

Grilling a Grass-Fed Steak Just Right

by Melinda Hemmelgarn

Shannon Hayes, farmer, nutritionist and author of *The Farmer and the Grill: A Guide to Grilling, Barbecuing and Spit-Roasting Grassfed Meat...* and for *Saving the Planet, One Bite at a Time*, says cooking grass-fed steaks at too-high temperatures, especially when grilling, is a common mistake. The West Fulton, New York, food expert describes how to achieve “a gorgeous sear on the outside, and a pink and juicy inside.”

When working on a grill, light only one side. When hot, sear an inch-and-a-quarter-thick steak for no more than two minutes per side, with the grill lid off. Make sure fat drippings don't flare up flames, which will blacken and toughen the meat.

After the sear, move the steaks to the unlit side of the grill and put the grill lid on. Let them finish cooking indirectly for five to seven minutes per pound. The lower temperature cooks the internal muscle fibers, but prevents them from contracting too rapidly and becoming chewy.

As an alternative to grilling, use an oven and cast-iron skillet. Preheat the oven to 300° F. Next, heat the skillet over a high flame until smoke begins to rise off its surface. Coat the skillet with butter or tallow, then sear the meat for two minutes per side. Turn off the stove; leave steaks in the pan and move them to the oven, where they can finish cooking for five to seven minutes per pound.

Source: TheRadicalHomemaker.net