



Exclusively Grassfed Beef

GROWN TO ENHANCE THE HEALTH
OF THE LAND THAT CREATES IT
AND THE PEOPLE WHO ENJOY IT

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Great, flavorful beef must be raised in time with the seasons, as nature intended. B.O.B Exclusively Grassfed Beef tastes extra flavorful because it comes from fully mature, free-range cattle. We raise our cattle exclusively in Wyoming in the unhurried, natural way – without pesticides, added hormones or antibiotics. Exclusively Grassfed Beef – like the beef you find in the very best restaurants and the finest custom meat markets – is dry aged a minimum of 14 days. And our custom butcher hand cuts and trims each steak and roast and grinds each pound of steak burger to our specifications. The result: Exclusively Grassfed Beef that possesses guaranteed tenderness and extraordinary flavor.

CHOOSING THE RIGHT CUT

On some occasions, individual steaks make the perfect main course for your dining experience; while at other times, a few large steaks, a roast, or burger make it easy to serve a crowd. For a bone-in steak like the T-Bone figure on between 12 to 16 ounces per person, depending on the rest of the menu and the appetites. For boneless steaks and for roasts, count on 6 to 8 ounces per person.

THAWING & TRIMMING

The best way to thaw your beef is to leave it in the refrigerator for 24 hours. However, if you are like us, we often forget to think that far ahead. The vacuum packaging allows you to thaw your beef in hot water. This process takes a remarkably short period of time & your edges won't become cooked like they do when you try to thaw in a microwave. We also find that thawing with the microwave dries out the beef – so we highly discourage microwave thawing.

With most other beef you need to trim the fat on the outside of the cut, but Exclusively Grassfed Beef is already hand-trimmed perfectly for your enjoyment.

COOKING & SERVING EXCLUSIVELY GRASSFED BEEF

There is no finer treatment for a thick, naturally tender steak than to toss it onto the grill or under the broiler. The high heat of these two methods delivers the desired crisp exterior, leaving the inside succulent and juicy – all with minimal effort and very little time. When grilling we prefer to cook without a cover, but others like the stronger smoke flavor by keeping the lid on. The grill rack should sit 4 to 6 inches above a bed of luminous coals. On most propane grills the flame should be kept at an even medium. Since Exclusively Grassfed Beef steaks are luxuriously thick, it is sometimes helpful to shift the steak to a cooler spot on the grill once both sides are well seared so as to get just the right degree of doneness you want without overcooking the outside.

For broiling, be sure to preheat the broiler and broiler pan. Place the broiler pan approximately four inches from the heating unit. As with grilling, if the outside of the steak begins to get to dark, lower the pan away from the heat.

Consult the chart below for approximate cooking times. All steaks should be flipped just past the halfway point in the recommended cooking time, since the second side will cook a bit faster than the first. The recommended cooking times are based on steaks straight from the refrigerator. Expect room-temperature steaks to cook a bit faster.

APPROXIMATE TOTAL COOKING TIMES FOR GRILLED AND BROILED STEAKS

STEAK	RARE	MEDIUM-RARE	MEDIUM
Ribeye & Filet Steak	6 to 8 minutes	8 to 10 minutes	10 to 12 minutes
T-Bone Steak	10 to 12 minutes	12 to 16 minutes	16 to 18 minutes
Sirloin Steak	10 to 12 minutes	12 to 16 minutes	16 to 18 minutes
Burgers	10 to 12 minutes	12 to 16 minutes	16 to 18 minutes

With thick steaks, the best way to determine the doneness is to use a meat thermometer by inserting it within the center of the cut without hitting any bone. It is perfectly safe to enjoy Exclusively Beef steaks and burgers while they're still pink in the middle. Use the following guidelines to determine your preference;

- Rare – Bright red in the center and lighter pink towards the outside – 120° to 130° F.
- Medium Rare – Pink in the center and lighter pink to brown towards the outside – 130° to 135°.
- Medium – Lighter pink in the center and light brown towards the outside – 140° to 150° F.
- Medium Well – Light brown consistently throughout – 155° to 165° F.

