Welcome and thank you for the interest taken. Over the next few pages we will cover the fundamentals of achieving great texture, increased taste sensations of different meat cuts/groups. Not only enjoying our food, building a healthy reward-pleasure craving, for the essential nutrition we need and deserve. But understanding the holistic protocols, ancestral and modern wisdom for getting the most out of our high quality meat produce, and excluding modern toxic build up from entering our vessels.

When eating predominantly meat based, either Carnivore, Ketogenic, Paleo, Atkins and what ever else the cool kids like to call their nutrition identity during this era of food confusion. It is important to get the meals right, as each meal is an experience that will determine your next intelligent meal decision.
You could afford Wagyu ribeye, but if you cannot achieve a medium rare or medium that falls apart at the slice, crispy and melty fat in a butter-salty sauce, its work and not a sensation right..Yeah chewing a lot is for cows, get it right!

I hope the thought of cooking a good steak has got you calling the butchers already, but I want to share with you some finite details of cooking first. Details that make a difference in how well you feel and how stress free your body can be, just by switching over some practices and adopting some holistic protocols, that all Primal Programs are based on.

**Cooking Protocol**

Your tools are just as important as the meat on the plate. The tools need to be toxic free, thermal conduction of high heat, naturally washed and preferably gas stove and or barbecue.

**What's in the Pan?**

Every one loves a non stick pan, made from aluminium and coated in a synthetic material that leeches into your meat as the heat rises, then into your body. Don't forget the drip of inflammatory nut/seed oil, getting worse as the heat increases, and then stir the meat around with plastic utensils, melting into the meat, pan...sauce...

Perfluorooctanoic acid (PFOA) and Aluminium are the standard substances used to create most cheap pans and middle range pans. They sell to you by offering a product that allows you to be lazy as no oil needed, no scrubbing, long lasting and some even notify you when the heat is right. Problem with these is you are putting chemicals into your food, body, water and air. PFOA breaks down and melts at high heat, more rapidly as the pan ages and the aluminium base also leeches into your food. A build up of these in your blood, stresses out the body and can inhibit over time, focus on healing and repair. If you are not active and already healthy, these chemicals will lead to many autoimmune disorders in the skin/mitochondria, liver, brain and such linked issues as cancer and birth defects. Some of the toxins escape as fumes into the air at high temperatures and are breathed in, this has killed a number of pets such as birds in cages breathing in the fumes that rise up from the kitchen.

These chemicals are called persistent chemicals. They stay with you, they're insidious.

Aluminium is found in many of our home/cookware and skin/bathroom products, even though pharmacists and biochemist understand a build of this substance stays in the body and takes time to rid. A pan based from this metal can leech 2-3mg into your meat, and every time you cook.. Picture the amount over a week or a month and for how many years, also while using crappy deodorants and cleaning products.

**So what to do about it?**

You can use copper, stainless steel, anodized aluminium and with ceramic non stick coatings. These still leech some metals into your food, but at a reduced 20% that makes a grand difference. Now I would still aim to avoid these if possible and go for the optimum cast iron or ceramic pan. Now most people think of cast iron pans as outdated and a pain in the ass.. Well hopefully knowing that cast iron pans leech far less and the little leached into your food is beneficial for blood cell creation in some. Also acknowledging that a good temperature is reached slowly and held, and with adequate amounts of the right oils in the pan, no burning or tough washing up. Next up, what to oil your pan with.
Dangers of common oils used and which oils to use:
Since the fat scare of the mid to late 1900's, pushed forward by many crop/pharmaceutical owning company's, who's agricultural land is predominately plants which produce seeds to be pressed or heated into cooking oils. These quickly took over from lard/dripping and butter that are full fatty chain bonds (saturated fats) that hold well and stable during high heats for searing meats. Although my Ebook – To Thrive With Vitality is not carnivore based, the molecular structures of fat and our bodies reaction to them are explained in great and direct detail. Found at originsofvitality.com

Natural and genetically engineered (hydrogenated) vegetable oils commonly found and used:

- Rapeseed
- Corn
- Sunflower
- Flax
- Soybean
- Canola
- Sesame
- Peanut
- Avocado
- Rice-bran
- Cotton-seed
- Walnut

Hydrogenated vegetable oils are high in trans fat, which has been associated with various health problems (Heart/Cardiovascular). They are found in margarine and a lot of processed foods as the fat content, for long shelf lives. These fat are like plastic and bind/alter your cells.

