



# GRASS-FED BEEF COOKING TIPS

**CONGRATULATIONS** on receiving the only beef directly supporting wildlife-friendly ranching! We make every effort to ensure you receive the best grass-fed, all-natural, U.S. beef. If you have comments or concerns with your order please let us know.

*Warm regards from Montana,  
Laura Huggins  
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**STORING:** Keep your freezer as cold as possible-any increase in temperature can shorten the storage life of your product. It is best to leave your beef in the box to protect quality.

**THAWING:** As long as your meat is cool to the touch, you may cook or refreeze it with confidence. For best results, remove the beef from the box, and leave in vacuum packaging to thaw in refrigerator.

**COOKING:** Grass-fed beef can cook up to 30% faster than grain-fed beef. For best results, use an instant-read cooking thermometer. Cooking times on this card are for fully thawed meat. Consuming undercooked beef may increase your risk of foodborne illness.



## ROAST COOKING INSTRUCTIONS

Preheat oven to 350° F. Season roast as desired. Place roast on a wire rack in a roasting pan, and pour approximately ½" of water in the bottom of the pan. Using a cooking thermometer, cook roast in oven to desired doneness temperature. Refer to cooking time guidelines below for a 5lb roast. Remove roast from oven and let stand for 15-20 minutes before slicing. Roast sizes vary, please adjust times accordingly. Check roast temperature regularly with a cooking thermometer for best results.

<b>RARE</b> 120° – 130°F	<b>MEDIUM</b> 140° – 150°F	<b>WELL</b> 160° – 170°F
1 hr 30 min – 1 hr 50 min	2 hrs – 2 hrs 10 min	2 hrs 20 min – 2 hrs 30 min

## STEAK COOKING INSTRUCTIONS: SEAR-ROAST METHOD

Preheat oven to 300° F. Lightly oil and season steaks as desired. Heat a small amount of oil in an oven proof sauté pan over high heat. Sear steaks for 2-3 minutes in pan, or until well browned, then flip steaks to second side and move pan into preheated oven. Cook in oven until desired doneness is reached (refer to oven time guidelines below.) Adjust times slightly to achieve medium rare or medium well. Check steak temperature regularly with a cooking thermometer for best results.

<b>THICKNESS</b>	<b>RARE</b> 120° – 130°F	<b>MEDIUM</b> 140° – 150°F	<b>WELL</b> 160°F
¾"	2 – 3	6 – 8	9 – 12
1"	3 – 4	8 – 10	12 – 15
1 ¼"	5 – 7	12 – 15	16 – 19
1 ½"	9 – 11	16 – 19	20 – 24

*\*\* Cooking times are displayed in minutes.*

## STEAK COOKING INSTRUCTIONS: GRILL METHOD

Preheat gas or charcoal grill on high. Lightly oil and season steaks as desired. Grill steaks on each side until desired doneness is reached (refer to grill time guidelines below.) Allow 3-5 minutes resting time before serving. Adjust times slightly to achieve medium rare or medium well. Check steak temperature regularly with a cooking thermometer for best results.

<b>THICKNESS</b>	<b>RARE</b> 120° – 130°F	<b>MEDIUM</b> 140° – 150°F	<b>WELL</b> 160°F
¾"	4 / 2	5 / 3	7 / 5
1"	5 / 3	6 / 4	8 / 6
1 ¼"	5 / 4	7 / 5	9 / 7
1 ½"	6 / 4	7 / 6	10 / 8

*\*\* Cooking times show number of minutes on the first side / number of minutes on the second side.*



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