Bear in mind that steaks cooked past medium will compromise Exclusively Grassfed Beef's natural tenderness and juiciness. Please don't overcook!

If you do not have a meat thermometer, the easiest way to check for doneness is to make a small cut in the thickest part of the steak and take a peek at the inside. For bone-in steaks, cut into the meat right near the bone. To check for doneness, pull the steak from the heat when it appears just short of the desired doneness. For example, if you like your steak medium-rare, stop cooking when it still looks somewhat rare inside. A thick steak will continue to cook for a few minutes after you remove it from the heat, and the juices will be redistributed, giving it the perfect degree of doneness.

Many seasoned cooks judge doneness simply by feel. The raw steak will be squishy and soft. Steaks cooked to rare yield less but remain quite soft. At medium-rare, the meat will feel springier with a slight bit of firmness. The meat continues to firm up and toughen as it cooks; a well-done steak will feel hard and unyielding.

After cooking, steaks should stand for 5 minutes before carving to even out the color and juices in the meat. Carving a steak into thick slices is fine for tenderer cuts like the T-Bone, Ribeye. For naturally firmer steaks such as the sirloin, it is preferable to slice the meat as thin as possible.

SOME FAVORITE EXCLUSIVELY GRASSFED BEEF RECIPES

T-BONE WITH CHIMICHURI SAUCE

Position the broiler pan 4-5 inches from the heating element. Preheat the broiler and broiler pan.

Combine in a small bowl:

- 1/3 cup olive oil
- 1/4 cup chopped fresh parsley
- 1 tablespoon minced garlic
- 1 teaspoon red pepper flakes
- 1 teaspoon salt

Pat dry 1 Exclusively Grassfed T-Bone & rub entire surface of the steak with sea salt & cracked black peppercorns. Place the steak on the broiler pan. Cook for 6-8 minutes on the first side, then turn and cook the second side for 4-6 minutes. Make a small incision & check the center. The interior should be slightly less done than desired, for it will continue to cook somewhat off the heat. Cook each side for 1 to 2 minutes more for medium. Remove the steak from the broiler & let stand, loosely covered, for 5 minutes. Cut the steak off the bone & then into thick slices. Serve each person a few slices of each section of the steak – the New York Strip is the long piece on one side of the T-bone and the small round piece on the other side is the Filet. Top with Chimichuri and fresh lemon juice.

CHICKEN-FRIED STEAK

Using a meat mallet, pound 1 Exclusively Grassfed Round Steak to 1/3 inch thick. Cut into 4 serving pieces.

Mix in a shallow bowl:

1 cup all-purpose flour

2 teaspoons ground black pepper

1-1/2 teaspoon salt

3/4 teaspoon ground red pepper

Whisk together in a second shallow bowl:

1/4 cup milk & 1 large egg

Coat each steak with the seasoned flour, dip into the egg mixture, then coat with the seasoned flour again & shake off any excess. Let dry on a rack for 15 minutes. Heat in a large, heavy skillet over medium-high heat: 1/2 inch lard from a free-range pig.

To determine if the fat is hot enough (350-360 degrees F), dip a corner of the steak into it; it should sizzle & sputter. Carefully add the steaks & fry, turning once, until golden brown, 2-3 minutes each side. Remove the steaks to a warmed platter; pour off all but 2 to 3 tablespoons of fat from the pan & return to medium heat. Stir in, and cook until softened, about 5 minutes, one onion, thinly sliced.

Add, stirring, and cook for 2 to 3 minutes, 2 tablespoons all-purpose flour.

Stir in and bring to a boil, scraping up any browned bits, 1 cup milk.

Reduce the heat & simmer until thickened, 3-5 minutes. Season with salt, ground black pepper and hot red pepper sauce, to taste.

Serve steaks with mashed potatoes & gravy.

