

ROASTED BISON MARROW BONES WITH POLENTA AND SOUTHWEST SALAD

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INGREDIENTS

MARROW BONES

6 pieces of bison femur bones cut lengthwise 4-5 inches long
1 package polenta sliced about 1/4 inch thick (3 pieces per bone)
Olive oil for browning polenta
Salt

SOUTHWEST STYLE SALAD

2 packed cups of micro or baby greens
2 green onions, minced
1/2 teaspoon lime zest
1 garlic clove, minced
2 Tablespoons chopped cilantro
1 small jalapeño pepper, seeds removed and minced
1 1/2 tablespoons fresh lime juice
1 Tablespoon white wine vinegar
2 Tablespoons avocado oil
Salt and freshly ground black pepper

DIRECTIONS

Make the salad first by combining the first six salad ingredients in a bowl and toss to mix. Combine the avocado oil, lime juice and vinegar in a separate bowl and whisk. Drizzle the liquid mixture over the salad and gently toss to coat. Season to taste with salt and pepper. Refrigerate until marrow bones are done.

Preheat oven to 450 degrees. Season bones liberally with salt, place cut side up in a baking pan and cook until marrow is soft and has started to separate from the bone, 15 to 20 minutes. (Stop before marrow begins to run). While bones roast, brown the polenta rounds in a pan with small amount of olive oil.

To serve, place the bones and polenta on a platter and put the salad in in a bowl. Use a butter knife to scoop out the marrow, spread on polenta then top with salad and enjoy.

