



Bohaty's Gourmet Grass Fed Beef

December 2008

We're on the web at www.gourmetgrassfedbeef.com

The Grass Fed Gourmet



*We Wish You A Very
Merry Christmas
& Happy New Year*

*From Your Friends at
Bohaty's Gourmet GrassFed Beef
Walter & Nancy Bohaty*

Farm Notes

The last of our 2008 grass fed steers went to the processor Dec 11 just as the production of the winter rye grass slowed down and before the really cold weather started. The 2009 calves are now home in the lot behind a good wind break. We plan to put the steers for grass fattening out on rye grass again in early April. At that time the rye grass will be coming out of dormancy and be actively growing again.

A Christmas Roast to Remember

Top Sirloin Roast with Garlic-Peppercorn Paste

12 large garlic cloves, halved lengthwise
2 sprigs fresh thyme
2 tablespoons mixed peppercorns, coarsely ground or cracked
1 (4-lb) boneless beef top sirloin roast
½ teaspoon salt
2 Tablespoons olive oil
2 cups lower-sodium beef broth

1. Place garlic and thyme in a small saucepan; add enough water to just cover garlic. Bring to a simmer. Reduce heat to low; cook 10 min. or until garlic is soft. Remove thyme; remove leaves from stems, reserving leaves.
2. Place garlic in mortar or small dish, reserving cooking water. Add peppercorns and reserved thyme leaves. With a pestle, mash mixture with 1 tablespoon of the reserved cooking water until of paste consistency.
3. Dry roast with paper towels. Spread paste lightly over all sides of roast; place in shallow pan. Refrigerate, uncovered 4 hours or overnight. Remove from refrigerator 30 minutes before cooking.
4. Heat oven to 450 degrees F. Place roast, fat-side up, on rack in roasting pan. Sprinkle with salt; drizzle with oil. Bake 15 minutes. Reduce oven temperature to 300 degrees F. (Do not open oven door.) Bake an additional 1 hour and 10 minutes to 1 hour and 20 minutes or until internal temperature reaches 130 degrees for medium-rare. Cover loosely with foil; let stand for 20 minutes.
5. Meanwhile, remove drippings from roasting pan. Add broth; bring to a boil over medium-high heat, stirring to scrape up and browned bits from the bottom of the pan. Add any accumulated juices from the beef. Simmer 2-3 minutes. Slice roast into ¼ inch thick slices and serve with pan juices. Serves 8.

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