

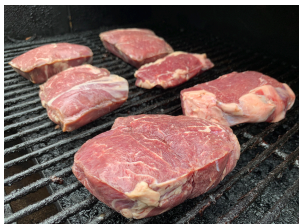
Summer Cooking Tips

Get the most out of your TC Farm meats this summer!



Beef

Even most grocery “grass fed” beef is *actually* feedlot. They are fed all kinds of things which make them more consistent and forgiving with rare temperatures. Unless your beef was raised on a feedlot, I have found most **our steaks** are **best at medium** or even medium-well.



We recommend about **125°** for our steaks *plus* a 5-10 minute rest where it will get up closer to 130°.

Pork Chops

For our pork chops, 130° is our recommendation. Allow a rest for a few more degrees. The only other pasture raised and organic fed pork in a local grocery is from Pork and Plants (they do great work!) but you will want to cook theirs to 160° due to the risk of trichinosis in fresh (not frozen) pork. The other “happy” pork sold locally in the grocery is all confinement and thus has lower trichinosis risk, but I would still cook any fresh pork to 160° (which is overcooked).



Scan to learn more about pork chops.

Chicken

Slow growth **chicken dark meat is best at 175°** before the rest. I like to cook the breasts up to 145° over high heat. If you can't maintain 145° for 5+ minutes during the rest, you need to go to a higher temperature.



We highly recommend scanning this and reading our “Perfect Chicken Thigh” article.

Rest the Meat

The larger the cut of meat, the longer you want to allow it to rest. Plan on smaller cuts to gain about 5° in the center and larger ones up to 10°.

Resting is really important. **Cover your meat** to avoid heat loss. Allow smaller cuts to rest 5 minutes and big roasts up to 20 minutes before cutting.

Fish

Don't overcook the fish! Our fish is organically farmed without any risk of parasites or micro-plastics like wild-caught fish. This allows you more control over how much to cook the fish.

For the salmon burgers, I personally prefer to **sear right from frozen** in a pan with some olive oil. You can get great results grilling too. With higher Omega-3s than wild-caught fish, ours have more fat. A bit of oil brushed on the outside can help with the sear. For the salmon burgers, I like to **sear the outside quickly** and then turn down the heat and slowly coast up to 140° or *maybe* 145°. To ensure safe eating, you'll want to maintain something in that range for around 4-9 minutes (more time if you target the lower temps).



Scan for a great summer salmon salad recipe.

Brats

All of our brats are pre-cooked, and you might have wondered why.

We don't use any binders or phosphates to increase the fat or water content in any of our sausages. This means the brats are best if cooked to a lower temperature to avoid fat rendering out. That's something we can do longer and slower in-house than you could on a grill. This ensures safe temperatures and an ideal eating experience.



You want to avoid overcooking them and **focus on searing the outside** to get a good texture and bring the center to around **140°-150°** so it is warmed through.

Get the Temperature Right!

Know your target temperature when grilling.



Getting it right matters. Make sure you have a *real* thermometer. None of our tips help much if you're simply *guessing* at the temperatures! Scan for an article with thermometer tips, including one we use.