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Tips for Cooking Grass-Fed Dexter Beef Perfectly

1. Steaks: Pull Them Earlier Than You Think

Grass-fed Dexter steaks require lower heat and shorter cooking times than conventional beef. Use a thermometer to target 130–135°F for medium-rare, pull the steak 5 degrees early to account for carryover cooking, and rest for at least 5 minutes before cutting. A reverse sear works especially well for thicker cuts.



2. Ground Beef: Handle Less for Better Flavor

Dry-aged Dexter ground beef develops better flavor and texture when cooked gently. Use medium heat, stir as little as possible to encourage browning, and never press burgers. In braised applications like bolognese or meatballs, the lower fat content allows the beef to absorb cooking liquid and develop exceptional depth of flavor.



3. Roasts: Low and Slow Is the Key

Heritage Dexter chuck roasts reward patience. Sear all sides for a strong flavor foundation, then braise in broth, red wine, and aromatics at 275°F for 6–8 hours until the meat pulls apart easily. Rushing with high heat tightens the muscle fibers before the collagen has time to break down.



4. Short Ribs: Built for the Braise

Dexter short ribs develop beautifully under long, gentle heat. Sear all sides to build crust and flavor, braise in a Dutch oven at 325°F for 2–3 hours until the meat pulls back from the bone, then reduce the braising liquid into a rich sauce. Simplicity lets the grass-finished flavor take center stage.