Just to name a few omega-6 heavy oils that will aid chronic inflammation and imbalance your cholesterol and hormonal levels/balance. These oils oxidise much quicker as only partially saturated and are unstable in high heat. Most are dead and unstable from the get go, due to high heat processing to be edible, long shelf life and a lot continue to oxidise when exposed to light in their clear bottle containers and when opened to air. The reason these polyunsaturated fats deteriorate so quickly is due to them having double bonds that react with the atmosphere. Saturated Fat is complete with bonds and therefore do not make your cell membranes more susceptible/sensitive to oxidisation.

These oils were not around in our evolution and do not adequately support or grow the human brain, some exceptions are coconut and palm oil in natural form, but still not the optimum to use for cooking and cholesterol health. Cholesterol health marks how healthy your hormonal balance is, your muscle mass, your brain/mind and immune system against disease. More on Biochemistry and Hydrogenated Fat in To Thrive With Vitality Ebook, Originsofvitality.com

Fat oils to use and why:

- Grass-fed Beef Dripping
- Grass-fed Raw Butter
- Grass-fed Ghee
- Re-used Meat Fat
- Extra Virgin Coconut Oil (not the best)
The fats above not only reach high temperatures while staying stable and are re-usable. But they have phenolic compounds that have been fermented for us by ruminants that store soil nutrition into their fat, dairy and organs. So it is not just for a salty, smoky rich taste, but also for brain, heart, skin and intestinal health.

Properties of Raw butter;

- Fat soluble vitamins – A D E K, allowing the body and brain to utilize other ingested minerals.
- The Vitamin A that is bioavailable directly from this fat, targets helping the thyroid and adrenal's to maintain excellent heart and cardiovascular balance/health.
- Glycosphingolipids found in butter fat, protects the gastrointestinal tract by fighting off infection and harmful bacteria.
- Manganese/Chromium/Selenium/Zinc/Iodine all in highly bioavailable forms to humans.
- The Short and Medium-chain fatty acids in butter do not need to be emulsified by bile salts as they are absorbed directly from the small intestine (duodenum) to the liver. Once there, they are converted into quick energy rather than stored in the fat tissue. No, butter is not fattening!
- Butter contains Lecithin, which assists in the proper assimilation and metabolization of cholesterol and other fats.
- Cholesterol. Butter provides about 30 mg of Cholesterol per 1 tablespoon.

Beef Dripping & Ghee are similar, if you cannot deal with the dairy cultures. If you cannot by allergy or similar reaction, it may be that your intestinal walls are slightly permeable from damage. Origins of Vitality has protocols to mend such issues in 4&8 week Primal Programs. A 3 month program for further serious issues in the chronic/degenerative spectrum, is also available. PDF on Originsofvitality.com
Cooking the Steak of Dreams

People complain about chewy meat, un-swollable fat and some cases too dry and tasteless. This is always down to the cut you choose, its quality and the method of cooking for the particular cut.
For steaks you generally want high heat from a fire, gas stove or grill. The cast iron pan is perfect for these, and ceramic/steel pans good for electric stoves and portable cooker (nothing beats fire/smoke cooking). You also want enough fat in the pan to cover the whole pan and rise up halfway into the middle of the steak as it cooks.

Let's cover the different and best cuts for simple grilling, frying and excellent fat content. You want it to be effortless, quick and by that you can prepare/cook steaks in 5-10 mins and consume all of them in less than 5 mins. Great, natural and easy essential nutrition for busy families and individuals.

The best cuts for health and taste;

- Ribeye, 70% + fat and come by the ribs before the loins. Noticeable fat eye in the middle of the steak, light marbling through meat and top fat of loin.
- Sirloin, 40% + fat and are from the short loins. Noticeable fat lining outside/edges on top and side, slight marbling.
- Of course do not forget organ meats such as Liver, Heart and Brain are by far the highest in different vitamins/minerals and chemicals that aid longevity/natural detoxification by the body's clever systems.

