

CUTS OF BEEF EVERY HOME COOK SHOULD KNOW

A FARM-FRESH HEALTHY RECIPE BOOK



FEATURING RECIPES FROM

Pettit Pastures
100% Grass fed Beef



Meet your Farmers

The first time you buy Grass fed Beef in bulk learning how to use some of the lesser known cuts can be intimidating. That is why we have put together this guide to help you make Wholesome, Healthy home-cooked meals your family will love!

Pettit Pastures is a family farm with 3 generations working together to help operate our farm.

Health has always been a main focus of our farm. From my son, who is just starting out in life to my parents, who are starting their Golden years health affects us all.

Many people today take their health for granted or believe that it is out of their control.

We believe that much of our health is in our control, and we believe that a healthy life starts out with the food we choose to eat.

Beef Short Ribs

Short ribs are not to be confused with regular beef ribs, which come from the back of the cow. Like a chuck roast, short ribs require slow cooking or braising to bring out their tenderness.

Ingredients:

1/2 cup all-purpose flour
1-1/2 teaspoons salt
1-1/2 teaspoons paprika
1/2 teaspoon ground
mustard
4 pounds bone-in beef
short ribs
2 tablespoons canola oil



2 medium onions, sliced
1 cup beer or beef broth
1 garlic clove, minced
GRAVY:
2 teaspoons all-purpose
flour
1 tablespoon cold water

Steps:

1. In a large resealable plastic bag, combine the flour, salt, paprika and mustard. Add ribs in batches and shake to coat. In a large skillet, brown ribs in oil; drain.
2. Place onions in a 5-qt. slow cooker; add ribs. Top with beer and garlic. Cover and cook on low for 6-7 hours or until meat is tender.
3. Remove ribs and onions to a serving platter; keep warm. Skim fat from cooking juices; transfer to a small saucepan. Bring to a boil. Combine flour and water until smooth; gradually stir into the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with ribs.

Ultimate Pot Roast

Anything labeled “chuck” comes from the cow’s shoulder area. All chuck is known for having a rich, beefy flavor, and most (but not all) cuts of chuck are lean and so grow more tender with longer cooking. In other words—perfect for the Crock Pot!

Ingredients:

1 boneless beef chuck-eye or other chuck roast (3 to 4 pounds)
2 teaspoons pepper
2 teaspoons salt, divided
2 tablespoons canola oil
2 medium onions, cut into 1-inch pieces
2 celery ribs, chopped
3 garlic cloves, minced
1 tablespoon tomato paste
1 tablespoon minced fresh thyme or 1 teaspoon dried thyme

2 bay leaves
1 cup dry red wine or reduced-sodium beef broth
2 cups reduced-sodium beef broth
1 pound small red potatoes, quartered
4 medium parsnips, peeled and cut into 2-inch pieces
6 medium carrots, cut into 2-inch pieces
1 tablespoon red wine vinegar
2 tablespoons minced fresh parsley
Salt and pepper to taste

Steps:

1. Preheat oven to 325°. Pat roast dry with a paper towel; tie at 2-in. intervals with kitchen string. Sprinkle roast with pepper and 1-1/2 teaspoons salt. In a Dutch oven, heat oil over medium-high heat. Brown roast on all sides. Remove from pan.
2. Add onions, celery and 1/2 teaspoon salt to the same pan; cook and stir over medium heat 8-10 minutes or until onions are browned. Add garlic, tomato paste, thyme and bay leaves; cook and stir 1 minute longer.
3. Add wine, stirring to loosen browned bits from pan; stir in broth. Return roast to pan. Arrange potatoes, parsnips and carrots around roast; bring to a boil. Bake, covered, until meat is fork-tender, 2-2-1/2 hours.
4. Remove roast and vegetables from pan; keep warm. Discard bay leaves; skim fat from cooking juices. On stovetop, bring juices to a boil; cook until liquid is reduced by half (about 1-1/2 cups), 10-12 minutes. Stir in vinegar and parsley; season with salt and pepper to taste.

