



La Ferme MacDale Farms Inc.

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MacDale Farms Inc. offers you great tasting Certified Organic beef of the highest quality.

Organic beef is just as tender as conventional beef, but it can become tough if you cook it the same way as conventional meat. Organic beef is very lean, sometimes containing half to one third the fat of conventional beef. Fat serves as an insulator; therefore lean meat conducts the heat faster and can toughen the meat protein. The general rule to keep organic beef tender is to cook it more slowly and at a lower temperature.

Below are some tips from the American Organic Beef website that you might find useful:

1. Your biggest culprit for tough organic beef is overcooking. This beef is made for rare to medium rare cooking. If you like well done beef, then cook your organic beef at a very low temperature in a sauce to add moisture;
2. Since organic beef is extremely low in fat, coat with virgin olive oil, or favourite light oil for flavour enhancement and easy browning. The oil will also prevent drying and sticking;
3. Marinating your beef before cooking especially leans cuts like round steak is recommended. Choose a recipe that doesn't mask the delicate flavour of the beef, but enhances the moisture content. Some people use their favourite Italian salad dressing. If you choose to use bourbon, beer or vinegar, use slightly less than you would for conventional beef. Organic beef cooks more quickly so the liquor of vinegar won't have as much time to cook off.
How does a marinade work? The active and key ingredient in tenderizing is the acid component of the mixture.
This can be achieved using vinegar, citrus juice, red wine, yogurt or buttermilk. Certain natural enzymes found in fresh papaya, fresh pineapple, kiwi and traditional oriental Soya sauce are also efficient tenderizing agents. For optimum results, marinate your beef cubes from 30 minutes to 2 hours.
4. For safe handling, always marinate in the refrigerator;
5. If you do not have time to marinate, just coat your thawed steak with your favourite rub, place on a solid surface, cover with plastic and pound you steak a few times to break down the connective tissue. As an added benefit your favourite rub will be pushed into your beef. Don't go overboard and flatten your beef unless your recipe calls for it. If you don't have a meat mallet, use a rolling pin or whatever you feel is safe and convenient.
6. Stove top cooking is great for any type of steak. You have more control on the temperature

than when using the grill or the b.b.q. You can use butter and fresh garlic in the final minutes when the heat is low to carry the taste of fresh garlic throughout the meat just like steak chefs.

7. Organic beef has high protein and low fat levels, the beef will usually require 30% less cooking time and will continue to cook when removed from the heat source. For this reason, remove the beef from your heat source 10 degrees before it reaches the desired temperature (when using a meat thermometer).

8. Never use a fork to turn your beef when cooking on the b.b.q. Always use tongs.

9. Reduce the temperature of your organic beef recipes by 50 degrees on average. The cooking time will remain the same even at the lower temperature. Until you are comfortable cooking with organic beef, use a meat thermometer. Use moisture from sauces to add to the tenderness when cooking your roast.

10. When grilling, sear the meat quickly over a high heat on each side to seal in its natural juices and then reduce the heat to a medium or low to finish the cooking process. Don't forget organic beef requires 30% less cooking time so watch your thermometer and don't leave your steaks unattended.

11. When roasting, sear the beef first to lock in the juices and then place in a pre-heated oven.

We appreciate your support and look forward to providing you and your family with quality, healthy food. We are always open to your comments and appreciate knowing what you think of our products.

Kind regards,

The folks at MacDale Farm