GRILLED ROUND STEAK

Thaw Round Steak in a marinade of 1-teaspoon salt, 1-tablespoon Tabasco pepper sauce, 1/4-teaspoon red pepper flakes, 1/4-teaspoon black pepper, 3 cloves of garlic, crushed, 1/2 cup finely minced red onion, 1-teaspoon oregano, and 2 cups cider vinegar. Grill to desired doneness. Slice in strips and serve with veggies and rice.

SUCCULENT SHORTRIBS

Preheat the oven to 350 degrees.

Pat dry 3 pounds Exclusively Grassfed Shortribs & season with salt, pepper, & 1/2 teaspoon dried herb (marjoram, oregano, rosemary, savory, thyme, or sage).

Heat in a Dutch oven or large, heavy skillet with a lid over medium-high heat, 2 tablespoons olive oil.

Add the ribs in batches and brown well on all sides, being careful not to crowd the pan. Remove the ribs with a slotted spoon. Pour off all but about 2 tablespoons of fat from the pan. Add and cook, stirring, over medium heat just until they begin to color, about 10 minutes:

2 cups chopped onions

1/2 cup chopped celery

1/2 cup chopped carrots

1/4 cup chopped shallots

3 tablespoons chopped garlic

1-1/2 teaspoons ground black pepper

1/2 teaspoon of salt

Pinch of the same herb used to season the meat.

Add 1-1/2 cups beef stock

Bring to a boil and return the short ribs to the pot. Add: 2-3 bay leaves.

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Bake, covered, until the ribs are tender and the meat pulls away easily from the bone – about 2 hours. Remove the ribs. Skim off any fat from the surface of the liquid and reduce the liquid over high heat until the sauce is syrupy.

Meanwhile, salt & pepper the ribs, then brush with Dijon mustard. Grill the ribs until the edges are crispy, 10 to 12 minutes. (This can also be done in your broiler).

Serve with the sauce you made & mashed potatoes.

EXCLUSIVELY GRASSFED RUMP ROAST

This recipe makes a roast that is brown and crisp outside & juicily-pink inside.

Let the rump roast stand at room temperature at least an hour before roasting. Preheat oven to 375 degrees F. Rub meat profusely with salt and coarse pepper. Put fat side up on rack in shallow pan. Do not cover and do not add water.

Place roast in preheated oven & cook for just one hour. Turn oven off, but do not open oven door at any time until ready to serve (or quickly if you want to add potatoes – see below). You may cook the roast one hour in the morning and serve later in afternoon for dinner. Regardless of the time the roast has been in the oven, turn the oven on again to 375 degrees for about 30-40 minutes before you plan to serve the meat. (At this time you can add quartered potatoes to roasting pan if you do this very quickly).

Place the roast on warm platter and thinly slice. Also great served cold for sandwiches.

EXCLUSIVELY GRASSFED CHILI

Soak 2-1/2 cups dry kidney beans overnight. Place the soaked beans in a Dutch oven or kettle, cover with water and bring to a boil. Partially cover, turn heat down to a simmer, and cook until tender (about 1-1/4 hours). Watch the water level during cooking, adding more if necessary. Drain off any excess water when the beans are done.

Heat 1-cup tomato juice to boiling. Add it to 1-cup wheat berries in a small bowl, cover, and let stand 15 minutes. Then add to the cooked beans.

Heat 2 tablespoons olive oil in a medium-sized skillet. Add 1 pound Exclusively Grassfed Burger and cook until brown. Then add to this:

2 cups chopped onion

4 large cloves garlic, minced

1 medium diced carrot

1 medium diced stalk celery

1 medium bell pepper, chopped

2 teaspoons cumin

2 teaspoons chili powder (more, to taste)

1-1/2 teaspoons salt (more, to taste)

black pepper and cayenne, to taste

Sauté until all the vegetables are tender.

