

Bison Primer



General Cooking Tips

Cooking past *medium* will result in a dry product

Steaks

Sirloin, Ribeye, NY Strip and Tenderloin

- Grill, Broil or Pan-broil
- 1 inch, or thicker, desirable
- Lightly oil skillet if pan-broiling
- Cooked rare to medium is BEST
- Will cook 1/3rd faster than beef

Roasts:

Sirloin Tip & Rounds

- Sear on stove top or in 450° oven before roasting in 325° oven or preparing in a slow cooker
- Add 1/2 cup liquid to roasting pan

Roasts:

Rib, Loin & Tenderloin

- Use uncovered pan with rack
- Cook at 275°
- Do not cook past 155°

Ground

- Maximum cooked temperature: 155-160° (medium)
- A thicker patty will be juicier

- ✓ More pure meat for your dollar
- ✓ Bison meat cuts are similar to beef cuts
- ✓ The leanness makes bison meat cook fast. (Fat in other meats acts as an insulator and the heat has to penetrate the fat before the meat cooking process begins.)
- ✓ The leanness of bison makes the raw meat a deeper red than beef.
- ✓ Use a meat thermometer to monitor the temperature to prevent overcooking.
- ✓ The animal may be wild. The flavor is **not!**
- ✓ Always free of antibiotics and hormones
- ✓ Rich source of Zinc, Selenium & Phosphorus and Vitamin B12. A good source of Iron, Vitamin B6, and Niacin

Healthy

never tasted so good!

NUTRITIONAL COMPARISONS					
Per 100 gram serving of cooked meat					
SPECIES	FAT grams	CALORIES KCAL	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
BISON	2.42	143	82	3.42	2.86
Beef (Choice)	10.15	219	86	2.99	2.65
Beef (Select)	8.09	201	86	2.99	2.64
Pork	9.66	212	86	1.10	0.75
Chicken (dark)	7.41	190	89	1.21	0.33
Salmon	10.97	216	87	0.55	5.80

Bison, separable lean only, roasted USDA NDB 17157
Beef, composite of trimmed retail cuts, separable lean only, choice, cooked USDA NDB 13165
Beef, composite of trimmed retail cuts, separable lean only, select, cooked USDA NDB 13266
Pork, fresh composite of trimmed retail cuts, separable lean only, cooked USDA NDB 1093
Chicken, broilers or fryers, meat only, roasted USDA NDB No. 05013
Fish, salmon, sockeye, cooked, dry heat USDA NDB 15086

Simply Delicious Bison Year round recipes



Bison Pot Roast

Use Dutch Oven or Crock Pot

3# Bison Roast	2 Tbsp Olive Oil
3 cups Onions, sliced thin	1 tsp Salt
1 cup Carrots, sliced thin	½ tsp Pepper
3 cloves Garlic, minced	1 tsp Ground Thyme
1 cup beer or apple cider	¼ cup Flour
2# Potatoes, cut into ½ inch pieces	

Heat oil in skillet over medium heat and brown roast on all sides. Remove to pot and sprinkle with potatoes. Add onions and garlic to skillet cooking until soft. Stir in flour, beer or cider, salt, pepper and thyme until blended. Bring to a boil. Pour over roast. If using Dutch oven cover tightly and simmer 2½ hours or if using Crock Pot set on low and cook for 8 hours or until the roast is fork tender.

Baked Chimichangas

2 cups Cooked Bison roast, shredded	
2 Tbsp Olive oil, plus some for basting	
½ cup Onion, chopped	½ Tbsp Chili powder
2 Garlic cloves, minced	10 oz. Salsa
6 Ten inch flour tortillas	1 cup Refried beans
1½ c shredded cheese	

• Garnish with Sour Cream and Guacamole.

Heat oven to 450°. In large skillet, saute onion and garlic in oil until tender. Stir in chili powder, salsa and bison roast. Set aside.

Working with one tortilla at a time, spoon beans down center, top with bison meat mix, sprinkle with cheese. Fold in the bottom and sides. Brush all sides with oil then place, seam side down on greased baking pan. Bake 25 minutes, turning every 5 minutes.

