



# Aussie Grassfed Beef & Lamb Cooking Tips

## Why grass-fed?

Some consumers want the choice of beef and lamb from livestock that graze 100% on natural grasslands. Grassfed beef and lamb can contain less fat (fewer calories) than other products.

## Can I really taste the difference?

Every Australian beef and lamb cut is known for rich, full flavor. Tender, tastier and juicy every time.

## How do I cook lamb?

There are many different ways to prepare lamb during the year, from grilling, and roasting to braising and stir frying. Visit Aussie Lamb online at [www.australian-lamb.com](http://www.australian-lamb.com) for cooking videos and recipes to help you.

For a simple summer recipe, rub lamb with olive oil, sprinkle with salt and pepper and grill just like you would a steak.

## Is cooking grass-fed beef any different than cooking grain-fed beef?

Grass-fed beef is leaner than grain-fed, usually calling for quicker cooking times. Other great tips include:

- Do not overcook your grass-fed beef- aim for medium rare for best results.
- Do not over-handle ground meat- use high searing temperatures and only flip once to reduce losing those flavorful juices in ground products
- Allow meat to rest before cutting- 5-10 minutes will allow the meat to relax and absorb additional juices that you would lose cutting the meat too soon.
- Bring your grass-fed beef up to room temperature before cooking. This allows for a well seared exterior and warmed interior without having to use excessive time to cook (and dry out your meat).



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