Add the sautéed vegetables & burger to the beans. Then add 1 14-1/2 ounce can of tomatoes & 3 tablespoons tomato past. Simmer over lowest possible heat, stirring occasionally, for 15 minutes. Add 4 more large cloves of minced garlic and 2 tablespoons of Mexican chocolate to the chili. Simmer for at least 15 minutes more. Taste to adjust seasonings. If it seems too sour, add more Mexican chocolate.

Serve hot with cornbread.

BEEF & BARLEY SOUP

In a large pot, heat 1-1/2 tablespoons of olive oil over medium-high heat. Meanwhile, season 2 packages of soup bones both sides with salt and pepper and brown them in the oil. When browned add:

- 1 medium-sized leek, thinly sliced
- 1 chopped onion
- 1 chopped carrot
- 1 celery stalk, thinly sliced.

Cook, stirring often, for about 5 minutes, or until the onion is softened.

Pour in the water, cover, and bring to a boil. Reduce the heat and gently simmer, partially covered, for 3 to 4 hours, until the beef shreds easily with two forks. Check the liquid in the pot occasionally, adding cold water to cover if needed.

Pour the cooking broth through a strainer set over a large bowl, pressing on the solids to extract as much liquid as possible. Measure the broth. You should have about 4 cups. If not, add enough water to equal this amount and set aside. (If you have any extra broth, refrigerate or freeze for another use.)

In a large pot, heat 1-1/2 tablespoons oil over medium-high heat and add:

- 1 packages of stew meat
- 1 cup cooking sherry or dry red wine
- 1 medium-sized leek, thinly sliced
- 1 chopped onion
- 1 chopped carrot
- 1 celery stalk, thinly sliced.

Cook, stirring often, for about 3 minutes. Stir in 1 cup pearl barley and cook for 3 to 5 minutes. Pour in the broth and bring to a boil. Season with salt and pepper. Cover, reduce the heat to medium, and simmer for about 30 minutes, or until the barley is very soft. Season to taste with salt and pepper if necessary and serve in large bowls.

ANDREA'S FAVORITE MARINATED & GRILLED ARM ROAST

Whisk together thoroughly:

- 1 bottle of dark beer
- 1/4 cup orange marmalade
- 1 tablespoon dry mustard
- 1 tablespoon minced peeled fresh ginger, or 1 teaspoon ground
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1 teaspoon honey

Marinate the Arm Roast in the refrigerator for a couple hours.

Make an aspen pit fire and burn down to the coals with 2 to 4 inch flames. Blacken the arm roast on each side. Then move the flames to the side. Allow the roast to grill slowly with the coals for about 40 minutes.

Slice thinly & serve.

This also makes outrageously great sandwiches served cold. Here is a recipe for a wonderful dressing:

Mix 1/4 pound Stilton Blue Cheese with 2/3 cups of sour cream, 1/3 cup mayonnaise, 1-1/2 teaspoons Worcestershire sauce, 1 teaspoon kosher salt, 1 teaspoon freshly ground black pepper. Assemble sandwiches with healthy, multigrain bread, arugula, thinly sliced arm roast, & blue cheese dressing.

THE FASTEST, BEST POT ROAST EVER

Slice 4 cloves of garlic into very thin slivers and make incisions about 3/4-inches deep in spots evenly distributed around the Exclusively Grassfed Chuck Roast. Push one sliver of garlic into each incision with your finger.

Heat 3 tablespoons oil in a pressure cooker. Over high heat, brown the meat well on all sides, lifting the meat frequently with a spatula to avoid sticking. Add extra oil as needed. Season each browned side with salt and freshly ground pepper; be conservative if you are using canned stock or bouillon for the gravy. Remove meat to a platter and set aside.

In the blackened oil remaining in the cooker, sauté for about 3 minutes, stirring occasionally:

- 1/2 cup finely chopped celery
- 1/2 cup finely chopped parsnip or peeled turnip
- 1/2 cup finely chopped carrot
- 1 cup finely chopped onion

Add 2 1/2 cups beef stock (watch for sputtering oil), 2 bay leaves, and 1 teaspoon dried thyme.

