

GRASS FED BEEF

A SUMMER GRILLING GUIDE

FEATURING RECIPES FROM

Nourished With Nature Farm



Meet your Farmers

Grass Fed Beef doesn't have to be dry and tough, in fact it shouldn't be! Do you need some fresh ideas for what to cook on the grill this summer? This guide will give you the confidence to get your creative juices flowing as you enjoy summertime grilling with your best friends!

We are Blake and Julia Bell, we own and operate our small family farm in Lebanon, Oregon. The farm evolved from growing the type of food we wanted to feed our children. Now we love growing nutrient dense, clean meat in a transparent way for your family too!

There is no better smell than the BBQ smoking with mouth watering hamburgers as the hot summer day winds down and begins to cool off. Add some corn on the cob or watermelon, a few lawn chairs and a glass of lavender lemonade and what you will get is heaven on earth!

A Few Tricks of the Trade

1. SOURCE YOUR BEEF

Ask your farmer where the cow lived, what he ate, was he ever given antibiotics, what was used for fly control, were the fields sprayed with anything? You have the right to know what went into your meat, it's the benefit of buying directly from a responsible farmer.

2. DON'T OVERDO IT

Buy a high quality digital meat thermometer, I like ThermoPop. Cook to an internal temperature of 120-140 F depending on your doneness preference.

3. LET IT REST

It is better to under cook and let the meat rest on a plate covered with foil or an upside down plate. The meat will continue to cook even when removed from the heat source.

4. PICK YOUR FIRE

You can cook over an open fire, charcoal BBQ, gas BBQ or even a camp chef grill. Whatever you choose it will be delicious!

The Finger Test to Check the Doneness of Meat

1. RAW

Open your hand and push on the fleshy area between the base of your palm and your thumb, making sure your hand is relaxed. This is what raw meat feels like.
2. WELL DONE

Press the tip of your pinky and your thumb together, feel the fleshy area below your thumb. This is well done.
3. MEDIUM

Press your ring finger to your thumb. The flesh beneath the thumb should give a little more. I'm calling this medium.
4. MEDIUM RARE

Gently press the tip of your middle finger to the tip of your thumb. This is medium rare.
5. RARE

Press the tip of your index finger to the tip of your thumb. The fleshy area below the thumb should give quite a bit. This is what meat cooked to rare feels like. Open your palm again and compare raw to rare.

My Favorite Beef Fajitas

These fajitas are packed with flavor and color. They are sure to be a hit for dinner guests and kiddos too!

Ingredients:

- *1-1.5 lbs Nourished With Nature Steak (Flank, Skirt, tenderloin or NY Strip)*
- *1/2 cup Olive Oil*
- *3 Tablespoons Worcestershire Sauce*
- *1/3 cup fresh squeezed lime juice + 5 drops Lime Essential Oil*
- *3 cloves Garlic, minced*
- *1 Tablespoon Cumin*
- *1 Tablespoon Chili Powder*
- *1/2 teaspoon Red Pepper Flakes*
- *1 teaspoon salt*
- *1/2 teaspoon pepper*
- *1 Tablespoon Honey (sweetener of your choice)*
- *2 Medium Yellow Onions, Sliced*
- *1 Red Bell Pepper, Sliced*
- *1 Yellow Bell Pepper, Sliced*
- *1 Green Bell Pepper, Sliced*
- *1 Orange Bell Pepper, Sliced*
- *Pastured Pork Lard for frying*
- *Corn Tortillas*
- *Cheese (crumbled Queso Fresco, grated Cheddar or Jack)*
- *Sour Cream*
- *Salsa*
- *Cilantro*

Beef Fajitas

Instructions:

- In a dish mix together olive oil, Worcestershire, lime juice, garlic, cumin, chili powder, red pepper flakes, salt, pepper and honey until combined.
- Pour half the marinade into another dish. In one dish place the steak, turning it over to coat. In the second dish place your sliced peppers and onions and toss to coat. Cover the dishes and refrigerate for at least 2 hours.
- In the meantime warm your tortillas, prepare your cilantro, cheese, salsa and sour cream toppings.
- Using a cast iron skillet on your gas BBQ, camp chef or cook top cook your veggies in Pastured Pork Lard. Cook for a few minutes or until peppers are cooked but still firm. Remove to a plate and set aside.
- Turn up your grill to high heat and cook your meat for about 2 minutes per side, to a temp of 120 deg F or medium rare. Remove and allow to rest for 5 minutes.
- Slice the meat right before serving, layering the veggies, cheese, sour cream, salsa and cilantro on top of your tortilla.
- Serve with corn on the cob, watermelon cilantro salad or eat them all alone. Yum!



We'd love to meet you!

*If you care that your food was raised naturally and humanely and you want clean meat to nourish your family, then let us be your farmers!
Visit our farm for your pasture raised meats and eggs!*

Farm Store Hours:

Thursdays 3-7pm

BLAKE AND JULIA BELL

Farmers

Farmers' Market Locations:

Saturdays: Corvallis Farmer's Market
9am-1pm

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