

*Rider's**Backfield Farm Beef Cooking Tips*

For the best tasting and looking steaks and burgers, always allow the beef to defrost COMPLETEY in your refrigerator, and preferably allow the beef to come to room temperature.

- 1. Never defrost your steak in the microwave*
- 2. If you want a great tasting burger, never defrost in the microwave either. For casseroles etc, If you must use the microwave, only defrost enough to help speed the browning of the meat when you are going to cook it. Never let the edges brown in the microwave!*
- 3. Always pat your steaks dry before cooking using a paper towel.*
- 4. Unless you are using a slow cooker or "crock pot" for your recipe, all Round steaks and anything with the name "Round" in it's description (including the Western Griller) and Fajita steaks, should be marinated for at least 6-24 hours {not beyond 24 hours} to ensure*

tenderness. Do not cook greater than 145 degrees [medium rare] to 155 degrees [medium doneness.] This will ensure a tender and tasty steak as well as roast.

5. Marinade only in a plastic zip lock bag, glass or stainless steel container. Do not use aluminum or cast iron. Always place marinade in the refrigerator. Turn the beef frequently in the marinade.

6. Never save and reuse a marinade for later use.

7. Do not remove any fat from your steaks or roasts prior to cooking to ensure flavor and tenderness.

8. Do not add salt until AFTER your beef steak or burger has browned. This will reduce moisture loss and ensure a great tasting steak or burger. You may use a rub before cooking that does not have excess salt. Lemon peppers are great at bringing out the full flavor of your beef. Do not add red or brown sauces to burger before cooking to avoid changing the color of the beef.

9. *Never turn your steaks with a fork. This helps to keep the juices in. Use a tong or spatula to turn your steaks instead.*
10. *Do not over- mix/process your burger for patties or other dishes. Do not press or pierce your patties with a fork when cooking so that the juices stay in ensuring a very juicy burger. Cook to at least 160 degrees or when the juices show no pink.*
11. *It is advised to cook your steaks to at least 145 degrees/medium rare doneness. You can use an instant thermometer if your steaks are greater than $\frac{3}{4}$ inch in thickness. Put the thermometer into the side of the steak and not into the top. This reduces loss of juices.*
12. *Oven cooked or grilled roasts have internal temperatures that continue to rise after they are removed from their heat source. Therefore, remove the roast from the source when an internal meat thermometer registers 5-10 degrees BELOW the desired temperature of the roast that you want. Place aluminum foil loosely over the roast and let sit for 15-20 minutes on a warm plate. It will continue to cook as it stands and this will avoid it being over done and*

quite tasty. This same principle works for steaks thicker or equal to one inch but let the steaks sit for only 10 minutes on a warmed platter.