Immerse the rack or trivet into the liquid and place the meat on it, broad side down, so the most surface possible is submerged in the liquid.

Lock the pressure cooker lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 45 minutes. Let the pressure drop naturally by turning off the heat, about 10-15 minutes. Remove the lid, tilting it away from you to allow any excess steam to escape.

Chop up potatoes and carrots and add to the pressure cooker. Lock the lid in place and over high heat bring to high pressure. Adjust the heat to maintain high pressure and cook for 5 minutes. Let the pressure drop naturally by turning off the heat, about 10-15 minutes. Remove the lid, tilting it away from you to allow any excess steam to escape.

Remove the fork-tender roast, potatoes, and carrots to a platter. Slice the roast and serve with the remaining liquid in the pressure cooker.

EXCLUSIVELY GRASSFED MEAT LOAF WITH GARLIC & PINE NUTS.

Combine and let stand for 5 minutes:

- 1 egg, beaten
- 3/4 cup coffee
- 1/4 teaspoon oregano
- 1-1/2 teaspoons salt
- dash of cayenne
- 2 cups bread crumbs

In a skillet heat 1 tablespoon olive oil. Add and sauté for five minutes:

- 1 medium-sized onion, chopped
- 5 cloves garlic, minced
- 1-cup pine nuts.

Combine egg mixture & onion mixture with 2-pounds of Exclusively Grassfed Burger. Pack into a greased loaf pan. Bake at 350 degrees for 1-1/2 hours.

CHILI-CRUSTED FLANK STEAK WITH MANGO SALSA

Prepare a hot charcoal fire or preheat the broiler & broiler pan. If broiling, position the pan 2 to 5 inches from the heating element.

Combine in a small bowl:

2 tablespoons ground dried chili peppers

2 tablespoons cracked black peppercorns

1-1/2 tablespoons ground cumin

1 1/2 tablespoons coarse salt

Pat dry: 1 beef flank steak (about 1-1/2 pounds)

Rub the entire surface of the steak with the spice mixture and grill or broil for 4 to 6 minutes each side for medium-rare. Make a small incision and check the center. The interior should be slightly less done than desired, for it will continue to cook somewhat off the heat. Cook each side for 1 to 2 minutes more for medium. Remove the steak from the heat and let stand for about 5 minutes. Thinly slice the steak across the grain. Serve immediately, topped with:

MANGO SALSA

Combine in a large bowl:

1 small red onion, chopped, rinsed, and drained

1/4 cup fresh lime juice

Prepare the following ingredients, setting them aside, then add all together to the onion mixture:

1 large ripe mango, peeled, pitted, and coarsely chopped

1 small red bell pepper, cut into thin strips

1/4 cup coarsely chopped fresh cilantro

1 clove garlic, minced

1/4 cup fresh orange juice

1 fresh jalapeno, finely chopped

Stir together well. Season with coarse sea salt & cracked black peppercorns to taste.

SLOW-ROASTED, GARLIC-STUDED TOP SIRLOIN

Slow-roasting the sirloin maximizes its tenderness and retains the moist juices. Position a rack in the center of preheated 450°F oven.

Pat dry 1 Exclusively Grassfed Beef Top Sirloin and rub with 2 tablespoons olive oil.

Thinly sliver fresh garlic. Make slits in the Top Sirloin and insert the garlic slivers.

Season liberally with salt and ground black pepper

Place the roast on a broiling rack and roast for 10 minutes. Reduce the oven temperature to 250° and roast until an instant-read thermometer inserted at several spots reads 115° F for rare, 125° for medium-rare, or 135° for medium. The temperature will continue to rise 5°F out of the oven.

Remove the meat to a platter, cover loosely with aluminum foil and let stand for 15 minutes before slicing. Serve with a gravy made from the drippings.

GRILLED RIB STEAK

Searing the Rib Steak over a hot fire and then pushing the coals to the side, covering the grill, and cooking it over indirect heat gives it a deliciously crust exterior with a tender, moist interior.

