



TEXAS LONGHORN COOPERATIVE

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www.txlonghorncoop.org



100% ALL NATURAL • HORMONE FREE • ANTIBIOTIC FREE • NO ARTIFICIAL INGREDIENTS • PASTURE RAISED • FREE ROAMING

TEXAS LONGHORN BEEF COOKING TIPS

The most important cooking tip with lean meat is **"Think Low and Slow."**

- The fat in feedlot beef serves as an insulator that heat must penetrate before it cooks the beef.
- Grass-fed Texas Longhorn meat has less fat, so it cooks quickly. If you cook lean beef as fast as feedlot beef, you will overcook the lean beef and the meat will be tough.

Texas Longhorn Burgers

- Texas Longhorn Burgers are easy to cook. Because they are so lean, they don't shrink as you cook them, and they cook about 30% more quickly, so watch them closely!
- For a little different taste you can add damp hickory or mesquite chips.

Texas Longhorn Sausages

- The sausages are packaged fully cooked. You can heat them up in the microwave in 30 – 45 seconds or put them on the grill. If on the grill, remember – LOW & SLOW!

Insulate!

- Don't be afraid to coat your Longhorn beef with any light oil like, virgin olive oil, canola oil, or truffle oil before you cook it. This will act as an insulator and help keep some of the moisture in the steaks and roasts.
- Another trick is to begin broiling your steaks or roasts when they are slightly frozen, this will keep them from losing some of that moisture.
- When grilling, start by searing both sides with high temperatures to seal in the moisture, then go to a lower temp.

Cook Texas Longhorn beef more slowly

- If you are broiling steaks or grilling Longhorn burgers, place them farther away from the heating element.
- Be careful not to cook the beef too long! Lean meat will become dry & tough if overdone.
- Flip your beef cut more frequently - it will cook slower.
- Use a crock pot to cook a roast or stew meat – your beef will always be tender and great tasting.
- **In the oven:** Put your roast in a pot with a little water (or other fluid if you want to marinate your roast in something), put the lid on, and cook at 200-250 degrees F. Since grass-fed beef has higher moisture content, you don't have to add much fluid, and let the beef cook mostly in its own juices. Add any vegetable such as carrots or potatoes the last hour, and enjoy.
- **The smoker:** (aka slow cooker) this is a great way to cook your Texas Longhorn beef.
- **Remember:** Our grass fed beef, like all grass fed beef, is going to have a little more chew to it. That's natural!

From the Texas Longhorn Breeders Association of America pamphlet **"Texas Longhorn Beef for a healthier lifestyle."**

HOW MEATS COMPARE NUTRITIONALLY - INFORMATION BASED ON 3.5 OZ SERVING

Meat	Calories	Protein (gms)	Fat (gms)	Cholesterol (gms)
Ground Beef	289	24.1	20.7	90.0
Lean Ground	272	24.7	18.5	87.7
Chicken, dk	205	27.4	9.7	93.8
Lamp Chop	216	30.0	9.7	95.8
Pork Loin	190	28.6	9.8	79.6
Pork Chops	202	30.2	8.1	82.7
Lamb Leg	191	28.3	7.7	89.7
Pot Roast	210	33.0	7.6	101.0
Venison	207	33.5	6.4	4.0
Turkey	170	29.3	5.0	76.6
Bison	143	28.4	2.4	82
Top Round	180	31.7	4.9	84.6
Chicken, Wht	173	30.9	4.5	85.7
Longhorn	140	25.5	3.7	61.5

Source: Longhorn data. "Nutrient Density of Beef From Texas Longhorn Cattle; Texas A&M; 1997. Other data; USDA. USA Today 11/29/91. Pope Lab, Inc., Dallas, TX.

NUTRITIONAL ADVANTAGES OF GRASS FED TEXAS LONGHORN BEEF

- Longhorn meat, on the average, contains **10% less saturated fat than that of other cattle**. This puts **lean Texas Longhorn on a par with skinned boneless white meat of chickens**. Many dieticians may be surprised by that fact!
- Red meat has many nutrients including, protein, iron, and vitamin B-12.
- **Texas Longhorn beef is the healthiest red meat and definitely is a heart healthy food.**
www.tlbaa.org

Grass fed Texas Longhorn meat is richer in certain "good fats" than feedlot beef. It has:

- **Omega-3** - These fatty acids are essential to life and good health, Omega-3 fatty acids protect against disease and can treat illness." www.Omega-3info.com
- **Beta-Carotene:** A Natural antioxidant, immune system booster, and helps reduce the chance heart disease and cancer. Your body turns Beta-Carotene into vitamin A. Grass fed beef has more Beta-Carotene than cows sent to a feed lot. www.wholehealthymd.com
- **Conjugated Linoleic Acid (CLA):** CLA is proven to increase metabolic rate, reduce abdominal fat, enhance muscle growth, and boost the immune system. As much as 500% more CLA is found in pasture fed beef that feed lot beef. Texas Longhorn Coop longhorns do **not** go to feedlots.

The natural conclusion is that grass fed Texas Longhorn beef is healthier.

From the Texas Longhorn Breeders Association of America pamphlet "**Texas Longhorn Beef for a healthier lifestyle.**"