(The above are based on fatty content, nutrition of cut, ease of access and personal bias as to what feels good and right as in satiation. From experience, which is key to your unique body, so experiment with organ meats and other cuts such a fillet/rump. But remember protein alone is not adequate for survival and performance, protein starvation is nasty.)

More cuts for oven jobs, similar slow cooking techniques and recipes in 4&8 week Primal Programs. Download pdf of Programs from Originsofvitality.com or msg origins.nutrition on Instagram. originsofvitalitynutrition@gmail.com
Healthy Meat & Crappy Meat

So how do you know what to expect with your cuts of meat when you are buying them?

Why are some more marbled than others?
And some so much leaner and pinker?

You can tell the diet and how the animals were raised by the look and feel of their ribeyes and sirloins. And trust me, as you experiment you will understand by taste and texture/how it cooks. So how do you tell and what’s the difference?

Here in the UK we have excellent pastures for cattle and most of our meat is grazing/free roaming, with a period of the year eating grains. We have grazing for 9 months, where the grass continually grows as cattle rotate pastures. During the period of harsh winter and below 5 degrees, the cattle are fed grain, if organic, organic grains.

Now do not be alarmed by the grains in these circumstances, as cows are designed to eat grains also as they are part of the grass family and wild/free roaming cow species do also come across and eat grain.

The trouble with grain-fed is when the cows entire life is spent boxed up with no exercise, combined with a diet of 100% grain. Cows have ruminants and its designed to ferment green grass and the odd bit of grains from other species, while drinking clean water and licking the odd salt chunk and eating the odd bird, mouse etc...

When you see steaks that have transparent/white fat that is hard to the touch (gristly strips), that is the sign of unhealthy meat, that most likely needed antibiotics and not very mature.

Beware that the kind of fat mentioned above, signals a sick cow that is only fed grains and probably inhumane-factory circumstances. That hard gristle is the by product of grain fed only, where the properties from the grains are not properly metabolised and do not act as a nutrient deposit holder, as fat is supposed to. It is Elastin make up, which Is hard and inflamed from fattening too quickly of the animal.

Grain fed meat has much more marbling as you would of guessed now, and some prefer the taste. Always op for organic grain-fed so better chances of cow not being sick and pumped full of drugs. Grain-fed practices are not ideal for the planet or human health, so limit intake, but some grain fed meats are cheaper. So to start if needed due to financial difficulty, grain fed will still help your health, but grass fed has been shown to contain a few mg more of important nutrients, that over time will make a bigger impact on your vitality.

So now I hope you understand why grass fed meat is generally leaner and wild game meat, even leaner. But opting for the grass-fed, especially biodynamic and organic (not to be confused with
organic grain fed), means you are acquiring nutrition from diverse plants. Because remember that meat is pretty much fermented plants. **More on this in To Thrive With Vitality Ebook.**

But that's not always the case, for being specific with the breed you are consuming and knowing your local breeds, when grass-fed is key for fatty content. My personal staple is the British Angus, from mid and north pastures of our green hills. Marble fat content from a sturdy old winter cow. Another great choice is the Shorthorn and Milking Shorthorns.

Aberdeen Angus & Sussex Shorthorn.

**Get The Pan Ready**

Most of the meat you buy in supermarkets is wet aged in an air tight package, which is why it can feel really soft and slightly wet/slimy. When you buy from a proper butcher, they air dry it from 30-60 days +, this gives the meat a rich colour and slightly fermented rich taste. This is due to the process that happens with the enzymes of the meat and the high fat content. The meat is hung or placed in a fridge that has the right temperature and humidity to allow excess water to leave, and fungal bacteria to develop on the outside of the meat. The bacteria breakdown the enzymes of the meat, tenderising the connective tissue and lean tissue further, they are called collagenolytic enzymes.

A hard crust is formed from this and with the fat, which is then cut off and ready for sale with a rich taste and succulent texture..support your butchers, they are more than just cutters and middle men. Unless you buy direct from the farm in bulk (buying a whole, half or quarter cow with friends and family is a great value for money), but you would need a fridge and steel trays dedicated just to curing the meats, has to be a fridge you do not open often for other foods, or contaminated by other foods and with humidity control tools. You need to leave the fat cap on and sit/hang for 5 days.

