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# Fleet Country Farms

Nourishing an *AKtive* Life



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## **Yak Meat Cooking Suggestions**

Yak meat is very lean, so improper cooking can reduce your culinary experience.

Although there are some differences in opinion on how to best cook yak meat, here are some common cooking recommendations.

- Allow meat to thaw naturally (never microwave).
- Sear surface of steak when first starting to cook.
- Cook roasts and steaks on lower heat.
- Do not overcook. It is generally not recommended to cook steaks beyond medium rare.
- After removing meat from heat source allow them to sit for a few minutes before cutting, so that juices will finish cooking the meat