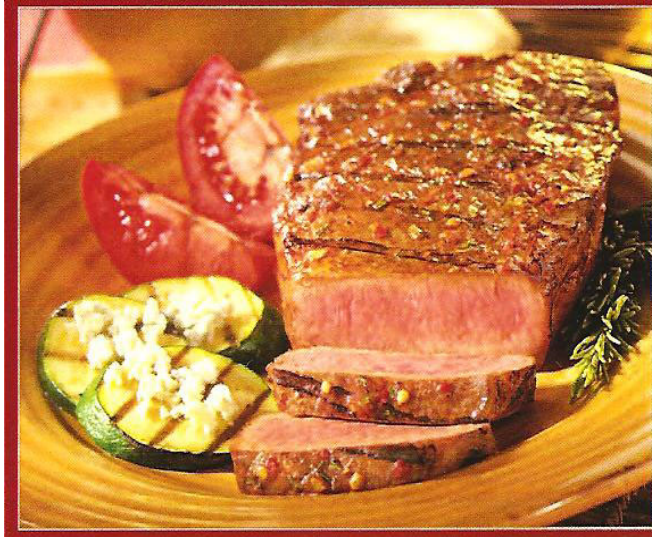


SRV Grass-Fed **STEAKS**



SAN RAFAEL VALLEY GRASS-FED BEEF

100% GRASS-FED STEAKS

DON'T OVER COOK !!!

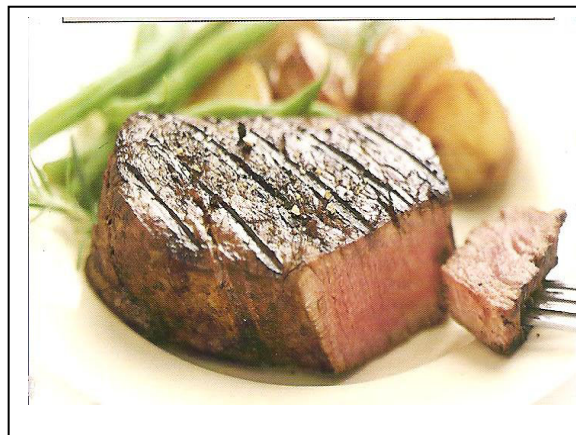
GRASS-FED BEEF COOKS IN 1/3 THE TIME

KANSAS CITY
RIB BONE-IN
TOP SIRLOIN
TRI-TIP
CHATEAU BRIAND

Tips: Use a spatula or tongs to turn meat – forks will pierce and let out precious juice. Marinate meat in a plastic bag in the freezer or fridge minimum of 2 hours – better longer. Cook steaks that are at room temperature. Pat dry before seasoning.

Tri -Tip & Chateau Briand

Marinate in fridge for 1 day, turning occasionally. Sear first then cook on grill or in the oven at 275 degrees until medium rare [120 to 125 degrees per your thermometer]. Discard marinade. Allow meat to “rest” after cooking for 5 - 10 minutes prior to slicing on the diagonal & perpendicular to the grain of the meat. Deglaze the pan if cooked in a skillet in the oven.



MARINADES:

Rosemary Marinade

1 T Olive Oil - 2T chopped fresh rosemary - 2 cloves of garlic minced - 1 tsp salt - 1 tsp pepper

Shiraz Red Wine Marinade

$\frac{3}{4}$ cup Shiraz red wine - $\frac{2}{3}$ cup soy sauce - $\frac{1}{4}$ cup olive oil - $\frac{1}{4}$ cup balsamic vinegar - $\frac{1}{4}$ cup lemon juice 2T Worcestershire - 2tsp Dijon Mustard - 1.2 tsp minced garlic.

Simple Marinade

$\frac{1}{3}$ cup lime juice - $\frac{1}{3}$ cup soy sauce - $\frac{1}{3}$ cup olive oil - [sage/rosemary/garlic]

Kansas City or Bone-in Rib Steaks Smothered in Mushrooms + Shallots

Sprinkle defrosted steak with crushed pepper & coarse salt – sear steaks in heavy skillet with splash of olive oil. Sear for 6 to 7 minutes on each side to medium rare. Remove and “deglaze” the pan with $\frac{1}{2}$ cup red wine, scrapping the meat searings into the wine, reduce to 2 T of liquid. Set to one side. In same pan add 1 T butter – sauté 1 to 2 shallots over medium heat until translucent. Add $\frac{1}{2}$ lb of mushrooms, sauté for 3-4 minutes and add herbs, 1T Italian parsley – 1 tsp fresh thyme - cook another 3-4 minutes – add 2T of wine sauce and 1T of butter, add salt and pepper to taste.