

Yonder Way Farm Cooking Instructions

The key to perfectly cooking our Pastured Chicken, Pastured Pork, and Grass-fed Beef is all in the equipment. Our meats DO NOT cook the same way as commercial meats. Before you attempt to cook our meats please make sure that your kitchen is properly equipped. You may have to make a significant investment initially but having the correct equipment is well worth it and your taste buds will thank you.

Essential Equipment:

- Stove Top Cast Iron Griddle (Ideal for cooking steaks, fajitas, bacon, pork chops, ham steaks.)
- Cast Iron Skillet (For use on the stove top and in the oven.)
- Enameled Cast Iron French Oven with a Self-Basting Lid (Ideal for cooking all roasts, whole chickens, brisket, stew meat, meat soup bones, pork tenderloin.)
- Meat Thermometer
- [Great Examples of Proper Cookware](#)

How to Thaw Your Meat Properly:

1. Take the desired cut of meat out of the freezer and place it in the refrigerator. You will need to do this **at least 24 hours** before you desire to cook the meat. For whole chickens we suggest that you start thawing 36-48 hours in advance.
2. We suggest that you thaw your steak out several days before you wish to cook it. This allows the steak to age more in the refrigerator, therefore increasing the tenderness of the steak.

Cooking Grass-fed Beef Steaks:

1. Start your steaks at room temperature.
 - Your steak will take less time to reach the ideal internal temperature while cooking. This will help your steak stay juicy and delicious.
2. The key is “low and slow”.
 - Get your cast iron griddle very hot. Place your steaks on the griddle and sear each side for 45 sec.
 - Then turn your heat to low (the steaks will continue to cook while your griddle is cooling down). Cook your steaks on low for 25-30 min until they are at the doneness that you prefer.
 - Here at Yonder Way Farm we like to baste our steaks with melted butter as they cook. This gives the steaks great taste and browns them nicely.

3. Temperature Guide

- Rare - 120F
- Medium Rare - 125F
- Medium - 130F
- Medium Well - 135F
- Well - 140F
- *Remove your steak from heat when it's about 10 degrees F shy of your desired doneness temperature. Your steak will continue to cook even after it's off the heat.

4. Don't play with your steak.

- When checking the doneness DO NOT cut your steak to see how red it is. Instead touch it with a pair of tongs to assess how firm it is. The more firm the steak is the more done it is.
- Puncturing your steak with a fork will let all the fat escape leaving your steak dry and tough.

5. Allow your steak to rest.

- When your steak is at your desired doneness let it sit and rest for at least 10 minutes before slicing into it. This allows time for the escaped juices to get sucked back into the meat.

Cooking your steak In the oven:

Set your oven to 250-275 degrees F. While your oven is warming up be sure to have your cast iron skillet in the oven preheating. Place steak in hot cast iron skillet. Sear each side for 45 sec. Then cook in oven for 25-30 min and then check the doneness as prescribed above.

Cooking Roasts, Brisket and Whole Chickens:

1. Thaw your roast, brisket or whole chicken out in the refrigerator. Allow your roast, brisket, or whole chicken to come to room temperature before cooking it.
2. Preheat oven to 275 degrees F.
3. Pour 1 cup of water in the bottom of the Enameled Cast Iron French Oven with a Self-Basting Lid.
4. Coat your roast, brisket or whole chicken with 1/2 cup of olive oil (making sure to rub some of the oil in the chest cavity of the chicken as well).
5. Rub the desired seasonings on the outside of the roast, brisket, or whole chicken.
 - When cooking a brisket DO NOT trim off the fat before cooking. This fat cover keeps your brisket moist and tender. When setting your brisket in your

Enameled Cast Iron French Oven make sure that the fattiest side is facing up towards the lid.

- When cooking a whole chicken leave the skin on, this keeps it from drying out.
6. Place the lid on your Enameled Cast Iron French Oven and roast in the oven on 275 degrees F for about 3 - 4 hours.
 - Check the roast, brisket or whole chicken every hour for doneness and to baste it with the broth in the bottom of the pot.
 - Cook the roast or brisket until it is falling apart. Cooking time depends on the weight of the roast or brisket.
 - Cook the whole chicken until it has a nice golden skin and an internal temperature of 170 degrees F.
 7. Let your roast, brisket or whole chicken rest for about 10 minutes before slicing and serving.
 8. *If you intend on grilling any cut of chicken we suggest you brine your chicken prior to grilling. Placing your chicken in a brine solution adds flavor but most importantly keeps your chicken moist through the grilling process. We suggest that you brine your chicken in a salt and brown sugar brine (recipe below). Place the chicken in the brine solution 1-2 hours before grilling.
 - Salt and Brown Sugar Brine Solution
 - 1 qt water
 - ¼ cup salt
 - ¼ brown sugar
 - Spices optional
 - Mix all ingredients together in a medium pot. Bring brine to a boil and then remove from heat. Allow brine to cool completely. Place chicken in freezer Ziploc bag. Pour brine solution over chicken. Seal Ziploc bag and place in refrigerator for 1-2 hours.

Cooking Uncured Bacon:

1. Heat your cast iron griddle or skillet on medium high heat.
2. Coat each slice of bacon with salt (you will need to do this to achieve that “bacon” taste). We suggest you start out by **lightly** coating each side of bacon. Adjust the amount salt you use according to your liking.
3. Place bacon on griddle or skillet.
4. Cook bacon until it starts to brown around the edges. Cook longer for crispier bacon.
 - Remember your bacon will continue to cook for a while after you take it off the heat.