

# Delicious Pan-Fried Grass-fed Steak

Prep Time: 5 minutes  
Cook Time: 10 minutes  
Servings: 1

## Ingredients:

- Filet, Sirloin, or Ribeye Steak *from Borntrager Dairy*
- Salt & Pepper &/or your favorite steak seasoning
- Grass-fed Butter
- Beef Tallow

## Directions:

- Salt and pepper both sides of your steak for at least an hour before grilling.

*If you don't have the extra time to season your steak an hour in advance, then salt it just before you begin frying.*

- **Start heating the cast iron skillet while you prepare the thawed steak.**

- **Once the skillet is fully heated, begin frying.**

*I check the skillet temperature with a drop of water to see if it sizzles... if so, it's hot enough to get started.*

- **Add a large dollop of butter plus a spoonful of tallow.**
- **Lay steak away from you into the pan so you don't splash yourself.**
- **Sear both sides for 2-3 minutes on high heat**

*At this point, you can turn the heat back to medium and baste the steak with the melted butter/juices to help keep the steak from drying out.*

- **Keep frying till the steak develops a good crust and has reached an internal temp of 140 degrees for a medium finish approx. another 10 minutes for a 1in. steak.**

*(Even after you remove it from the heat, the internal temp will rise another 5 degrees to reach 145.) Be careful not to overcook or you'll end up with a dry, well-done steak texture.*

- **Let the steak rest 5 minutes before slicing...**

*The steak will reabsorb some of that amazing juice and give you a mouth-watering steak to enjoy. 😊*

*This recipe also works well for grilling.*

# Mouth-Watering Beef Roast

## Ingredients:

3/4 cup extra-virgin olive oil  
1 tablespoon orange zest  
3/4 cup fresh orange juice  
1/2 cup fresh lime juice  
1 cup cilantro, *finely chopped*  
1/4 cup lightly packed mint leaves, *finely chopped*  
8 garlic cloves, *minced*  
1 tablespoon minced oregano, *2 teaspoons dried oregano*  
2 teaspoons ground cumin  
Kosher salt and pepper  
3 & 1/2 pounds of Beef Chuck roast *from Borntrager Dairy*

## Directions:

1. Place in a blender: Orange juice, cilantro leaves, mint leaves, and smashed (not minced) garlic cloves, and pulse until everything is finely chopped. Add this mixture to a ziplock bag, along with the rest of the oil, zest, lime juice, oregano, and cumin.
2. Add the roast.
3. Place the zipped-up bag in a baking dish, and put it in the fridge overnight, or for several hours at least.
4. Preheat oven to 425 degrees F. Place a wire rack (I used a cooling rack) over a rimmed baking sheet.
5. Place the roast on the rack and discard the marinade. Salt and pepper the roast well.
6. Roast the meat for 30 minutes. It should be lightly browned.
7. Turn the oven down to 375 degrees F. Roast for another 1 hour and 20-30 minutes, or until a meat thermometer reads 160.
8. Let rest for at least 20 minutes.
9. Carve against the grain and serve. So Yummy!

# Beef Veggie Soup

4-6 servings

## Ingredients:

- 2 pkg soup bones from Borntrager Dairy
- water to cover the bones
- 2 Tbsp. apple cider vinegar
- 3 cloves of garlic, chopped
- 1 large onion, chopped
- 2 tsp. salt
- 3 large potatoes, peeled & diced
- 1 qt. tomato juice
- 2 carrots, peeled & diced
- 1 sprig of thyme
- 1 sprig of parsley
- 1 sprig of rosemary
- optional: any other veggies you like

## Steps:

- Place the soupbones in a 6 qt. kettle.
- Cover with water.
- Add the next 3 ingred. & bring to a boil.
- Turn heat down & simmer on low for 3-4 hours.
- Add the rest of the veggies & tomato juice.
- Simmer for 30 min or until potatoes are soft.
- Remove bones. Can add more water or tomato juice if preferred.
- Serve.

Delicious with sourdough bread or crackers.