

TIPS FOR Cooking the Perfect Steak

ROPP
Family Farm

START WITH THE RIGHT CUT:



FILET: Most Tender Cut.
Mild Beef Flavor.



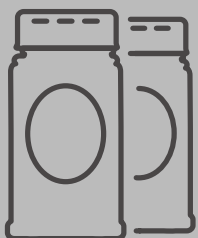
RIBEYE: The King of Steaks.
Strong Beefy Flavor & Tender.



NEW YORK STRIP: Balance
of Flavor & Tenderness.

CUT IT THICK!

The key to making a nice juicy steak is by starting with a nice thick cut of meat. **1.5 in** is recommended minimum thickness, but **2in** is better! You can still make a decent steak that is 1in thick, but you have to really pay attention so that it will not dry out as it will cook fast.

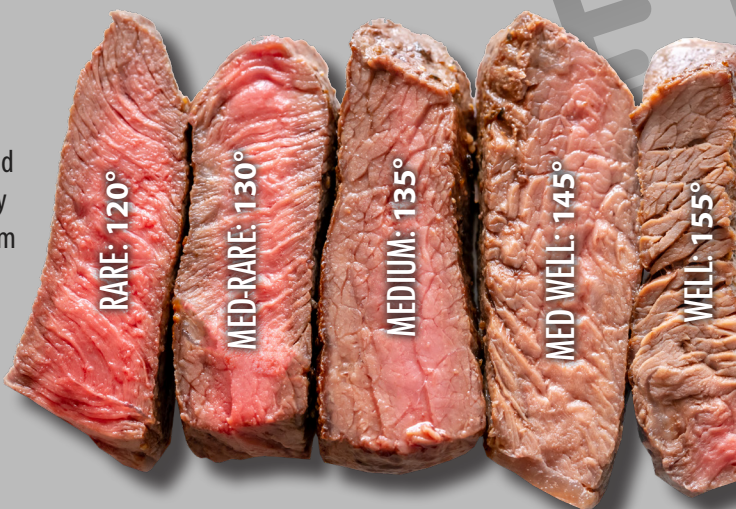


SALT & PEPPER

A Good Steak initially only requires Salt & Pepper to bring out the Flavor. Don't worry about over salting. You will lose 50% of your salt when cooking. Salt 30min before cooking.

DON'T OVERCOOK

To get the most tender and flavorful steak, you ideally want a Med Rare - Medium steak, leaving juices intact in the meat.



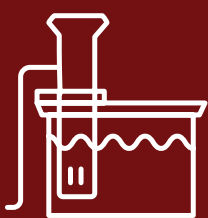
LET IT REST

No matter what method you use, let your meat rest after cooking for at least 5 minutes! This will give the juices time to slow down and stop moving around. If you cut into it right away, the juice will all run out leaving you with a dry steak!



MATCH THE METHOD WITH THE CUT

Different steaks call for different ways to prepare them to bring out their qualities. But here are the 4 most common ways to make a great steak with pretty much any cut.



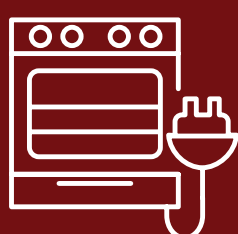
SOUS VIDE



PAN SEARED



GRILLED



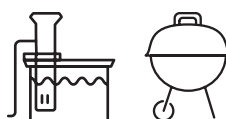
REVERSE SEARED

SOUS VIDE/PAN FINISHED



1. Season Steak with Salt, Pepper & Bring to Room Temperature. (30min)
2. Vacu-Seal Steaks along with Rosemary.
3. Cook in Sous Vide Bath at 130° for 1-4 hours (for med-rare)
4. Heat up pan with avocado oil to smoke point
5. Sear steak 1 min per side to create a nice crust
6. While Searing, spoon baste steak on each side with Garlic, Rosemary, Thyme & Butter.
7. After 2 min, remove from pan, pour over pan juices or more clarified butter... enjoy!

SOUS VIDE/GRILL FINISHED



1. Season Steak with Salt, Pepper & Bring to Room Temperature. (30min)
2. Vacu-Seal Steaks along with Rosemary.
3. Cook in Sous Vide Bath at 130° for 1-4 hours (for med-rare)
4. Heat up Grill on High
5. Cook Steaks at 30 sec per side for a total of 2 min
6. Baste Clarified Butter onto steaks each turn.
7. After 2 min, remove from grill, add clarified butter... enjoy!

REVERSE SEAR & PAN BASTED



1. Season Steak with Salt, Pepper & Bring to Room Temperature. (30min)
2. Heat oven to 250°
3. Using a cast iron or steel pan, place steaks in oven for 25-30 min for medium. (internal temp should be -15° desired doneness when removed from oven)
4. Heat up pan with avocado oil to smoke point
5. Sear steak 1 min per side to create a nice crust
6. While Searing, spoon baste steak on each side with Garlic, Rosemary, Thyme & Butter.
7. After 2 min, remove from pan, pour over pan juices or more clarified butter... enjoy!

PAN SEARED



1. Season Steak with Salt, Pepper & Bring to Room Temperature. (30min)
2. Heat up pan with avocado oil on Medium-High Heat
3. Thin steaks (1in or less) cook at 3min per side for Medium rare & 8-10 for Medium
4. Last 2 min, spoon baste steak on each side with Garlic, Rosemary, Thyme & Butter.
5. Remove from pan, pour over pan juices or more clarified butter.
6. Let Rest for 10 min... enjoy!

GRILLED



1. Season with Salt & Pepper & Bring to Room Temperature. (30min)
2. Heat up Grill on High
3. Grill Steaks for 2min, rotate 90° and grill for another 2 min on same side to create “#-Marks”
4. Flip steaks over, brush on clarified butter & grill for 2min, rotate 90° and grill for another 2 min(for Med-Rare) on same side to create “#-Marks” (5-7min total on side 2 for Medium)
5. When desired doneness reached, remove from grill, add clarified butter, rest for 5min... enjoy!

Q: Why Avocado Oil?

A: Avocado Oil has a high smoke point allowing you to sear the steak at without burning the oil.

Q: Why do you Dry the Steaks?

A: This allows you to sear the steak and not waste any energy burning off surface water.

Q: What is Clarified Butter?

A: Clarified Butter is butter that has had the Milk Solids & Whey removed, leaving only the butterfat, allowing the butter to have a higher smoke point as to not burn when searing/cooking at high temps.

Q: Why Salt the steak 30 min before cooking?

A: If you salt min before cooking, will draw out the juice from the steak, not allowing it enough time to re-absorb. By letting it rest for 30min, it will actually draw the salt back into the meat, adding flavor & tenderizing in the same process.

Q&A

START WITH THE BEST BEEF

ROPP
Family Farm



GRASS FED GRAIN FINISHED PASTURE RAISED BEEF

Our **Premium** USDA Processed Beef is available by the **1/4**, **1/2** or **Whole** Beef. Cost is **\$7/lb** on the hanging weight, & includes all cut/wrap fees.

Our beef is **USDA Processed** by Century Oak Packing in Mt. Angel Oregon.

Learn More & Reserve your Beef today at
RoppFamilyFarm.com

ROPP
Family Farm

35762 Eicher Rd SE

Albany OR. 97322

541-223-2870

Contact@RoppFamilyFarm.com

