

June 2010

GrassFed Gourmet

On the Web at www.gourmetgrassfedbeef.com

Beef—It's What's For Dinner! But How to Cook It? Part 1

Written by Diane Bohaty, Chef & free lance writer

Gazing down the meat aisle at the local grocery store can seem intimidating. Rows of red meat stare back at you. You feel in awe as if you are in Memorial Stadium standing amidst the “Sea of Red” on game day. All you want is to find a few steaks to throw on the grill for dinner tonight, but the choices are endless. How do you decide what to buy?

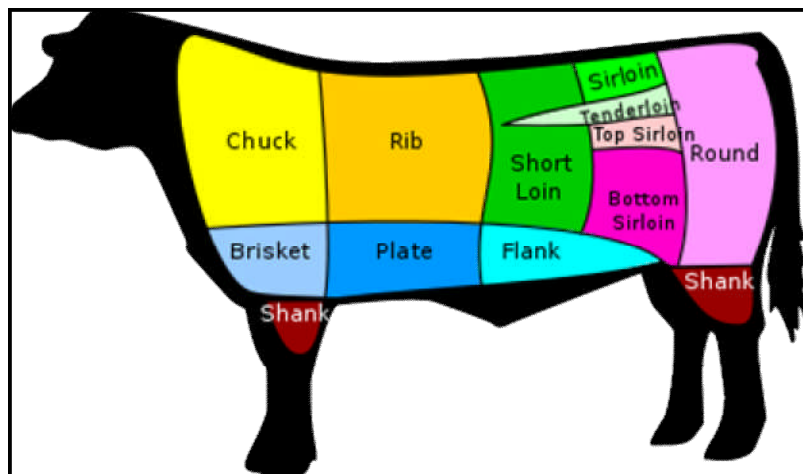
Shopping for meat can seem daunting. This year you decide to purchase wholesome, nutritious grass-fed beef from Walter and Nancy completely foregoing the hassle of the grocery store. The problem remains of deciding what beef cuts you want. Now the problem has escalated as you are deciding for the whole year. Never fear. A basic knowledge of the wholesale (primal) cuts and cooking methods can make your decision simpler.

If you are new to this and have no idea where to start, I would suggest downloading the cut chart available from The National Cattlemen’s Beef Association at www.beefretail.org. This chart is helpful in showing you each of the wholesale cuts. From there it displays what retail cuts, the steaks and roasts seen at the grocery store, are available from each wholesale cut. Equally important it recommends the best cooking methods for each retail cut.

If you have never purchased a whole or half beef before, I realize that the cut chart may seem intimidating. The best way I know to get you through this is to show you my own freezer inventory and a few ideas of what I cook with each. As a side note, I really enjoy hamburger and roasts so be forewarned that my choices will create a lot of these. Let’s start simple and look at the primal cuts of beef. (Primal chart picture below). Round, loin, rib, chuck, brisket, short plate and flank are the seven primal cuts.

Round. The muscles in the round are heavily used for movement. This means the meat is not as tender as the meat in a rib or T-bone steak so you won’t be able to grill without marinating first. If I want a steak, I want a really tender steak I can cut with a butter knife.

Typically, I reserve the round for rump roasts and hamburger. If you really enjoy eating steak, you may want to try the eye of round steaks and top round steaks. I would highly advise that you marinate these overnight before grilling and know beforehand they will not be as tender as a T-bone steak. These would also be good options for stir fry.



Editor's Note: Look for the end of this article in our next newsletter!

Bohaty's Gourmet GrassFed Beef

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Our Beef for 2010 is Sold Out

General Purchasing Information:

Our 2010 price was \$1.10 per pound of live animal weight. This is the weight of the live animal at the time it is delivered to the processing plant. Live animal weights range between 1100 to 1300 pounds. Delivery of the live animal to processing plant in Howells, Nebraska is free. Processing costs are the buyers' responsibility. See our web site or call for more information.

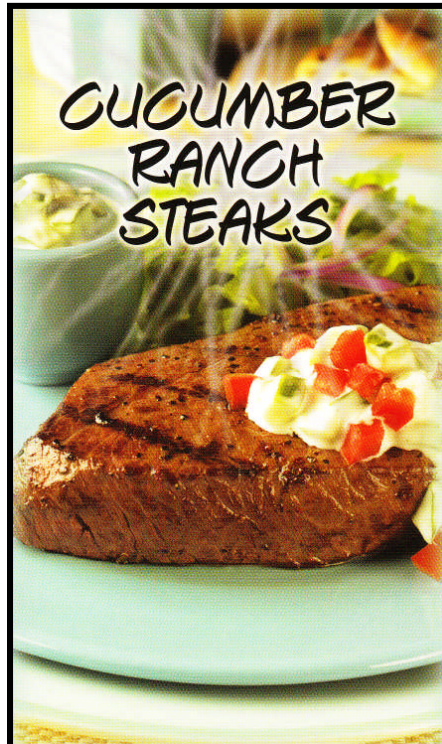
Farm Notes

Spring means our steers have been out eating fresh grass since early April. The cool weather in May helped prolong the rye and wheat grasses. We're getting some warmer weather now which means that it is time to plant the warm season grasses for summer grazing, mainly forage sorghum and corn. Corn has already been planted for them to graze next month before it has time to put ears on the plant. We have had several small showers of a quarter to a half inch which helps keep things green in spite of all the windy days. June rains & flooding have slowed summer forage planting.

Cucumber Ranch Steaks



*We were on the cover of the
October 2009 Nebraska
Farmer Magazine with our
British White Cattle*



4 beef sirloin steaks, cut 3/4 inch thick
about 5 ounces each

1/2 cup finely chopped seeded cucumber
1/4 cup prepared Ranch Dressing
1 tablespoon garlic-pepper seasoning
1 small tomato, seeded, diced (optional)

1. Combine cucumber and dressing in a small bowl. Set aside.
2. Press garlic-pepper seasoning evenly onto beef steaks. Place steaks on grill over medium, ash-covered coals. Grill covered, 9-11 minutes for a medium rare to medium doneness, turning once.
3. Serve steaks with cucumber sauce. Garnish with tomato, if desired.