

# The Farmer and the Grill

## by Shannon Hayes

### Book Summary and Review

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#### Summary

##### Chapter 1: From Grass to the Grill

One of the most important tools for grilling is an instant-read digital thermometer. You can also get one with an external probe so you can keep it in whatever you are grilling and check the temperature easily at any time. Knowing the temperature inside your grill is also helpful. If your grill has thermometer great! If not, you can purchase a grill thermometer.

When grilling grass-fed meats you should cook them rare to medium rare. Chicken and Turkey should reach an internal temperature of 165 degrees Fahrenheit, beef 120-140, ground meat 160, veal 125-155, lamb and goat 120-145, and pork 145-160.

Grilling or cooking directly over heat should rarely be used, except for burgers and certain cuts of meat. Indirect grilling is a much better choice. Indirect grilling is when the heat source is not directly under what you are grilling. You can sear the meat directly above the heat source and then move it away from the heat source. Though it is not as common, spit-roasting is another great method for cooking meats. You may be able to get a rotisserie attachment for your grill. Barbecuing is another great method. Barbecuing is done at low temperatures with smoke. Temperatures are kept below 250 degrees F. This is a great choice for tougher cuts of meat.

Two more pieces of advice are to plan ahead and to use less overpowering rubs and spices. Grass-fed meats have much more flavor and don't need as much seasoning.

The two main types of grills are gas and charcoal. Gas is easier to use, but more expensive. Charcoal grills are a little more difficult to use, but less expensive. When using charcoal grills, don't use lighter fluid or gas to start the charcoal. Rather, use a device called a chimney to start your charcoal.

##### Chapter 2: Beef

When grilling steaks it is important to make sure the grill is very hot before searing so you can do it quickly. Most steaks can be seared over the flame at medium-hot temperatures for about 3 minutes per side. Then move the meat to the side of the grill that does not have any direct flame and let the meat slowly come up to a temperature of

120-140 degrees Fahrenheit. Your meat thermometer can help you achieve this. Don't forget to let the meat rest covered for about 5 minutes.

Most grass-fed steaks don't require fancy seasonings as they are full of great flavor. Keep in mind that with proper grilling techniques, the less expensive cuts of meat can be tender and more flavorful. Often the more naturally tender, expensive cuts of meat have less flavor than cheaper cuts.

### **Chapter 3: Lamb**

Despite the fact that very little lamb is eaten in the United States, the author says that lamb sells very well for them. Grass-fed lamb is very healthy.

You can usually cook grass-fed lamb chops directly over the flame because it is not as fatty and won't flare up as easily. If lamb chops are too rare they can sometimes be tough. If you cook them a little longer they will often become tender. Just don't cook them too long. Keep your internal meat temperature in the range of 120-145.

### **Chapter 4: Pork**

One of the most common mistakes in cooking pork is cooking the meat to too high of a heat. One of the fears with pork is trichinosis, but this can be killed at 137 degrees. The author recommends not exceeding 145 degrees or your pork will begin to become tough and dry. Exceeding 150 degrees is "an excessively reckless flirt with the flame, promising only disaster at the grill."

When cooking sausages, you should never poke them as the fat and juices inside the sausage casing are what cooks the sausage and gives it such a great flavor. It's also helpful to cook sausages slower than you may be used to. Indirect grilling for 25 minutes or more is a great way to cook sausages.

### **Chapter 5: Poultry**

As with other meats, the most common mistake in cooking poultry is overcooking. Poultry does need to be cooked to an internal temperature of at least 140 degrees in order to kill salmonella bacteria. The author recommends cooking to 165 degrees if you are working with "clean, farm-raised pastured chickens".

Try not to use too much smoke on your chickens or it can overpower the natural flavor of the meat. You should also whenever possible cook the whole bird. It's easier, cheaper and juicier. One of the best ways to cook a chicken is spit roasting.

If you are interested in cooking rabbit, you can use most chicken recipes as the meat and cooking techniques are very similar.

### **Chapter 6: Culinary Notes from Argentina**

This chapter is an explanation of how to cook with a Parilla. This is an outdoor grilling method that requires full attention. The author considers it a form of meditation.

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## Review

I enjoyed reading “The Farmer and the Grill”. This book was short and simple, but is a great one for understanding the principles of how to grill grass-fed meat and make it tender and tasty. I also enjoyed learning about the differences between cuts of meat and how tougher cuts were often more flavorful.

Understanding how critical internal temperatures are will help me to grill more successfully. The other method I learned was indirect grilling. I will be using this method frequently now.

A lot of the book is devoted to recipes for many different types and cuts of meat. I am excited to try some of these recipes out.

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### **About Josiah Garber (creator of this book summary)**

Josiah first became interested in nutrition for health and healing. He started farming to produce the healthiest food for his family and now for everyone! Follow his journey at [www.thefarmingpodcast.com](http://www.thefarmingpodcast.com) or visit his farm website at [www.fireflymeadowsfarm.com](http://www.fireflymeadowsfarm.com)

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