Prepare a very hot charcoal fire. Season Rib Steak with "Bragg Liquid Aminos" and "Tuong Ot Toi Vietnam Chili Garlic Sauce."

Sear the steak well on both sides, about 2 minutes per side. Remove the meat from the grill and push all the coals to one side. Place the meat on the side without the coals, cover the grill, leaving the vents open a bit, and cook, turning once or twice, until an instant-read thermometer inserted in the center reads 115° F for rare, 125° for medium-rare, or 135° for medium. The temperature will continue to rise 5° F out of the oven. Remove from the grill and serve immediately.

PITA BURGERS WITH CUCUMBER-YOGURT SAUCE

1 pound Exclusively Grassfed Burger
1/2 cup plain low-fat yogurt
1/3 cup chopped cucumber
2 teaspoons Pepper-Herb mix (bottom)
1/4 teaspoon salt
2 pita pocket breads, halved and warmed
1 medium tomato, cut into 8 thin slices

Combine yogurt, cucumber, 1/2 teaspoon herb mix and salt in a small bowl; reserve. Shape ground beef into four 1/2-inch thick patties. Sprinkle remaining 1 1/2 teaspoons herb mix over both sides of patties. Meanwhile heat large nonstick skillet over medium heat 5 minutes. Place patties in skillet and cook 6 to 8 minutes, turning once. Season with salt, if desired. To serve, place a burger in each pita half; add 2 tomato slices and yogurt sauce as desired. 4 servings.

PEPPER-HERB MIX

2 tablespoons dried basil leaves
1 tablespoon each lemon-pepper and onion powder
1 1/2 teaspoons rubbed sage

Combine all ingredients. Store, covered, in an airtight container. Shake before using to blend. Yield: about 1/3 cup.

SHORT RIBS WITH JUNIPER AND CARAWAY

Heat 1 Tablespoon of olive oil in a heavy pot over medium-high heat. Brown the Exclusively Grassfed short ribs on both sides in the oil. (You can also brown them on the grill).

Remove the short ribs to a plate and add 2 large chopped onions and 4 cloves crushed garlic to the pan. Sauté for 4 minutes. Add 1 15-ounce can dice stewed tomatoes, 5 tablespoons tomato paste, 14 teaspoon ground cloves, 1-teaspoon caraway seeds, 10 juniper berries, 4 cups Gerwurztraminer wine and salt & pepper to taste. Stir to combine the flavors.

Return the ribs to the pan. Bring the liquid to a boil, and then reduce the heat and simmer, covered for 1 hour.

Remove the lid and simmer for 1.5 hours, until the ribs are very tender. Serve with Spatzle or noodles.

SWEET AND SOUR BRISKET

Preheat the oven to 350 degrees

Have ready: Exclusively Grassfed Brisket.

Spread with 3 cloves garlic, minced and ground black pepper to taste.

Heat in a flame-proof roasting pan over medium-high heat: 1 T. vegetable oil

Brown the brisket about 3 minutes each side. While it is searing, add to the pan: 2 large onions.

When browned on both sides, remove the brisket. Reduce the heat to medium and cook the onions until very brown, about 4 minutes more. Add:

1/2 cup stout beer

1/2 cup beef stock

Cook for 1 minute, scraping up the browned bits. Stir in:

1 cup Hoisin Sauce

1/2 cup apple cider vinegar

1/2 cup packed dark brown sugar

1 bay leaf

Taste the sauce and adjust the seasoning. Return the meat to the pan and spoon the sauce over it. Cover the pan tightly with aluminum foil. Roast until the brisket is fork-tender, 2 to 3 hours. Remove the pan from the oven, uncover, and let cool in the pan. Refrigerate overnight. Slice the meat and return it to the sauce. Reheat in a 350-degree oven for 25 to 30 minutes.