Blue Cheese Ribeyes

4 Bison Ribeye steaks (1" thick)
2# Portobello mushrooms
2 Tbsp fresh Thyme chopped
2 Tbsp minced Garlic • ½ tsp Pepper
¼ cup Olive Oil

Blue Cheese Butter

½ cup Blue Cheese, crumbled
¼ cup Butter, softened • 1 Tbsp Parsley, chopped
3 Tbsp Sun-dried Tomatoes, rehydrated
Mix butter ingredients together and set aside.

Combine thyme, garlic and pepper in small bowl; press evenly onto steaks. Set aside. Brush mushrooms with oil. Grill mushrooms 15 minutes or until tender, turning occasionally. Coarsely chop and keep warm. Grill steaks to medium rare to medium. Spread Blue Cheese butter evenly over cooked steaks. Thin slice steaks; arrange over mushrooms on 4 plates.

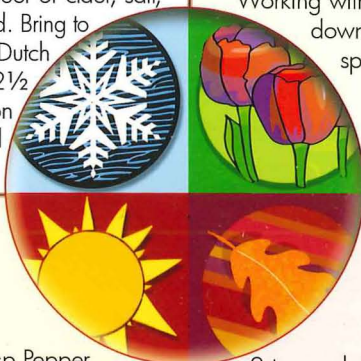
Serve with a fresh spinach salad and warm Italian bread = YUM!

Zesty Tailgate Barbecue

4# Bison Roast
2 Tbsp Olive Oil
2 to 3 medium onions, chopped
2 tsp each Salt and Black Pepper
½ tsp Paprika • ½ tsp Dry Mustard
½ cup Water • 1 cup Tomato Sauce
2 Garlic Cloves, minced
3 Tbsp Brown Sugar
¼ cup Lemon Juice • ¼ cup Vinegar
1 Tbsp Worcestershire sauce
Tabasco sauce to your taste

Sear roast in a large skillet with olive oil. Place roast in large Crock Pot on low temperature. Add chopped onions to skillet and cook until transparent. Add to Crock Pot.

Mix together all remaining ingredients and pour over meat. Cook 8 to 9 hours. Remove roast and shred meat with a fork; return to Crock Pot. Serve up on Kaiser Rolls with bread and butter pickle garnishment. Holds well in Crock Pot for several hours on low temperature.



Log on to www.mnbison.org for a meat supplier close to home

Soup Stoup Stew



Bison Barley Soup

5 cups water
4 tsp bouillon granules
1 lb Bison Chuck Roast cut into cubes
1/3 cup pearl barley
1/3 cup lentils
2 Tbsp diced onions
2 garlic cloves, minced
1 bay leaf • 1 tsp salt
1 cup sliced fresh mushrooms
1/2 tsp each thyme, basil and black pepper
1 Tbsp red wine vinegar (or more to suit your taste)

- Sear bison roast cubes in a small amount of olive oil. Add to slow cooker.
- Place water, bouillon, mushrooms, barley, lentils, onion, garlic, bay leaf, thyme, basil and salt to the slow cooker.
- Cover and cook on LOW for 8 -9 hours, until lentils are cooked and stew meat is tender.
- Add in the pepper and red wine vinegar. Add in more basil, thyme and salt to taste.

Serve with warm bread for dunking...YUM!

Meatball Stoup

Stoup: thicker than a soup but not quite a stew will warm your soul on a cool autumn day.

Stoup Base

3 Tbsp olive oil
4 cloves of garlic chopped
1 bay leaf
1 large onion, chopped
3 carrots, chopped
1 - 15oz can tomato sauce
1 - 28 oz can crushed tomatoes
1 qt stock (your choice)
1/2 lb spaghetti, broken into thirds

Meatballs

1 lb ground bison • 1 egg
1 Tbsp Worcestershire sauce • 1/2 c finely chopped parsley
1/2 c Italian breadcrumbs • 1/2 c grated Asiago cheese
salt and black pepper

- Mix all the meatball ingredients thoroughly together. Roll the mixture into balls the size of a large walnut. Set aside.
- Heat a soup pot over medium high heat. Add oil, garlic, bay leaf, onion and carrots and sauté five minutes or until softened. Season with a little salt and pepper. Add tomato sauce, crushed tomatoes and stock. Cover and bring to a boil.
- Once boiling add meatballs and broken spaghetti and cook another 10 minutes. Season as desired.

