

LEGACY HEREFORDS

ABOUT YOUR MEAT

PURVEYORS OF FINE MEAT AND HAPPY COWS

Legacy Herefords is pleased to share with you our natural beef. Our beef is raised humanely, without hormones or non-medicinal antibiotics, in a stable, stress-free environment that makes for tasteful, tender meat.

As you prepare your beef, here are some things to keep in mind:

- Legacy Herefords meat is wrapped in freezer-ready plastic and butcher paper and hard frozen in order to maintain the beef at peak quality throughout its time in your freezer. Conventional wrapping of meat, in clear cellophane, results in damage to flavor and texture from light and air. Because of the way in which your beef has been packaged, it may take longer to thaw than grocery store meat. Do NOT defrost your Legacy Herefords beef in the microwave. DO thaw it in the refrigerator—or if you're eating it tonight, in the sink (it will take a couple of days to thaw completely in the refrigerator).
- Once your meat has thawed, remove it from its protective wrapping and allow it to rest for 15-20 minutes prior to preparation. Like the fine red wine you may be serving with your meal, Legacy Herefords beef needs some time to breathe.
- Rule of thumb when checking “doneness” with the meat thermometer:
 - Rare: 120°-130° F
 - Medium-Rare: 130°-135° F
 - Medium: 140°-150° F
 - Medium-Well: 155°-165° F
 - Well Done: 170°-185° F

Legacy Herefords beef seldom requires much beyond the simplest of seasonings—our opinion is that good beef should be naked, or almost naked, and that any seasoning should serve primarily to enhance the meat’s natural flavor.

Our favorite seasoning for all our meat, from hamburger to roast, is Lawry’s Seasoned Salt. We tend to throw it on everything.

We also know that you’ve likely got some packages of meat stamped with names that make you say, “huh?” So we’ve included some suggested methods of preparation here.

Check out Legacy Herefords’ “MooBlog” for recipes and preparation ideas—and if you’d like, we’ll experiment so you don’t have to. Our blog can be found at: www.legacyherefords.com/MooBlog.

Hamburger

Ah, hamburger. That most basic of beef products. But hamburger, like Pad Thai in a Thai restaurant, is the standard by which we judge whether or not we're going to like the rest of the menu.

We use hamburger in all kinds of things, from that stuff in a box the grocery store calls "Hamburger Helper" (as if good hamburger could use that kind of help) to Aunt Phyllis' homemade chili and Mom's fabulous spaghetti sauce. But for the sake of brevity here, we recommend the following recipe:

- Heat grill to medium-high
- Make patties (with a deep thumbprint in the center! Trust us)
- Sprinkle with Lawry's
- Grill, wait for the juices to come up through the thumbprint, then turn once or twice, until done
- Serve (on a bun or straight up, we like it either way)

Soup Bones

We made an interesting discovery when we picked up our meat from the butcher: our soup bones are flat. Since we've really only ever worked with funny knobby-shaped soup bones, we speculated for awhile what might have happened to our soup bones (bizarre sledgehammer incident? out-of-control trolley cart?), but then decided to open one.

What we discovered was, in essence, a steak with a ginormous—okay, we know that isn't a word—bone at its center. So **this** is what soup bones are supposed to look like! This is what our forefathers considered a soup bone!

The soup bone is excellent for slow cooking with lentils of your choice, and water, broth, or some other liquid whatnot (8-ish cups, we figure, though Allison tends to eyeball most everything—mostly because she isn't good at math or counting—so who knows how much is really in there. Just do it, you can always add a bit more or steam some of it off). Maybe also some rice, carrots, Double N potatoes. Oh yes, and throw in some spices, too, like salt and pepper, and some herbs, like rosemary. After you've slow cooked it, you will find a beautiful, flavorful soup with a lot of meat that you can slide right off the bone because it's so tender. Yum!

Stew Meat

We love stew. Especially in winter. One of our new discovery stews includes squash for a perfect winter stew with rich buttery flavorings. Thanks to Better Homes & Gardens for this one (and for giving us something other than tabloids to look at while standing in the checkout line).

1½ lbs stew meat

1 lb butternut squash, peeled, seeded, and cut into 1-inch pieces

[Note: Trader Joe's sometimes offers a good cheat on all the peeling, seeding, and cutting work with 10-oz bags of pre-cut butternut squash for a pretty good price—and you can always use a little extra squash, right?]

