Tender Grassfed Beef

Handouts: located online at these links:

Tender grassfed steak: Inside and Out: 
http://www.grassfedcooking.com/articles/tendergrassfedsteak.html

Understanding Grassfed Beef Stew: 
http://www.grassfedcooking.com/articles/understandingbeefstew.html

The Difference Between Grassfed and Grainfed: 
http://www.grassfedcooking.com/articles/grainfedVgrassfed.html

Presentation note: My vision of this session is that it needs to allow for substantial dialogue with the audience members, as they are likely attending the workshop owing to specific problems that they have had. To keep the room bright and to encourage exchange, Powerpoint use will be reserved only for photos, if/where necessary.

Thus, following is the outline of the content I expect to cover:

Factors affecting Meat Tenderness

A. On the farm
   a. Stress-free environment
   b. Pasture management/proper weight gain
   c. Genetics (impacts marbling/flavor more than tenderness)
   d. Age of cattle

B. Processing
   a. Transport
   b. Harvest and Cut fabrication
   c. Packaging (effects overall quality more than tenderness)

C. In the kitchen
   a. Understanding the animal before you cook it/ Walk like a steer (or heifer)
   b. Differentiating between active muscles and inactive muscles
      i. Moist heat methods
      ii. Dry heat methods

The Grassfed Difference
Factors Affecting Meat Palatability
Juiciness (grainfed/grassfed)
Flavor (grainfed/grassfed)
Tenderness/texture (grainfed/grassfed)

Understanding the difference between variability and consistency
True/False: “Grassfed is leaner. Therefore it is chewier.”

Accounting for variability in grassfed meats:

1. use lower flames
2. monitor internal temperatures
3. understanding which cuts require which methods

**Working outside the Slow Cooker: Common Grassfed Trouble Cuts & Appropriate Dry-heat Cooking Methods**

1. How to cook steaks, indoors and outside
2. Working with cuts from leaner/active muscle groups (using super-slow methods)
3. Show/tell: instant read meat thermometer – grassfed temperature charts