Serve with extra grated Asiago cheese at the table

Bourguignon Stew

2 Tbsp oil
2 to 3 lb bison roast, cubed
1 can "Golden Mushroom" soup
1/2 cup chopped onion
1 cup shredded carrots

1/2 cup dry red wine
1 cup sliced fresh mushrooms
1/4 tsp oregano
1/4 tsp Worcestershire sauce
1/4 cup flour
1/2 cup cold water



Brown meat in oil. Transfer to slow cooker and add remaining ingredients except flour and water. Cook on low 8 to 10 hours. Turn to high. Blend flour and water. Add to stew. Cook and stir until thick. Serve over rice or noodles.

SouthwestZing

with bison

Versatile bison meat is enjoyed when included with every cuisine imaginable. Southwest fare is a popular trend today. We thought we would assist in getting your fiery creative juices flowing!

Fry Bread Tacos

Fry Bread

- 2 cups water
- 2 packages dry yeast
- 4 Tbsp butter
- 2 Tbsp sugar
- 1 tsp salt
- 5½ cups flour

Whisk the flour and yeast together in a large bowl. Place the sugar, salt, water and butter in a small sauce pan and heat until almost boiling. Allow to cool slightly. Pour over the flour and yeast and mix until a smooth, not too sticky ball of dough forms. If the dough is very sticky, mix in additional flour. Cover and allow to rise for 1 hour.

Heat about 2 inches of vegetable oil in a deep skillet. Divide dough into about 15 pieces. On a clean, floured surface, roll dough into discs about ¼ inch thick circles about 6 inches in diameter. Fry until golden brown on each side. Drain both sides on paper towel lined plates. If they are too puffy after frying press to flatten.

Taco meat (prepare while dough is rising)

- 1 lb ground bison
- 1 onion, diced
- 3 cloves garlic, minced
- 15 oz pinto beans, drained
- 10 oz canned diced tomato
- 4 oz canned diced green chiles
- 1 Tbsp chili powder
- 2 tsp minced fresh basil
- 1 ½ tsp paprika
- ½ tsp ground jalapeno pepper

Sauté the meat, onions and garlic in a large skillet until the onions just soften. Add the remaining ingredients. Stir. Cook until most of the liquid evaporates, stirring occasionally.

Serve with your favorite taco toppings such as shredded cheese and lettuce; diced tomatoes and avocado; salsa; sour cream. Fold in half and enjoy!

Flank Steak Salsa Sauce

The spicy tomato sauce is sweetened with a hint of honey

- ½ cup water
- 1 cup chopped onion
- 1 lb bison flank steak
- 4 cloves garlic, minced
- 2 tsp chili powder
- 4 oz. low-sodium tomato sauce
- 4 oz. of your favorite tomato salsa
- ⅓ cup vinegar
- 2 Tbsp honey
- ½ tsp salt
- ¼ tsp black pepper



For sauce: in a medium saucepan bring water to boiling. Add onion, garlic, and chili powder. Reduce heat. Simmer, covered, for 5 minutes or until tender. Stir in salsa, honey, tomato sauce, vinegar, salt, and pepper. Return to boiling, stirring constantly. Boil for 5 minutes or until slightly thickened.

Meat: Score both sides of steak in a diamond pattern by making shallow diagonal cuts at 1-inch intervals. Brush lightly with some of the sauce. For a charcoal grill, place steak on the rack of an uncovered grill directly over medium coals. Grill for 15 to 20 minutes or until medium doneness (155 °), turning once halfway through grilling and brushing with more sauce during the last 5 minutes of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place steak on grill rack over heat. Cover and grill as above.)

Reheat the remaining sauce until bubbly. To serve, thinly slice steak across grain. Pass warmed sauce. Makes 6 servings.

Adding a vegetable salad and corn rounds out this delightful low calorie dish.

