

Moroccan Bison Stew

Ingredients

4 pounds bison shoulder or haunch, cut into cubes
3/4 cup all-purpose flour
4 tablespoons grape seed oil or butter
1 teaspoon salt
1/4 teaspoon ground cinnamon
1/4 teaspoon ginger powder
1/2 teaspoon freshly ground black pepper
2 medium-size onions, roughly chopped
4 carrots, peeled and chopped
2 medium-size turnips, peeled and chopped
3 cloves garlic, roughly chopped
2/3 cup dried apricots
2/3 cup prunes, pitted
3 to 4 cups antlered game stock or beef stock

Preparation

This isn't your everyday stew, but it's perfect for the really cold months and for large gatherings when you have a lot of people to feed. It has a Middle Eastern flair, with a little sweetness and a little spice. I like to spoon it over Israeli couscous tossed with a bit of orange and lemon zest, but regular couscous or rice work just as well.

1. Heat a large, heavy-bottomed pot with oil. In a bowl, toss the bison cubes in the flour. Shake the cubes well and place them in the pot in batches, being sure not to crowd them. Brown them on all sides and transfer to a plate or rack.

2. Put all of the browned meat back in the pan and sprinkle it with the salt, cinnamon, ginger and pepper. Then add the vegetables, garlic and dried fruit. Pour in enough stock for the meat to be three-quarters covered, and bring it to a boil. Lower the heat so the bubbles percolate. Cover and simmer gently for 2 hours, until tender.

Serving Size

Serves 8.