

How to Dry Age Beef at Home

From Melinda Johnson, Director of Celebrate! Catering

Dry-aged beef has a delicious depth of flavor, but it can be expensive and difficult to find. The great news is that if you have a refrigerator, you can dry-age beef at home!



-Why Dry-Aged Beef Tastes Better-

All beef is aged for at least few days and up to several weeks to allow enzymes to naturally break down the muscle tissue, resulting in improved tenderness and flavor. This process is done through a “wet age or dry age”. Dry-aged beef is exposed to air so dehydration can further concentrate the meat’s flavor. A dry-aged roast is more succulent and has a mellower, beefier flavor than the wet-aged roast. I recommend a 7 day dry age process and make sure to buy a whole roast as opposed to individual steaks. Here are **four simple steps** to great flavor:

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Step One:

Buy a prime or choice boneless beef rib or loin roast from the best meat source in your area. Keep in mind when dry aging you are removing the moisture so it will shrink in size the longer you age.

Step Two:

Unwrap the beef, rinse it well, and pat it dry with paper towels. Do not trim. Wrap the roast loosely in a triple layer of cheesecloth and set it on a rack over a rimmed baking sheet or other tray.

Step Three:

Refrigerate for three to seven days; the longer the beef ages, the tastier it gets. After the first day, carefully unwrap and then rewrap with the same cheesecloth to keep the cloth fibers from sticking to the meat.

Step Four:

When ready to cook, unwrap the meat and, with a sharp knife, shave off and discard the hard, dried outer layer of the meat. Shave away any dried areas of fat, too, but leave behind as much of the good fat as possible. Roast whole or cut into steaks for the grill.



ENJOY!

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