Ribeye Steak

This bone-in steak is beautifully marbled, making it extremely rich and juicy. It's a hearty fill-the-plate cut that's great with a baked potato or corn on the cob. For a special dinner on the grill, you'll want to grab some ribeyes and try these Garlic Grilled Steaks.

Ingredients:

10 garlic cloves
1-1/2 teaspoons salt
1/2 teaspoon pepper
2 tablespoons olive oil

1 tablespoon lemon juice
2 teaspoons Worcestershire
sauce
4 ribeye steaks (1 inch thick
and 8 ounces each)

Steps:

1. With a mortar and pestle, crush garlic cloves with salt and pepper. Stir in oil, lemon juice and Worcestershire sauce.
2. Grill steaks, covered, over medium heat 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a thermometer should read 135°; medium, 140°; medium-well, 145°). Brush generously with garlic mixture during the last four minutes of cooking.



Tenderloin Steak

You might know the Tenderloin Steak as a “Filet Mignon.” It is considered the most tender steak, which helps explain why it’s so popular. You can cook this tasty cut in a cast iron skillet, on the grill or under the broiler. Tenderloin Roast is similarly tender and carves up beautifully for dinner.

Ingredients:

1 - 2.5 lb. Certified Angus Beef ® brand
Tenderloin roast, trimmed and tied
2 tsp. dried oregano leaves
2 tsp. dried thyme
2 tsp. dried crushed rosemary
1 tsp. dry mustard
2 tsp. garlic powder
2 tsp. coarse kosher salt
1/2 tsp. fresh ground black pepper
1 TBS olive oil

Creamy Horseradish Sauce

1/2 cup sour cream
3 TBS reduced-fat mayonnaise
prepared horseradish, to taste
pinch of kosher salt
dash of Worcestershire sauce

Steps:

1. Four hours (or more) before you are planning on cooking the roast, prepare the rub by mixing all the oregano, thyme, rosemary, dry mustard, garlic powder, 2 tsp. kosher salt and black pepper in a small bowl. Coat the roast with the spice mixture and wrap in plastic wrap. Refrigerate for 4 hours or more to allow spices to season the meat.
2. Remove the roast from the refrigerator an hour before you are ready to roast and allow it to sit at room temperature.
3. Heat the oven to 450 degrees F. Unwrap the roast and put it on a rack in a small roasting pan or just place on a small baking sheet with sides. Rub the olive oil over the entire roast.
4. Place roast in oven and cook for 15 minutes (this will oven sear the roast giving it a nice browned exterior and seal in the juices), then reduce the heat in the oven to 325 degrees and roast to the degree of doneness you desire. I cooked my roast to med-rare, which is an internal temperature of 135 degrees F.
5. Take roast out and tent with foil. Allow it to sit for 10 - 15 minutes before carving. While roast is resting, make the Creamy Horseradish Sauce by combining all the ingredients. Serve alongside the carved roast.

Soup Bones

If your looking for a more hearty meal that will satisfy for days, you can make some of our easy beef stew! All you need is some Grass fed Soup Bones; that means bone in, leg cuts of beef. The easiest method we have is to simmer those Soup Bones with veggies and spices for at least 3 hours and enjoy for days!

Ingredients:

5 lbs Soup Bones	4 tsp salt
3 medium carrots	3 tsp crushed red pepper
8 campari tomatoes	3 whole bay leaves
2 medium onions	2 tsp basil
8 cloves garlic	2 tsp parsley
1 quart chicken broth	2 tsp onion powder
2 cups water	2 tsp garlic powder
1/4 cup tomato sauce	2 tsp black pepper
2 tbsp apple cider vinegar	1 tsp cayenne

Steps:

