

Transfer to a roasting pan. Add the beef stock, garlic, sage and tomato paste. Cover tightly with tinfoil and place in the hot 350 F (180 C) oven for 2 hours. Remove from oven and allow to cool for 1 hour. Place in a storage container and refrigerate over night. Next day, remove fat from the surface of the stock.

To serve, add ribs and bones to a large skillet. Bring to a boil, simmer and turn meat occasionally while the stock reduces. Check the seasoning and adjust with salt and pepper if necessary. Serve warm, with a little sauce spooned over the meat. Great over mashed potatoes or rice dishes.

Beef and Mushroom Meat Loaf

This recipe can also be made into meat balls for spaghetti or braised dishes.

1 cup	carrots, coarsely chopped
1 stalk	celery, coarsely chopped
1 onion	peeled and coarsely chopped
2 cups	mushrooms, halved
1 cup	fresh bread, roughly torn
2 lbs	ground beef
1 Tbsp	fresh garlic, chopped
1 Tbsp	rosemary, chopped
1	egg
1 Tbsp	Worcestershire sauce (optional or soy)
1 tsp	black pepper
1 tsp	sea salt

In a food processor, combine the carrots, celery, onion, mushrooms and bread. Pulse until a coarse puree is obtained. In a mixing bowl, add the beef and the vegetable mixture. Add the garlic, rosemary, egg, Worcestershire sauce, pepper and salt.

Take a small piece and fry in a pan until cooked through. Taste and adjust seasoning if required. Place beef mixture into a loaf pan. Place in a 350 F (180 C) oven and bake for 1 hour or until the mixture reaches a temperature of 160 F.

Serve warm with gravy or mushroom sauce. Can be frozen for up to 1 month.



WINDHORSE
FARM

Grass-fed/Finished Beef

Cooking Guidelines & Recipes



- 1) Grass-fed beef is usually leaner than traditionally raised beef:
 - Use a lower cooking temperature than normal (300-325 F when roasting)
 - Ideally cook to medium rare for steak cuts
 - Use moist heating techniques like braises
 - Cook to a slightly lower temperature than normal and allow the meat to rest at least 5-10 minutes before carving
- 2) Here are the recommended temperatures for Grass-fed Beef. I would recommend cooking to 5 F less than traditional temperatures (shown in brackets). Meat will continue to cook about 5 degrees as it rests so I would also recommend you stop cooking at 5 F lower than the final desired temperature. A good instant meat thermometer will cost about \$20 and is a great investment for the kitchen.

Rare	135 F (140)	57 C
Medium rare	140 F (145)	60 C
Medium	155 F (160)	68 C
Medium Well	160 F (165)	71 C
Well done	165 F (170)	74 C

3) Tenderizing is a good way to create a tender cut of meat. Marinating is a way to increase tenderness and add flavour to the beef. It will also make the meat cook quicker so you are advised to keep a good eye on the meat until you see how quickly it is cooking. Here is a good basic marinade for beef cuts:

Beef Marinade

1 cup (250 mL)	beer, wine or cider
1 Tbsp (15 mL)	mustard
1 tsp (5 mL)	Worcestershire sauce
2 Tbsp (30 mL)	olive oil
1 tbsp (15 mL)	garlic
1 Tbsp (15 mL)	fresh rosemary or thyme, chopped
1 tsp (5 mL)	sea salt
1 tsp (5 mL)	pepper

In a jar, combine all the ingredients and shake to mix. Pour over the beef and allow to sit for at least 1 hour and not more than 6 hours for best results.



Pasture Beef Recipes

Rich Beef Stock

Makes 5L

4 lbs (2 kg)	beef bones (shank is best)
	Salt and pepper
1 cup (250 mL)	onion, peeled and chopped
1 cup (250 mL)	carrot, peeled and chopped
1 cup (250 mL)	celery, chopped
4 Tbsp (60 mL)	mixed fresh herbs (rosemary, sage, marjoram)
	Cold water to cover bones

Rinse bones under cold water until they become clear. Place on a roasting tray and season with Salt and pepper. Place in a 350 F (180 C) oven and roast for 1 hour. Add the onion, carrot and celery to the bones. Continue roasting for another 30 minutes or until vegetables are nicely browned and bones are well roasted.

Transfer to a stock pot, scrape any brown bits off the bottom of the pan. Can be deglazed (pour water, wine or beer into the pan to dissolve bits). Cover the bones

with cold water and bring to a boil. Immediately reduce to a simmer and discard any foam that floats to the surface at this point (will discolor stock and add bitter flavors if left).

Gently simmer for 2 hours, skimming foam as necessary. Add the mixed herbs and simmer for an additional 2-4 hours. Remove from heat and allow to cool to warm. Strain through a wire mesh strainer or colander into a clean storage container (should yield 5 L of stock). Allow to cool on a rack to room temperature. Cover with a lid and cool over night. Next day, remove the cover of fat. Will keep for 1 week refrigerated, 2 months.

Sirloin skewers with Jamaican Jerk Seasoning

Serves 4

1 lb (454 g)	beef sirloin
1 Tbsp (15 mL)	olive oil
1 tsp (5 mL)	allspice, ground
1 tsp (5 mL)	thyme
1 Tbsp (15 mL)	garlic
1 tsp (5 mL)	hot sauce

Cut beef into thick strips. Place in a glass container and add the olive oil, allspice, thyme, garlic and hot sauce. Stir well to mix and allow to marinate for at least 1 hour.

Place onto wooden (or metal) skewers. Place on a hot grill (a good tip for wooden skewers is to coat them in tinfoil to keep them from burning. Grill on a hot BBQ until cooked to the degree of doneness you like (medium rare is recommended).

Braised Beef Short Ribs

This basic technique could be used with any stew cut of meat, add diced potatoes, carrots and celery to make a complete meal.

Serves 4

1/4 cup (65 mL)	flour
	Salt and pepper to taste
2 lbs (2 kg)	beef short ribs
2 Tbsp (30 mL)	olive oil
4 cups (1L)	beef stock (or beer or wine)
1 head	garlic cut in half
1 Tbsp (15 mL)	fresh sage, chopped
1 Tbsp (15 mL)	tomato paste

In a small mixing bowl, combine the flour, salt and pepper. Stir to mix.

Add the ribs, one at a time, and coat with the flour mixture. Transfer to a hot skillet with the olive oil. Repeat with the remaining ribs. Turn frequently until all sides are browned. Reduce heat if they start to brown too quickly or smoke.