

# GRASS FED BEEF

## TEMPERATURE GUIDE

### LONE STAR REGENERATIVE

## ESSENTIAL RULE

**Grass fed beef cooks 25-30% faster than grain fed beef**

Lower fat content accelerates heat transfer. Always use a meat thermometer.

## STEAKS

Ribeye / Strip / Sirloin / T-Bone / Porterhouse / Filet

DONENESS	REMOVE FROM HEAT	FINAL TEMPERATURE	DESCRIPTION
Rare	115°F	120-125°F	Cool red center
<b>Medium-Rare</b>	<b>125°F</b>	<b>130-135°F</b>	<b>Recommended</b>
Medium	130°F	135-140°F	Warm pink center
Medium-Well	140°F	145-150°F	Slightly pink center
Well Done	150°F+	155°F+	Not recommended

### IMPORTANT

Never exceed 145°F. Grass fed beef becomes tough and develops an unpleasant taste when overcooked due to its lean composition.

## ROASTS

Chuck Roast / Prime Rib / Tenderloin / Tri-Tip / Sirloin Roast

DONENESS	REMOVE FROM HEAT	FINAL TEMPERATURE	BEST FOR
Rare	120°F	125°F	Prime rib, tenderloin
<b>Medium-Rare</b>	<b>130°F</b>	<b>135°F</b>	<b>Most roasts</b>
Medium	140°F	145°F	Well-done preference

### LONE STAR REGENERATIVE

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## ROASTING GUIDELINES

- Oven temperature: 250-275°F (lower than grain fed beef)
- Resting time: 15-20 minutes (temperature rises 5-10°F)
- Baste every 30-45 minutes for optimal moisture retention

## GROUND BEEF

### Internal Temperature: 160°F

Burgers / Meatballs / Meatloaf

*Add diced onions or mushrooms for moisture. Never press burgers during cooking.*

## BRAISING CUTS

### Internal Temperature: 190-203°F

Short Ribs / Chuck Roast / Brisket / Shank

*Goal is fork-tender, fall-apart texture, not specific temperature.*

## COOKING TIME ADJUSTMENTS

*Compared to grain fed beef*

CUT TYPE	ADJUSTMENT	EXAMPLE
Steaks	Reduce time by 25-30% Check 5 minutes earlier	10-minute grain fed steak = 7 minutes grass fed
Roasts	Lower oven temperature 50°F Check 30-45 minutes earlier	350°F grain fed = 275°F grass fed
Ground Beef	Cooks approximately 20% faster	Monitor closely to prevent overcooking

## COOKING METHODS

### GRILLING

- **High heat (450-500°F):** Searing only, 1-2 minutes per side
- **Medium heat (350-400°F):** Most grass fed steaks
- **Low heat (250-300°F):** Finishing thick cuts
- Use two-zone method: hot zone for searing, cool zone for finishing

## OVEN ROASTING

- **Low & Slow (250-275°F):** Optimal for grass fed roasts
- **Moderate (300-325°F):** Faster cooking, requires close monitoring
- **High Heat (400°F+):** Only for searing, not primary cooking

## STOVETOP

- **Searing (450-500°F):** 1-2 minutes per side in cast iron
- **Finishing (300-350°F):** To desired temperature
- **Reverse Sear:** Oven first, then stovetop sear

## SLOW COOKER

- **Low (190-200°F):** 8-10 hours for fall-apart tenderness
- **High (280-300°F):** 4-6 hours for faster results

## THE REVERSE SEAR METHOD

*Best technique for thick steaks (1.5+ inches)*

1. **Slow Oven Cook:** Preheat oven to 250°F. Place steak on wire rack over baking sheet. Cook until internal temperature reaches 120-125°F (approximately 20-30 minutes depending on thickness).
2. **Rest:** Remove from oven and rest for 10 minutes while heating cast iron pan to very high temperature.
3. **Sear:** Heat cast iron to 500°F. Sear 1-2 minutes per side. Baste with butter during final 30 seconds for enhanced flavor and moisture.
4. **Final Rest:** Rest 5 minutes before slicing. Final internal temperature will reach 130-135°F.

**Result:** Perfect edge-to-edge medium-rare with restaurant-quality crust

## THE SOUS VIDE METHOD

*Most precise technique for perfect doneness every time*

1. **Prepare:** Season steak with salt and pepper. Place in vacuum-seal bag or heavy-duty zip-top bag, removing all air using water displacement method.
2. **Sous Vide Cook:** Set sous vide precision cooker to 130°F for medium-rare (or 135°F for medium). Submerge sealed steak and cook for 1-2 hours (up to 4 hours is fine without texture change).
3. **Dry Thoroughly:** Remove steak from bag and pat completely dry with paper towels. This is critical for proper searing.
4. **Quick Sear:** Heat cast iron or heavy skillet to maximum temperature (500°F+). Sear 30-60 seconds per side until dark crust forms. Do not overcook - interior is already at perfect temperature.