GINGERED FILET MIGNON AND NAPA CABBAGE SALAD

For marinade

2 tablespoons soy sauce

2 tablespoons fresh lemon juice

1 tablespoon red-wine vinegar

1 tablespoon grated peeled fresh gingerroot

1 garlic clove, minced and mashed to a paste with 1/4 teaspoon salt

1/4 teaspoon dried hot red pepper flakes, or to taste

Two 1-inch-thick Exclusively Grassfed filets mignons (3/4 pound)

2 teaspoons vegetable oil

1/2 pound fresh shiitake mushrooms, stems discarded and caps sliced

1/2 teaspoon salt

1/4 cup water

1 tablespoon honey

1 small Napa cabbage (about 1 1/2 pounds), trimmed and sliced thin crosswise

1 cup packed arugula, washed well and spun dry

1 medium red bell pepper, cut into thin strips

1 Asian pear or firm-ripe Bosc pear, cut into 1/4-inch julienne strips

2 scallions, sliced thin

1/2 cup packed fresh coriander sprigs

MAKE MARINADE:

In a shallow bowl stir together marinade ingredients.

Add filets to marinade, turning to coat, and marinate at room temperature 15 minutes. Remove filets from marinade, letting excess drip off, and reserve marinade. In a 10-inch non-stick skillet heat oil over moderately high heat until hot but not smoking and sauté filets about 4 minutes on each side for medium-rare meat. Transfer filets to a cutting board. In any drippings remaining in skillet cook mushrooms with salt, stirring frequently, until golden, about 3 minutes.

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Add reserved marinade, water, and honey and bring to a boil. Remove skillet from heat and cool mixture 10 minutes.

In a large bowl combine cabbage, arugula, bell pepper, pear, scallions, and all but 4 sprigs coriander. Add mushroom mixture and toss to coat. Cut filets into thin slices. Mound cabbage mixture on 4 dinner plates and arrange steak slices on top. Garnish with reserved coriander sprigs.

EXCLUSIVELY GRASSFED BEEF MOLE

4 pounds Stew Meat

4 tablespoons olive oil

1 large yellow onion

3 large ripe tomatoes

1 cup pumpkin seeds

8 dried ancho chiles

1/4 cup olive oil

1 ripe banana, peeled, halved lengthwise and then crosswise

1 tablespoon allspice berries

4 teaspoons cumin

1 teaspoon whole cloves

1 canela or cinnamon stick, broken into pieces

1 1/2 teaspoons black peppercorns

3 canned chipotle chiles in adobo sauce (or 3 roasted jalapenos marinated in apple cider vinegar over night)

6 cloves of finally chopped garlic marinated in 1/3 cup olive oil.

3 3/4 ounces bittersweet chocolate, finely chopped

1 tablespoon sherry vinegar

Sea salt to taste

Preheat the oven to 400 degrees.

In 4 tablespoons olive oil sauté the chopped onion until translucent. Add the beef and brown. Reserve

Slice the tomatoes crosswise in half. Place the tomatoes cut side down on a baking sheet lined with parchment paper (this keeps the acidic tomatoes from reacting with the pan) and roast for about 20 minutes. Reserve.

Meanwhile, also roast the pumpkin seeds on a baking sheet until browned. Reserve

Soak the dried anchos in hot water to soften, about 20 minutes. Drain, and remove the seeds and stems. Reserve.

Heat the olive oil in a medium skillet over high heat. Add the banana slices and sauté until well browned and caramelized. Remove from the skillet and drain on paper towels.

In a dry skillet, toast the allspice, cumin, cloves, and peppercorns until fragrant. Let cool, then combine with the canela in a mortar and grind to a fine powder.

In a blender, puree the anchos and chipotles until smooth. Add the bananas, ground spices, and tomatoes and puree. Reserve.

Pour the garlic-olive oil into a medium pot and heat over medium-high heat. When the oil is very hot, add the puree and simmer for 10 minutes, stirring frequently. Add the pumpkin seeds and simmer for another 2 minutes. Add the chocolate and let it melt. Stir in the vinegar and add the browned beef. Let simmer until the beef is tender. Season with salt. Serve with tortillas and lime and cilantro scented sour cream.