

Cooking Grass-fed, Pasture Raised Meats!

Cooking Methods:

- Dry Heat:** Pan Fry, Sear, Grill, Broil, Roast, Stir-Fry, Saute
- Moist Heat:** Braising, Stewing, BBQ, Crock-pot, Boiling, Smoking.

Pastured Chicken

Internal Temp 165F

- Dry Heat:** Breast, Tenders & Wings
- Moist Heat:** Leg Quarters, Soup Bones

Grassfed Lamb/Goat

Internal Temp 120-145F

- Dry Heat:** Chops, Ground Lamb, Sausage
- Moist Heat:** Leg, Shoulder, Sausage, Neck, Shanks, Soup Bones

Grassfed Beef

Internal Temp 115-140F

- Dry Heat:** Steaks, Ground Beef, Sausages
- Moist Heat:** Ground Round, Sausages, Brisket, Ribs, Soup Bones, Ox Tail

Pastured Pork

Internal Temp 145-160F

- Dry Heat:** Ham, Chops, Sausage, Bacon
- Moist Heat:** Boston Butt, Sausage, Ribs, Bacon, Hocks, Soup Bones, Jowls

Recommended internal cooking temperatures from "The Grassfed Gourmet Cookbook"!