

ABOUT COOKING BISON MEAT

Hello

We give each of our customers a bison cookbook. It is a paperback of about 50 pages

Bison does not taste wild or gamey. It is like the very tastiest beef you have ever had. Some people describe it as a sweet taste but I'm not sure I agree. In any case you will like it.

Here is some advice about cooking. It does not cook like beef, pork or even chicken because the percentage of fat is so low.

You can over cook it quickly when broiling or grilling. When you cook beef for example there is a relatively long period during which the meat is cooked but you are just boiling away fat. You can grab a beef hamburger anytime during that period and it will be fine. A bison burger on the other hand will be cooked just right and then over cooked very soon after.

So, when grilling watch the meat closely. That's not really a big problem as it cooks quickly. Much quicker than beef, pork or chicken.

It is, however, fool proof to cook roasts or stews or meat balls in a sauce.

In those situations, the meat is in a liquid so it does not cook dry.

One of Gail's favorite bison recipes is a meat ball pineapple combination cooked in a crock pot.

Gail never precooks or "browns" bison hamburger. It isn't necessary.

For example, if she is adding bison burger to spaghetti sauce, she just crumbles it into the saucepan and by the time the sauce is bubbling hot, the met is cooked perfectly.

Please contact us if you have questions.

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