2 small white onions, cut into wedges

1 14-oz can beef broth

1 8-oz can tomato sauce

2 Tbsp. Worcestershire sauce

1 tsp. dry mustard

1 tsp. bottled minced garlic

¼ tsp. ground black pepper

1/8 tsp. ground allspice

2 Tbsp. cold water

4 tsp. cornstarch

1 package frozen green beans

1. Trim fat from meat as needed. Place meat in 3½- to 4½-quart slow cooker. Add squash and onions. Stir in broth, tomato sauce, Worcestershire sauce, dry mustard, garlic, pepper, and allspice.
2. Cover and cook on high-heat setting for 4 to 5 hours (or, if you have lots of time, low-heat for 8 to 10 hours).
3. If using low-heat setting, turn to high-heat. In small bowl, combine water and cornstarch. Stir cornstarch mixture and green beans into mixture in cooker. Cover and cook for 15 minutes more.

Roasts

Here come the roasts. If you have a roast in your package of Legacy Herefords beef, DON'T PANIC. Roasts are fabulous! And totally simple too.

You will have one or more of the following roasts, all of which are very tasty and flavorful, and all of which can be prepared in essentially the same way: Boneless Beef (Cross Rib) Roast, Rolled Roast, Rump Roast, or Beef (Chuck) Roast.

A couple you might not know all that well can serve as good roasting examples: the Rolled Roast and the Beef (Chuck) Roast.

Rolled Roast

We call this "Grandma's Pot Roast." Anyone who ever went to Dorothy Deets' home for dinner knows this roast. That beautiful roast-y smell hits you as soon as you walk through the door. Some people think the rolled roast is a lesser roast, but cooked properly (as Grandma always demonstrated), this is a tender, flavorful dinner roast that produces a good gravy and later, excellent roast beef sandwiches.

For Grandma's Pot Roast, preheat your oven to 325° F. Place the roast in a Dutch oven or other heavy weight pot. Dust with your trusty Lawry's Seasoned Salt. Bake for 2 hours covered, then uncover and brown for ½ hour to an hour. [Lyn thought this was complicated, but it really isn't.]

Beef Roast

And then there's the Beef Roast. The package looks like it got flattened by the same run-away trolley as the soup bones. It sure isn't shaped like a roast. And then when you open it, it looks like a steak's big brother. But, it is, indeed, a true roast with wonderful flavor and tenderness (also lovely gravy if you feel like making it).

Preheat your oven to 325° F. Place the roast in a roasting pan. Season with Lawry's Seasoned Salt and bake uncovered for 1½ hours (check in after 1 hour, just in case). Ta-da! Real roast in less than 2 hours. Genius!

Steaks

Steaks are yummy. Your Legacy Herefords steaks will be one of the following: Tenderloin, Rib-eye, New York, T-Bone, Sirloin, Flank, Sirloin Tip, Flat Iron, Tri-Tip, London Broil, or Round.

We love 'em, but certain types of steak have a reputation for being tough. While we have yet to find a tough steak in our batch o' beef, for the sake of posterity (and to break the tediousness of seasoning salt), we give you a marinade. Simple, yet effective. We recommend it for those bad boy steaks—London Broil, Flank, and Round.

½ cup honey (we always throw in a little more—it's so hard to get the last of that honey out of the measuring cup!)

¼ cup soy sauce

3 Tbsp. olive oil

4 garlic cloves, crushed

(we sometimes throw in a little extra garlic. Can't hurt.)

Rosemary

Whisk it all together, pour over the steaks, cover, and refrigerate at least 2 hours.

We also put our Short Ribs in with the steaks because they are so tasty and tender (steak-like, even!) that they really don't fit anywhere else. If you have short ribs, check out our blog for a short rib recipe or two.

LEGACY HEREFORDS

We are passionate about our cows.

At Legacy Herefords, we believe that producing the best beef and the highest quality cattle requires vision, commitment, and a lot of love.

We are committed to raising only the highest quality natural Hereford beef.

We are committed to continuing a vision of Hereford quality, production, and disposition developed over decades of thoughtful breeding and management.

We believe our animals deserve to be treated with dignity and respect at all times.

To find out more about Legacy Herefords, LLC, visit us online at: www.legacyherefords.com

Find our blog at: www.legacyherefords.com/MooBlog

We're also on Facebook, for those must-have daily updates!

For more information, you can also contact us at:

legacyherefords@gmail.com

360.510.7180 or 360.255.3063

2107 Eldridge Avenue, Bellingham, WA 98225