1. You want the meat to sit with a good amount of salt (smoked sea salt is best), coming to room temperature and the salt crystals melting into the meat. If a 300g cut +, tenderising with a mallet is a good option to give more cooking surface to the meat. Good option for those that prefer a more medium to medium well steak.

2. If frying; add 2 tablespoons of salted butter/ghee or beef dripping and bring to a browning colour and sizzling oil temperature. If grilling; fire up the grill or coals and let sit for 5 minutes. During this time, rub some butter (leave some out before firing grill, to become soft) into all of the steaks, making a thin coating all over.

3. For a medium rare to medium, leave on high flame/heat on each side for 1 minute and 30 seconds, pouring the oil from the base over each side with a spoon, till moist. Be careful of oil spit and turn steak gently. On the grill with high flame, 1 minute a side and watch closely, for a crisp outside and pink inside. For more medium to medium well, let flames come down or turn down flame and let sit for 1 minute40 minutes – 2 minutes depending on cut. Check to see that the fat has crisped and melty internally, searing on the edges and more yellow in colour.
4. Let the steak sit for 2 minutes and pour some of the oil from the pan over the steak. Take the steak off the flame and onto a wooden chopping board, add a thin slice of salted or garlic butter to melt in the centre.
5. Enjoy to the fullest!

**Brisket Joints Make Families**

*Use Silver side joint, tied Brisket and or Ribeye/Sirloin whole joints for delicious baking job. Smoker cooked is best, and slow cooker also produces good result, just a lot more moist. We are going to cover oven cooked as most common, easiest and laziest approach;*

1. Make sure the piece you buy has a lot of fat or comes with an added layer of fat tied ontop/below.
2. Let the meat sit out for 20-30 minutes to warm, adding smoked sea salt into all of the crevices of the joint, sprinkling black pepper and smoked paprika all over and rubbing the powder in gently to cover all surface area of joint. Optional add crushed or grind dried garlic all over also.
3. Preheat oven 5 minutes before meat sitting time is over, heating on as gas oven to notch 9/10 or gas/electrics temperature of 250 degrees.

4. While the oven is building in temperature, you have the option of using Cedar wraps (wood wrapping paper, which you soak for 5 minutes and then wrap around the meat and tie) or using glass tray that won't stick (REMEMBER WHY WE DON'T USE ALUMINIUM).

5. Which ever method above, the fat that comes with the meat, cut some strips (enough for the length of the meat and enough for the meat to sit on top of it) and place on the bottom with the meat on top and the rest of it on the meat. If Ribeye/Sirloin joint, melt some of any butter/ghee/dripping (two teaspoons) for the base and place meat in the liquid.

6. Bring the oven temperature to setting notch 4 or 100-120 degrees. Every 500g at 100 degrees is 1 hour. So example a 1.5kg brisket is 3x500g, 1 hour per 500g then equals, roughly 3 hours and depending on cut up to 4 hours + with a 20 minute crisping period.

7. Crisping, use a large spoon to completely soak all of the brisket with its fat juices, use a fork to poke some holes through the meat and pour more fat juices on and into the holes. Raise temperature to notch 6 or temperature to 150, and keep an eye on the meat over 20-30 minutes.

8. Take out and let sit for 5 minutes in juices and pour more all over. Prepare natural, low sugar bbq, creamy, sticky, spicy varieties of sauce. **Recipes for sauces on Programs.**

9. Slice thin strips off with a sharp knife in its juices or on a large chopping board, add a stream of sauce and **SHARE IT OUT TO FEAST!**

I hope you have enjoyed looking into cooking meat and implementing holistic protocols that reduce toxicity in the cooking of meat. Thank you for downloading this pdf cooking manual and interest shown in Origins of Vitality Nutrition. If there are further coaching needs, program details and fine tuning of your relationship to food questions, please download Programs pdf from Services page originsofvitality.com and or email directly originsofvitalitynutrition@gmail.com.

Instagram - @origins.nutrition
Facebook - /Originsofvitality

http://originsofvitality.com/