

## **The Tenderest Bison Cuts for Grilling or Roasting are the same as for Beef:**

### **Rib-eye, New York strip and tenderloin.**

Less tender cuts should be braised or stewed very slowly. Buffalo can be substituted for beef in any recipe.

### **STEAKS**

I cooked four rib-eyes, two of them grass-fed, two grain-finished. Ottomanelli Brothers' grass-fed was the best: more than an inch thick, tender, full of beefy flavor. Thinner steaks were very good, but less succulent.

Sear the steaks two minutes on each side. Reduce heat a little and continue cooking: for a thick steak, five to six minutes more, turning once, for medium-rare, and for a thin steak just 30 to 60 seconds more. Season with salt and pepper. Let thick steaks rest a minute or two; thin steaks, less than a minute.

### **RIB-EYE ROASTS**

I cooked five roasts, two grass-fed and three grain-finished. All were flavorful and tender.

Remove from refrigerator at least 30 minutes before cooking. Sear on stove top until brown; then roast at 325 degrees for about 15 minutes a pound, but check for doneness before the time is up (rare to medium-rare: 135 to 140 degrees on a meat thermometer).

Let roast rest 10 minutes before slicing. Season with salt and pepper.

### **BUFFALO BURGERS**

For five- or six-ounce patties a little less than an inch thick, sear on both sides. Then flip and cook two minutes more for rare to medium-rare.

### **NUTRITIONAL COMPARISON**

According to the Agriculture Department, a lean, raw 100-gram buffalo rib-eye steak has 116 calories, 2.4 grams of fat and 62 milligrams of cholesterol. A similar beef rib-eye steak has 161 calories, 8.3 grams of fat and 59 milligrams of cholesterol.

Meat from grass-fed buffalo and cattle has higher levels of omega-3 fatty acids than meat from grain-finished animals. Omega-3's may prevent heart disease and bolster the immune system.