



Bohatty's Gourmet Grass Fed Beef

August 2007

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

The Grass Fed Gourmet

All-In-One Burgers

From June/July 2006 issue of Cook's Country

Constantly faced with burger toppings sliding off and landing in my lap rather than my mouth, I was left wondering, could I take the “top” out of the toppings and put those same flavors inside the burger?

I started testing with the 80% lean ground beef the test kitchen prefers for grilling. Its relatively high fat content makes for a juicy, flavorful burger; use anything leaner and the burger will be dry. Flavoring the patties with cheese seemed like a good place to begin, & I chose cheddar, but straight away there were problems. The fat from the cheese created a super-greasy burger, & tasters were put off by the spongy texture.

By switching to leaner ground beef (85%), I got rid of the greasiness. Adjusting the texture was as simple as cooking the burgers through rather than to the usual medium rare. Burgers that were cooked through were cohesive and “set” without being dried out.

With the texture under control, I turned to the flavorings. The perfect pairing with cheddar was a mixture of chopped bacon, mustard, and Worcestershire. This burger won over my fellow test cooks, many of whom had been skeptical about the idea of putting toppings on the inside of a burger. They dubbed it the All-American.

Encouraged by their enthusiasm, I moved on to more adventurous burgers &

was successful as long as I relied on firm cheeses (soft goat cheese was a disaster) and potent ingredients with minimal moisture (such as garlic, herbs, chiles, and powdered seasoning mixes). My ordinary looking burgers prove it's what on the inside that really counts.

-Katie Henderson



Recipes are on next page.

ALL-AMERICAN BURGERS

Serves 4

1½ # 85% lean ground beef
1 cup shredded cheddar cheese
8 strips cooked bacon, chopped fine
4 teaspoons yellow mustard
2 teaspoons Worcestershire sauce
½ teaspoon salt
½ teaspoon pepper

Break beef into small pieces in medium bowl. Add cheese, bacon, mustard, Worcestershire sauce, salt, & pepper. Using fork, toss until evenly distributed. Divide into 4 equal portions and lightly pack into 1-inch thick patties. Grill over hot coals, with out pressing down on burgers, until well seared on both sides and cooked through, 8-12 minutes. Transfer to a plate, tent with foil, and let rest 5 minutes.

TEX-MEX BURGERS Serves 4

1½ # 85% lean ground beef
1 cup shredded Monterey Jack Cheese
¼ cup minced fresh cilantro
4 teaspoons minced canned chipotle chiles in adobo
4 teaspoons yellow mustard
4 teaspoons taco seasoning

Prepare as for All-American Burgers

RANCH BURGERS Serves 4

1 ½ # 85% lean ground beef
2/3 cup crumbled blue cheese
2 cloves garlic, minced
4 teaspoons powdered ranch dressing mix
½ teaspoon salt
½ teaspoon pepper

Prepare as for All-American Burgers

Bohaty's Gourmet Grass-Fed Beef

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Notes From Our Farm

Here in NE we never want to turn down rain in the summertime, however, in the last few weeks we have received an awful lot of rain & high humidity. Here at the farm we are now willing to trade some of this rain for sunshine & lower humidity. The plentiful rainfall has really made the grass grow & we have never seen the pastures & grass fields so lush in August. The high humidity has made it a little uncomfortable for the cattle in the heat of the day but they are all doing well and gaining weight nicely. It looks like our grass fed steers will be ready to harvest starting in November. We have had several new customers order our Gourmet Grass Fed Beef for this fall so we encourage our customers to consider ordering now to insure the availability of meat for your freezer.

Reserve Your Beef for 2007!

Our grass fed beef is sold as a whole beef carcass, or just a half or quarter. You can determine how your beef is cut up and packaged. If you are unfamiliar with this process we can explain the basic cuts of beef and the processor will help you make the final decision. Our 2007 price is \$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 usually range between 1150 to 1300 #. Dressed or hanging weight is estimated to be around 60 percent of live weight.

Most processors expect the cutout weight (the weight of the meat going into your freezer) of a whole steer to be 60-65 percent of the dressed weight. The reason for the reduction in weight is the moisture loss during the dry aging process and the amount of bone, fat, & etc removed during processing.

Delivery of the live animal to the processing plant in Humphrey is free. Processing costs are the buyer's responsibility. Basic costs of processing can be found at www.gourmetgrassfedbeef.com