Enjoy Delicious Ground Bison

Substitute bison meat in your traditional ground meat recipes for a flavorful, healthy result. Keep in mind with low-fat bison once browned there is nothing to "drain". One less step!



Salisbury Steak

a few extra steps are worth the your time

1 lb Ground Bison
¼ cup fresh Parsley, minced
2 Tbsp Scallion, minced
1 tsp Salt • ¾ tsp Pepper
2 Tbsp Flour
1 Tbsp Olive Oil

1 medium Onion, sliced thin
1 tsp Sugar • 1 tsp Olive Oil
1 Tbsp Tomato Paste
1 Tbsp minced Garlic
1 Tbsp Flour

2 cups Bison or Beef Broth
¼ cup Dry Red Wine
½ tsp Salt • ½ tsp dried Thyme
4 tsp fresh Parsley, minced
4 tsp Parmesan Cheese

Cheese Toast:

4 thick slices Sourdough Bread
Butter • ½ tsp minced Garlic
½ cup shredded cheese
1 Tbsp Parmesan

1. Combine meat, parsley, scallion, salt and pepper.
2. Divide and shape into oblong patties 1 inch thick.
3. Dredge in flour.
4. Heat oil in sauté pan over medium high heat.
5. Add patties and sauté each side 3 minutes.
Remove from pan.

6. Add oil, onions and sugar to pan, sauté 5 minutes
7. Stir in garlic and tomato paste, sauté until paste begins to brown (about 1 minute).
8. Sprinkle with flour, stir and cook 1 minute.

9. Stir in broth, wine, salt and thyme.
10. Return meat to pan and bring to a boil. Reduce to medium-low and simmer 10 minutes, turning occasionally.
Serve steaks on top of cheese toast with onion sauce ladled over. Garnish with parsley and cheese.

Preheat oven to 400°.

1. Combine butter and garlic and spread on one side of each bread slice.
2. Sprinkle cheeses on top.
Bake until crisp and bubbly. About 12 minutes



Wapasha Pie

add a tossed salad to complement this delicious dish

1 lb Ground Bison
½ cup diced Onion
½ cup diced Green Pepper
4 oz sliced Mushrooms
14½ oz. Stewed Tomatoes
Black Pepper and Garlic Powder to taste
½ tsp Italian Seasoning
2 large Eggs, whipped
1 cup shredded Cheese
2½ cups fresh Mashed Potatoes

1. Preheat oven to 375°
2. Place meat, onions, peppers and mushrooms into large skillet and cook until meat is browned. Turn off.
3. Add stewed tomatoes, garlic powder, black pepper, cheese and whipped eggs. Mix well. Place into a 2 quart greased casserole dish.
4. Spread mashed potatoes over meat mixture. Sprinkle top with more cheese if desired.
5. Bake for 35 minutes. Serve.



Ground Bison

Call it Buffalo or Bison it's All American and is a flavorful, versatile, healthy red meat that will bring excitement to your palate and plate !

Mini Meat Loaves

- 1 lb. Ground Bison
- ¼ cup Italian-style bread crumbs
- ¼ cup Spaghetti Sauce plus some for tops
- 1 tsp Salt
- ¼ tsp Onion Powder
- ½ tsp Pepper
- 1 Egg
- ½ cup Shredded Italian Cheese Blend



Mix, in large bowl, all ingredients together. Divide into 4 mini loaves and place in greased 9x9 pan. Top each with more spaghetti sauce. Bake for 30 minutes at 350° or until center is 155°. Let rest 5 minutes then serve.

Cheeseburger Pie

- 1 lb Ground Bison
- ½ cup Milk • 1 Egg
- 2 cloves Garlic, minced
- ½ tsp Salt • ¼ tsp Pepper
- ½ tsp dried crushed Oregano
- ½ cup Ketchup
- ½ cup chopped Onion
- 1 can (6 oz) sliced Black Olives, drained
- 1 ½ cups shredded Cheese - cook's choice
- 2 Tbsp finely chopped fresh parsley



Combine the ground bison, milk, egg, garlic and seasoning in a bowl; blend well. Press the mixture evenly on the bottom and up sides of an ungreased 9-inch pie plate.

