

## **Cooking Tips for Panorama Grass-Fed Beef**

### **Cooking Time**

- Because it is lower in fat, grass-fed beef requires 30 percent less cooking time than conventional grain-fed beef. This is particularly important when pan-frying or grilling steaks.
- Grass-fed steaks are best eaten medium-rare to medium. As with any meat, a well-done steak will probably be tough.
- For a medium-rare to medium steak, cook for six minutes per side.
- If you are using a meat thermometer, a rare steak will register 135°F, medium-rare to medium will register between 145°F and 155°F.

### **Cooking Method**

- Panorama's Angus genetics guarantee a tender steak, so there's no need to use the marinade or tenderizers that are often recommended for grass-fed beef.
- Bring steaks to room temperature before grilling or pan-frying.
- Our favorite cooking method for steaks is to rub them with a little olive oil, then sprinkle with sea salt and pepper and grill over a very hot charcoal or gas grill.
- Don't turn your steaks with a fork, as you will lose precious juices. Use tongs or a spatula.

### **Thaw Completely in the Refrigerator**

- It's best not to cook Panorama meat that is still frozen or partly frozen.
- Thaw the meat in the refrigerator. Don't defrost it in a microwave oven.

### **Let Rest after Cooking**

- All meats should be allowed to rest for 8 to 10 minutes after cooking. This allows the juices to settle.