

BISON TENDERLOIN TIPS WITH ROASTED HEIRLOOM TOMATOES

Serves 4 to 6

Tenderloin roasts taper at one end. This tapered end is trimmed off so the roast will cook evenly. This recipe utilizes these smaller ends of the tenderloin. Ask your butcher or meat market for tenderloin trimmings.



INGREDIENTS

16 to 24 oz. bison tenderloin tips (4 oz. per person)
1 1/2 lbs. assorted heirloom tomatoes, quartered
2 shallots, rough chopped
2 garlic cloves, rough chopped
6 Tablespoons olive oil
Salt and freshly ground pepper, to taste
2 tsp. chopped fresh thyme
1 Cup red table wine

DIRECTIONS

Season the tenderloin with salt and pepper and let it come to room temperature while you prepare the tomatoes. Preheat oven to 400°F. Place the tomatoes, shallots and garlic in a large baking dish. Drizzle with 4 Tablespoons of olive oil, season with salt and pepper, add the thyme and toss gently with hands to coat with the oil. Spread out the tomatoes into a single layer before roasting. Roast until soft, about 25 minutes, tossing once or twice during roasting.

When tomatoes are about half done heat a large skillet (don't use non-stick) on high. Add two Tablespoons of olive oil. When very hot but before oil starts to smoke add the tenderloin pieces and brown on all sides. The pan should get a little brown with bits sticking to it. Sauté for about 5 to 7 minutes depending on how thick the meat is. Do not over cook, meat should be very pink on the inside. Cut a small piece to test if you are not sure. Remove the meat to a warm platter and lightly tent with foil.

Add the wine to the pan and deglaze the until wine is reduced almost by half. Add a tablespoon of butter and stir until melted. Add the tomatoes and the bison to the pan and gently toss to coat with sauce, spoon onto plates and serve immediately.

DEGLAZING

Raise the heat to high, bringing the liquid to a boil while you stir and scrape the browned bits until they dissolve into the sauce. The caramelized bits of cooked meat left in the pan infuse with the wine, then keep boiling until liquid is reduced by about half.