Layer with the ketchup, chopped onion, olives, and cheese.

Bake in a preheated 400° oven for 30 to 35 minutes. Sprinkle with the parsley and cut into wedges. Serves 4.

Western Wraps

Bring the taste of the Southwest into your kitchen, no matter where you live ...

- 4 Flour Tortillas (7 inch)
- ½ cup Black Beans, rinsed, drained and mashed
- 2 Tbsp Chunky Salsa
- 1 Tbsp chopped Green Onions
- 1 Tbsp Minced Cilantro, fresh
- 1 lb. Ground Bison, browned
- 1 medium Tomato, chopped
- 1 cup shredded Monterey Jack Cheese
- 2 to 4 Tbsps Butter

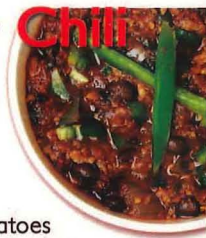
Brown bison meat in skillet. Stir in mashed black beans, salsa, onions and cilantro. Divide evenly between tortillas. Sprinkle with cheese and tomato. Roll up tightly. Melt butter in large skillet. Add tortillas, starting seam side down; cook until golden on all sides adding additional butter if necessary. Serve immediately.

^{quick} Slow Cooker Chili

- 2 lb Ground Bison
- 2 (15 oz) cans Black Beans
- 2 tsp Chili Powder
- 1 tsp Ground Cumin
- 1 tsp Garlic Powder
- 2 (15 oz) cans Stewed Tomatoes
- 1 Tbsp Sugar • 1 cup chopped Onion
- 1½ cups chopped Bell Peppers
- Salt and Pepper to Taste

Set aside: 1 (6 oz) can Tomato Paste
Garnishes: Sour Cream and Shredded Cheese

Brown bison in skillet. Transfer to slow cooker and turn on low. Drain and rinse black beans. Add all ingredients to slow cooker. Cover and cook on low 8 to 10 hours. Uncover and stir in tomato paste. Serve with garnishments.



Stir Fry

- 2# Bison Round or Flank Steak
- ¾ cup Soy Sauce
- ⅓ cup Water
- 3 Tbsp Sugar
- 1½ Tbsp Vinegar
- 1½ tsp Minced Garlic
- 1 tsp Ground Ginger
- Dash black pepper
- 2 Med. Onions, sliced lengthwise

- ½ cup celery, sliced
- 1# Fresh mushrooms, sliced
- 1# Green Beans (fresh or frozen)
- ½ cup Carrots, sliced thin
- 2 cups finely shredded Cabbage
- 1 can (8 oz) water chestnuts
- ¼ cup oil



Slice partially frozen steak across the grain into thin diagonal strips. Combine first column of ingredients. Cover and refrigerate at least 2 hours or overnight. In large wok or 12-inch skillet, heat oil. Add meat & marinade. Sauté on med/high heat (stirring constantly) until meat no longer red. Reduce heat. Add remaining ingredients and sauté (stirring constantly) until vegetables are slightly tender and covered with glaze. Serve over cooked rice

Rindergulasch (Goulash)

- 3 Tbsp Vegetable Oil
- 1# Bison Round Steak; Cubed
- 3 cups Chopped Onions
- ½ tsp Salt
- ¼ tsp Pepper
- ½ tsp Garlic Salt

- 1 tsp Paprika
- ¼ tsp Sugar
- 2 cups Hot Water
- 1 Tbsp Unbleached Flour
- ¼ cup Cold Water
- ½ cup Heavy Cream

Delicious served over egg noodles and accompanied with a fresh greens salad garnished with fresh tomato slices.



Heat vegetable oil in a large fry pan or Dutch oven. Add meat cubes and brown well, approximately 6 minutes. Stir in onions; cook until soft. Sprinkle with salt, pepper, garlic salt, paprika, and sugar. Blend thoroughly. Pour in hot water; cover and simmer gently about 1½ hours. In a small jar or container, shake or blend flour with cold water until no lumps. Add to meat about 7 minutes before the end of the cooking time. Stir constantly until sauce is thickened and bubbling. Remove from heat; stir in cream and serve.