1. Place a cast iron skillet on a medium flame to heat up while you chop your carrots, tomatoes, onion and garlic into very chunky pieces.
2. Place the onions, garlic and carrots into an oiled soup pot, or Dutch oven, to cook a little until translucent.
3. Heat the oven to 450 degrees F. Unwrap the roast and put it on a rack in a small roasting pan or just place small baking sheet with sides. Rub the olive oil over the entire roast.
4. Pour a quart of beef, chicken or bone broth over the onions, garlic and carrots. Add two cups of water and the apple cider vinegar to this as well. The apple cider vinegar adds some acidity to the broth which helps extract the vitamins and minerals from the bones during cooking. You can also use some lemon juice, but ACV tastes a bit milder and you won't notice it in your stew. To this, add in your tomatoes, tomato sauce, and spices to taste. Stir well.
5. When all the beef shanks are seared, submerge each one into your broth and let it come to a boil. After your beef stew comes to a boil, reduce the heat to a simmer. Let simmer slightly uncovered for at least 3 hours.
6. When the beef stew has simmered for a while, you'll notice most of the ingredients have broken down and the meat is tender and cooked throughout. You'll also notice the bone marrow within the bones has turned gray and very soft.

Remove the bay leaves and serve! Enjoy that delicious bone marrow!

Stuffed Flank Steak

Serve this steak with some grilled asparagus and a summer salad and you've got a sensational low carb dinner.

Ingredients:

- 1 2-pound flank steak, butterflied
- 1 teaspoon salt, separated
- 1 teaspoon black pepper, separated
- 1 10-ounce package frozen, chopped spinach, thawed and well-drained
- 1/2 cup chopped sun-dried tomatoes
- 2 cups grated mozzarella cheese
- 2 tablespoons extra virgin olive oil



Steps:

1. Preheat grill to high heat.
2. Place butterflied steak on a cutting board. Season steak with 1/2 teaspoon salt and 1/2 teaspoon pepper. Spread cheese over steak. Top with spinach and sun-dried tomatoes, leaving a 2 inch border on top side of steak. Begin rolling steak tightly with the grain going the length of the roll, starting with the side closest to you. Tie roll with kitchen twine at 1 inch intervals.
3. Brush outside of roll with olive oil and season with 1/2 teaspoon salt and 1/2 teaspoon pepper.
4. Place steak on grill, browning on each side for two minutes. Turn off one burner and lower the others so the temperature stabilizes at 400 degrees. Cook over indirect heat for about 30 minutes or until internal temperature of steak reaches 135 to 140 degrees for medium rare or 140 to 145 for medium.
5. Remove steak from the grill, cover with aluminum foil, and rest for 10 minutes. Slide and serve immediately.

Sesame-Ginger Beef

This is the most flavorful a stir-fry could ever be.

Ingredients:

1 lb. skirt steak, thinly sliced into 1/4" strips
kosher salt
Freshly ground black pepper
3 tbsp. cornstarch
1 tsp. plus 1 tbsp. canola oil, divided
1 lb. green beans, trimmed
3 cloves garlic, minced
3" piece of ginger, peeled and grated
1/4 c. soy sauce
1 tbsp. rice wine vinegar
3 tbsp. sugar
2 green onions, chopped
1 tbsp. sesame seeds



Steps:

1. Place beef in a large mixing bowl and pat dry with paper towels. Season with salt and pepper, toss with cornstarch until well coated, and set aside.
2. In a large skillet over medium-high heat, drizzle 1 teaspoon oil and cook green beans 1 minute. Add 2 tablespoons water and cover with a lid to steam, 1 minute more. Transfer green beans to a plate and discard any excess water.
3. Return skillet to high heat and add remaining tablespoon oil. When oil is almost smoking, add beef. Stir-fry until beef is almost cooked through, 2 to 3 minutes. Reduce to medium heat and add garlic, ginger, soy sauce, vinegar, and sugar; stir quickly to coat the beef. Add back green beans, then top with green onions and sesame seeds. Serve immediately.



We'd love to meet you!

If you're looking for a farmer to supply you with Grass Fed Beef and Pastured Pork, then visit our farm for a tour and see exactly how we Farm!

**Pettit Pastures
9341 125th Ave
Milaca MN 56353**

612-401-6872

<https://www.pettitpastures.com>