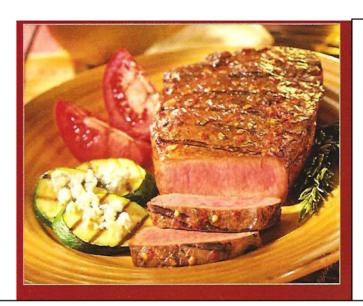
SRV Grass-Fed STEAKS



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

Marinade 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.

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 ½ 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 ½ 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.

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

³/₄ cup Shiraz red wine - 2/3
 cup soy sauce - ¹/₄ cup olive oil
 - ¹/₄ cup balsamic vinegar - ¹/₄
 cup lemon juice 2T
 Worchestershire - 2tsp Dijon
 Mustard - 1 1.2 tsp minced garlic.

Simple Marinade