



Tips for Cooking Our Pasture-Raised Meats

Thanks for trying our pasture-raised heritage breed meats. We are proud of the way we raise our animals and we want you to enjoy your culinary experiences with New Roots Farm meats. Whether you are new to pasture-raised meats, or a seasoned pro in the kitchen, we hope that the following information will be useful to you.

First and foremost, please note that pasture-raised meats cook about $\frac{1}{4}$ to $\frac{1}{3}$ faster than commercial supermarket meats.

Tip #1 Don't Overcook. Pasture-raised meats are lean yet very flavorful. There's usually not much fat to insulate the meat as it cooks. Also the meat will continue to cook after you take it out of the oven. Take it out about 10 degrees before it reaches the desired temperature. This will produce the tastiest pasture-raised meal that your family has ever sunk their teeth into.

One of the biggest mistakes is to cook too long or use too high of heat. Use lower temperature than in conventional cooking. You'll get a fuller flavor and a juicier feast.

Tip #2 Use a Meat Thermometer. Since ovens differ this is the surest way to monitor the progress of your prize project. After all, you are preparing a prime piece of meat, and when done well (not well done!), a work of art.

A digital thermometer that can be read from the oven's exterior without opening the door is optimal. When in doubt, refer to your mantra- "Rosy pink center, rosy pink center..."

Tip #3 Let the natural flavors of pasture-raised meats speak for themselves. Virtually all meat sold in supermarkets these days has been fattened on corn in feedlots. Not so with pasture-raised meats. Every species of grass or weed or legume adds a slightly different flavor to the meat. Every one of the myriad soil types adds to the mix. This means each cut brought to your table has it's own unique, natural flavor.

We eat our pasture-raised meat served with only a dash of salt and pepper. Nothing more is needed. Rubs and sauces and marinades may certainly be tried, but first delight your palate with the unique taste of natural pasture-raised meats. Bon Appétit!