

# Truly Saskatchewan Bison Stew – By Roger Provencher

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- 1 kg boneless Bison cut into cubes. I use Shanks or will marbled cut
- 2 tablespoons butter
- 2 tablespoons olive oil
- 1 large onion, peeled and cut into 12 wedges
- 2 tablespoons white all-purpose flour
- 440 ml Black cat Stout from Saskatoon or Guinness
- 1 1/2 cups (375 ml) beef broth
- 4 bay leaves
- 4 carrots, peeled and cut into large dice
- 4 potatoes, peeled and cut into large cubes
- 1/2 cup (125 ml) diced prunes
- 1/2 cup (125 ml) chopped flat-leaf parsley (optional)
- Salt and pepper
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## PREPARATION

1. With the rack in the middle position, preheat the oven to 210 °C (325 °F).
2. In a large saucepan or Dutch oven, brown the meat in the butter and oil. Season with salt and pepper. Keep the meat aside on a plate.
3. In the same pan, brown the onion. Add oil, if needed. Sprinkle with the flour and stir to combine. Deglaze with the beer and bring to a boil, stirring constantly.
4. Return the meat to the pan. Add the broth, turnips, and carrots and bring to boil. Season with salt and pepper. Cover and bake for 1 hours. Add the potatoes and prunes and stir to combine.
5. Cover and cook for about 1 hour or until the potatoes are cooked and the meat is fork-tender. Add the parsley and adjust the seasoning. If desired, serve with sour cream.