Enchiladas

- 8 Tortillas
- 1# Ground Bison
- 1 cup Shredded Monterey Jack Cheese
- ½ cup sliced green onion
- ½ cup sour cream

- 1 Tbsp Snipped Parsley
- ¾ tsp Salt
- ¼ tsp Pepper
- 12 ounces Tomato Sauce
- ¼ cup chopped Green Pepper

- 2 Tbsp chopped Green Chilies
- ½ Tbsp Chili Powder
- ¼ tsp Ground Cumin
- ¼ cup sliced pitted Ripe Olives

Heat oven to 350°. Brown bison meat in 12-inch skillet and remove from heat. Stir in ¾ cup cheese, onion, sour cream, parsley, salt and pepper. Cover and reserve. Heat remaining ingredients except olives to boiling; reduce heat and simmer uncovered for 5 minutes. Spoon about ¼ cup bison mixture onto each tortilla and roll. Arrange in ungreased baking dish. Pour sauce over enchiladas; sprinkle with remaining cheese. Bake uncovered until bubbly, about 20 minutes. Garnish with olives.



North, South, East or West Bison at its Best

Ribs & Kraut

2# Bison Ribs • Salt and Pepper
Cooking oil
32 oz can Sauerkraut
2 Onions, Wedged
2 Tart Apples, Coréd & Wedged
½ c Brown Sugar

Rub salt and pepper on ribs. Sear with oil in skillet. Place ½ of sauerkraut in bottom of crockpot. Add ribs, apples, onions and remaining kraut. Sprinkle brown sugar over top. Cook on low for at least 8 hours or until meat easily pulls away from the rib bone.



Tenderloin Salad



1 Tbsp Vegetable oil
1 ½ # Bison Steaks
Ground Black Pepper

Dressing

1 ¼ cups Olive Oil
1/3 cup Balsamic Vinegar
3 Tbsp chopped Chives
2 Tbsp Orange Juice
1 Tbsp Poppy Seeds
Salt and Pepper to taste

Salad

¾ cup Green Beans, trimmed
1 Head each Bibb & Red Leaf Lettuce
16 oz can Mandarin Oranges
1 cup Feta Cheese, crumbled
¾ cup Walnuts, coarsely chopped
½ med Red Onion, sliced thin

Heat oil in large skillet med-high heat. Season steaks with pepper. Cook to desired doneness. Transfer to platter to cool, about 15 minutes. Cover and refrigerate.

Dressing: Whisk all ingredients to blend.

Salad: Cook beans in boiling salted water until crisp tender, drain. Refresh under cold water, drain and pat dry. Tear letuces into bite size pieces. Combine salad ingredients in large bowl.

Cut steaks diagonally into thin slices. Add to salad. Add dressing and toss to coat; serve.

Bison~Scallop Sauté

1# Bison Steak
¾# Sea Scallops
2 Tbsp Peanut Oil
1 tsp minced Garlic
Pinch of: Fresh Ginger, Red
Red Pepper Flakes and
White Pepper

1 tsp Salt
1 Tbsp Water
1 ¼ c Green Onion, sliced

Heat peanut oil in wok or large skillet until almost smoking. Add garlic and bison meat stirring constantly until meat has begun to brown on all sides. Add in scallops and stir-fry for about 30 seconds. Toss in the remaining ingredients and continue stirring for another 30 seconds.

Serve atop your choice of rice or ramen noodles with tender crisp vegetables of choice.

Cajun Stew

2 Tbsp Vegetable Oil
2# Bison Roast
2 Tbsp All-purpose Flour
2 Onions, sliced
16 oz Canned Tomatoes
2 celery ribs, chopped
1 c Carrots, thinly sliced
1 large potato, cubed

1 tsp Salt
1 tsp Thyme
1/3 tsp Hot Pepper Sauce
1 Bay Leaf



Cut roast into 1 inch cubes. Heat oil in a 12-inch skillet and brown meat on all sides.

Sprinkle with flour and mix to coat meat. Add onions and cook 5 minutes. Add remaining ingredients and simmer, covered, for 1 ½ hours.

Serve with warmed Artesian Bread of choice to enjoy every morsel!