



From Our Farm to Your Family: 5 Tips for Confident Pastured Cooking

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DEFROSTING

Your secret to safely maintaining the quality of your pastured chicken.

Defrosting in the Fridge Tips:

1. Keep in original packaging.
2. Put in a dedicated container with sides
3. Let defrost in refrigerator for 12-24 hours depending on size.

Quick Defrost in Sink Tips:

1. Put packaged meat in a waterproof ziplock baggie.
2. Submerge in cold water with a weight (plate or lid) on top to keep submerged.
3. Change out cold water every 30 minutes for 1 - 3 hours.

Do Not Refreeze

Cook defrosted meat immediately. Do NOT refreeze.

Why?

Meat that is thawed unevenly allows for parts to warm up. When meat is at 40 degrees or higher, bacteria can rapidly multiple. Safe defrosting prevents this and makes sure your meat does not get waterlogged or mushy.



BRINING

Your secret to tender, juicy chicken

Pastured meats are leaner and more muscular--great for your health--but this type of meat can be easier to dry out.

BRINING is your hidden prep trick for juicy and tender chicken.

BRINE at the same time you're waiting for your chicken to come to room temperature after defrosting.

Directions

1 Place defrosted chicken breasts or thighs directly in a simple solution of 1/4 cup salt and 4 cups of water.

2 Let it sit for 30 minutes.

*This will keep the chicken juicy and tender.

*This will give the chicken time to come to room temperature, which helps the meat to stay relaxed when it hits the heat.

3 Rinse brine and pat dry.

Ingredients & Materials

1/4 Cup Salt

4 Cups Water

Glass baking dish or
stainless steel pot

Chicken breasts or thighs



INTERNAL TEMPERATURE

Safely Cook Your Chicken Without Drying It Out

Pasture-Raised chicken is lower in fat and more muscular, so follow these tips to know confidently how to not overcook or undercook.

Internal Temperature:

Order a basic internal thermometer to measure the thickest part of the chicken to reach 165°F and see whether juices run clear when pierced with thermometer. Cook a little longer if not the juices are still rosy pink.



Bone-In Chicken:

The meat will slightly separate from the bone when done. Meat close to the bone will have a reddish look but the juices will not be pink when cooked. Check internal temperature as described above.

Skin-On Chicken:

The skin will help keep it moist because the fat will release, to make it easier to cook longer.

Skinless Chicken:

Add drippings from the pan or butter on top to add more moisture.

BEFORE AND AFTER REST

Resting is a Chef Secret to Pastured “Perfection”

Rest Before Cooking

Before cooking, let chicken rest 30 minutes at room temperature so meat won't tighten when it hits the heat.

Rest After Cooking

After cooking, let them rest for about 5 minutes to retain juices. This lets the juices redistribute, ensuring it remains juicy and flavorful when you slice into it.



COTTAGE-INSPIRED CHICKEN DINNER FOR 2

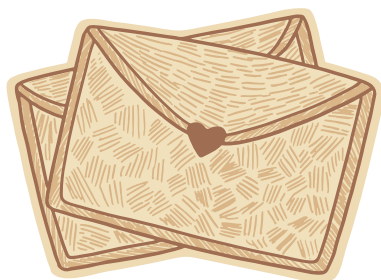
A Simple “Go-To” Cozy, Hearty Meal

Ingredients:

- 2 skin-on pasture-raised thighs or 2-4 chicken drumsticks or 6-8 Wings
- 1/2 to 1 tsp dried thyme or rosemary
- Salt and pepper to taste
- 2 garlic cloves, crushed, or 1/2 tsp garlic powder
- 2 medium potatoes, diced
- Fresh greens or salad (optional)

Instructions:

1. Preheat your oven to 375°F.
2. In a baking dish, add the diced potatoes and garlic, tossing them with seasonings---fat will release to oil the potatoes.
3. Place the chicken drumsticks or thighs on top of the potatoes and season generously with salt, pepper, and dried thyme or rosemary.
4. Roast for 40-45 minutes, or until the chicken reaches 165°F internally (time varies based on size--see page 3)
5. Serve hot with a side of fresh greens or a simple salad for a cozy, fulfilling meal.



ASPER FAMILY FARM



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Core Values

- Family Raised
- Naturally Fresh
Flavor You can
Trust
- Moved on Pasture
with Integrity
- High Quality Feed
with Your Health
in Mind



Dear Farm Friends,

*We hope you try these tips to
confidently prepare pastured chicken
from our farm for your family.*

*Reach out and let us know how they
worked for you!*

*Until next time,
Your Pastured Farmers,
Aaron and Julia Asper*

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