**Result:** Perfectly uniform doneness with no gray band, plus beautiful, seared crust. No resting needed - serve immediately.

# PROFESSIONAL TECHNIQUES

## BEFORE COOKING

- Bring beef to room temperature: remove from refrigerator 30-40 minutes before cooking
- Season with salt 40 minutes before cooking, or immediately before (not in between)
- Pat surface completely dry to ensure proper searing
- Apply oil to meat, not the pan, to prevent sticking

## DURING COOKING

- Always use instant-read meat thermometer - essential for grass fed beef
- Do not move meat during searing - allow crust to develop undisturbed
- Baste with butter during final 1-2 minutes to add moisture
- Check temperature early and frequently - grass fed beef cooks rapidly

## AFTER COOKING

- Always rest: 5-10 minutes for steaks, 15-20 minutes for roasts
- Tent loosely with aluminum foil to maintain temperature during rest
- Slice against the grain for maximum tenderness
- Use a sharp knife - dull blades make any beef seem tougher

# COMMON MISTAKES

MISTAKE	SOLUTION
Cooking at same temperature and time as grain fed beef	Reduce cooking time by 25-30%
Cooking past medium (145°F)	Stop at medium-rare (130-135°F)
Not using a thermometer	Invest in quality instant-read thermometer
Skipping rest period	Always rest 5-20 minutes depending on size
Cutting immediately after cooking	Wait for juices to redistribute throughout meat
Using high heat throughout cooking	Use moderate heat, sear briefly at high temperature
Pressing burgers with spatula	Leave undisturbed to retain moisture

## STEAK THICKNESS GUIDE

For medium-rare finish (130-135°F)

THICKNESS	GRILL TIME	PAN TIME	RECOMMENDED METHOD
1/2 inch	2-3 min per side	2-3 min per side	Direct high heat
1 inch	3-4 min per side	4-5 min per side	Sear, then oven finish
1.5 inches	Sear 2 min per side	Oven 10-15 min at 250°F	Reverse sear recommended
2+ inches	Reverse sear: Oven 25-35 min at 250°F to 125°F internal, then sear 1-2 min per side		

# QUICK REFERENCE

CUT AND POST ON REFRIGERATOR

## STEAKS

Rare: 120-125°F | Medium-Rare: 130-135°F | Medium: 135-140°F

## ROASTS

Medium-Rare: 135°F (remove at 130°F, rest 15-20 minutes)

## GROUND BEEF

160°F (USDA minimum for safety)

## BRAISING CUTS

190-203°F (fall-apart tender)

## REMEMBER

- Grass fed beef cooks 25-30% faster than grain fed
- Use lower temperatures (250-275°F for roasts)
- Always use meat thermometer
- Rest before serving (5-20 minutes depending on size)
- Never exceed 145°F for steaks
- Remove from heat 5-10°F below target temperature

## CUT-SPECIFIC REFERENCE

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### QUICK-COOKING CUTS

Ribeye / Strip / Sirloin / Filet / Flat Iron / Skirt / Flank

- Target temperature: 130-135°F
- Method: Sear or grill over high heat
- Total time: 6-10 minutes

### MEDIUM CUTS

Tri-Tip / London Broil / Top Sirloin / Hanger Steak

- Target temperature: 130-135°F
- Method: Reverse sear or two-zone grilling
- Total time: 15-25 minutes

## SLOW-COOKING CUTS

Chuck Roast / Brisket / Short Ribs / Shank / Round

- Target temperature: 190-203°F (fall-apart tender)
- Method: Braise or slow cook
- Total time: 3-12 hours

## TROUBLESHOOTING

PROBLEM	CAUSE	SOLUTION
Tough texture	Overcooked past 145°F	Cook to 130-135°F maximum
Liver-like taste	Severely overcooked	Use thermometer, remove at 125-130°F
Dry roast	Temperature too high or overcooked	Cook at 250-275°F, remove at 130°F internal
Burger falls apart	Overmixed or pressed during cooking	Handle gently, do not press
Cold center	Exterior cooked too quickly	Lower heat, use reverse sear method

## RECOMMENDED TOOLS

### Essential:

- Digital instant-read meat thermometer
- Cast iron skillet
- Sharp chef's knife

### Helpful:

- Wire cooling rack for reverse searing
- Probe thermometer with remote display for roasts
- Aluminum foil for resting

## WHY GRASS FED BEEF IS DIFFERENT

Grass fed beef from Lone Star Regenerative:

- 100% grass fed, grass finished - never grain
- Raised on Texas native pastures using regenerative agriculture
- Leaner composition with 3-5x more omega-3 fatty acids
- Higher levels of CLA and vitamin E
- Biblical stewardship and environmental sustainability

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