly. Be careful. Watch. Do not over cook. Our beef is high in protein and low in fat. Generally takes 30% less time to cook. Grass fed, organically raised beef can go from perfect cooked to over cooked in less than a minute. Try a beef thermometer for even better results.
7. If your schedule is not as restful as a happy steer's schedule and hence do not have time to marinate in the refrigerator, simply coat the beef with your favorite coating and knead it in firmly.
8. Grass fed, organically raised beef can be grilled or prepared on the stove top. Your choice. The stove top gives you added temperature control. Try adding organic butter and garlic when about to remove from the low heat. This will further transfer delicate flavoring throughout the beef.
9. Do not puncture your beef with a fork while cooking. Always use tongs.
10. Cook our beef at a lower temperature than you would other beef. Try 33 degrees to 49 degrees lower than conventional cooking. Use the lowest setting on a crock pot.
11. Never use a microwave to thaw or cook your grass fed, organically raised beef. Thaw gradually in the refrigerator or in a plastic bag in hot water. It is best to let it attain room temperature before cooking, if possible.
12. When grilling, sear the beef over high heat on each side to contain the natural juices. Then reduce the heat and cook slowly. It is best to watch your beef cook and to baste it continuously to maintain moisture.
13. When roasting, also sear in the juices and always use a pre-heated oven.
14. Grass fed, organically raised ground beef is superb. Even better, it is healthy. Develop your own recipes to add moisture to our over 85% lean ground beef. Again, cook 30% less than conventional beef due to the lack of fat. Use of onions, tomatoes and peppers will add natural moisture to your ground beef while cooking or baste with your favorite organic sauce or dressing.
15. Send us your recipes and we will add them to our site. Most importantly, cook slowly over less heat for a shorter period of time. If you do, our once happy steers will make you our happy customer and Odd Duck likes happy.