

SLOW ROASTING ON YOUR GRILL

The by-words for cooking grass-fed beef are "low" and "slow." This usually means braising, slow roasting, crockpot cooking, or a quickly searing and then slow grilling (on a cooler section of the grill).



How to get a tasty meal when it's just too hot to stand at a hot stove? A solution can be as close as your gas grill.

Preheat your gas grill to 225-250 degrees F.

Ingredients

- 3-4 lb. beef roast or thick steak
- Salt and pepper, and/or a dry rub of your choice
- 1-2 T oil (organic canola or combination canola and olive oil)
- 1 c wine or combination of wine and broth
- 1/2 c thinly sliced onion
- 1-2 cloves of garlic, sliced
- 1/2 tsp dried basil

If you'd like, you can complete the first four steps on your kitchen stove.

1. Pat-dry the beef
2. Season with salt and pepper, or the dry rub
3. Heat oil in a heavy pan with a lid (cast iron, enameled cast iron, or Dutch oven)
4. Quickly brown the beef on all sides
5. Add the cooking liquid
6. Add onion, garlic and basil
7. Use a wooden spoon or spatula to scrape the brown bits from the bottom of the pan
8. Cover the pan. Close the lid of the gas grill
9. Braise the beef for 3-4 hours
10. Remove from the grill and check for doneness. It should be fork tender. Allow to rest five minutes before serving.

Bull Brook Keep - 100% Grass-fed Beef

www.bullbrookkeep.com