BISON

Good for the Planet, Good for You

2017 Bison Food Booklet
- New Bison Recipes
- How to Cook Bison
- Nutritional Information
Native American Plains Indians saw the bison as the sustainer of life. Bison was the primary and preferred meat of these tribes. Their lives were centered around the bison. The Plains Indians packed up their homes (tipis) and moved when the bison herds moved, since they depended on bison for most everything they needed to live.

They ate the meat fresh and preserved it by drying. Bison hides were cured and fashioned into clothing and tipis. Bison teeth were used to make jewelry. Bones became bowls, eating utensils, work tools, children’s toys, clothing fasteners, fish hooks and knife handles. Hooves were boiled to extract glue. Tendons and muscles were made into arrow ties, bowstrings and cinches. Fat was used for cooking tallow, tanning hides and to make soap. The bladder was used for food pouches and to carry water on journeys. The list goes on. It is not hyperbole to say the bison was everything to the Plains Indians.

Today’s bison ranchers and the industries that process bison meat are endeavoring to use every part of the bison they process. Native-owned companies are making high fashion jewelry and buttons with bison bone. Hides are being tanned for clothing, gloves, boots and furniture. Pet food manufacturers value bison offal and other products for high quality pet foods.

Those who care for bison also recognize the environmental value of bison grazing. The animal’s split hooves drive seeds into the ground and break up hard soil, so that new grass can emerge. The bison’s urine and feces fertilize the soil. And, bison eat plants, such as yucca, that no other grazing animal will eat. According to grazing and environmental specialist Allan Savory, grazing land is the only way to save it.

Supporting bison ranchers by purchasing bison meat and other bison products is an act of environmental stewardship.

Nourishment is another reason to eat bison. According to the U.S. Department of Agriculture nutrient database, a 3.5 ounce serving of bison has 2.4 grams of fat and 143 calories, compared with the same serving size of skinless chicken, which has 7.4 grams of fat and 190 calories. Bison has 3.42 milligrams of iron and 2.86 milligrams of Vitamin B-12, as compared with chicken at 1.21 and .33 milligrams, respectively.

For Native Americans, following, harvesting and thankfully using all parts of the bison was a spiritual act. Bison nourished their bodies and their souls. In today’s high tech, accelerated pace of life, what is more nourishing to the soul than enjoying a restaurant or home-cooked bison meal with friends and family?

Eating bison is good for the planet, and it is good for you.

Native Americans recognized that the health of the bison was directly tied to their health. National Bison Association members are passionate about the animal they nurture and have committed to increase the U.S. bison herd from its current number of 400,000 to one million within the next two decades. It is a huge undertaking, but one that can be achieved if consumers support this initiative and encourage bison numbers to increase by purchasing bison meat and byproducts.
The Basics

Bison or buffalo meat is similar to beef and is cooked in much the same way. The taste is often indistinguishable from beef, although bison tends to have a fuller, richer (sweeter) flavor. It is not "gamey" or wild tasting. Expect bison meat to be darker red than beef. Bison is very low in fat and cholesterol, and is high in protein, vitamins and minerals.

The leanness ensures that bison meat will cook faster. Fat acts as an insulator—heat must first penetrate this insulation before the cooking process begins. Marbling (fat within the muscle) aids in slowing down the cooking process. Since buffalo meat lacks marbling, the meat will cook more rapidly. Caution must be taken to insure NOT OVER-COOKING bison.

Preparing Bison Meat

Preparing bison meat is comparable to preparing other lean meats. Food safety techniques should be followed. Wash hands with soap and water before and after handling raw bison meat. Use separate cooking utensils and plates for raw and cooked bison meat.

Bison meat can be cooked much like lean beef but generally is cooked at a lower temperature or for a longer time than typical cuts of beef. Since bison is lower in fat than other red meats, it is easier to overcook. Ground bison meat should be cooked to an internal temperature of at least 160°F and the juices should be clear, not red. Roasts and steaks should be cooked to an internal temperature of 145°F (medium rare) or 160°F (medium). The oven should be set at around 275°F. After cooking, eat the meat within three to four days, storing in the refrigerator. For best quality, cook ground bison within two days of purchase, and steaks and roasts within three to five days; otherwise, the meat should be frozen for future use. Bison meat can be kept in the freezer for one year if properly packaged, double paper wrapped or vacuum sealed. If using zip top freezer bags, bison can be stored for 3 months. Bison meat can be substituted for beef in recipes. The National Bison Association has additional cooking tips and recipes available on its web site: www.bisoncentral.com.

Replace Beef With Bison in Your Favorite Recipes and Follow These Guidelines:

• When oven broiling, move your broiler rack away from the heat about a notch lower than where you normally broil beef steaks. Expect a buffalo steak to cook one-third faster than a beef steak. Bison steaks are best when cooked rare to medium to maintain the moisture and flavor of the meat. It is not recommended to cook buffalo meat past medium. However, if you prefer your steak to this degree of doneness, be aware that your buffalo steak may lose some of its desirable attributes.

• If you normally cook roast beef at 325°F, turn your oven temperature down to around 275°F for bison. Plan on the roast being done in about the same amount of time as with a comparable size beef roast. To ensure the temperature you prefer, we recommend using a meat thermometer indicating the internal temperature. Again, rare to medium rare is recommended.

• Ground bison is also leaner (ranging from 90-95% lean). It will cook faster so precautions must be taken to not dry out the meat by overcooking it. There is little shrinkage with bison burger—what you put in the pan raw will be close to the same amount after you cook it. Pre-formed patties tend to dry out just a little faster when grilling. (Hint: the thicker the patty, the juicier the burger). Medium-rare to medium is best. Although ground buffalo meat is leaner, there is no need to add fat to keep it from sticking to the pan or falling apart.

How to Cook Bison Meat

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<th>Most Tender Cuts</th>
<th>Medium Tender</th>
<th>Less Tender</th>
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Broiling/Grilling: Steaks from the Tenderloin, Rib, Short Loin, Sirloin and Ground Meat. Start with a hot grill, cook hot and fast.

Pan frying: Cubed or marinated steaks.

Braising: Roasts cut from the Round, Foreshank, Chuck or Flank. Moist heat cooking, using larger amounts of liquid and low heat.

Marinating: Cubed meat or roasts that are not from the Rib or Loins.

Cooking in Liquid: Foreshank, Brisket, and Chuck, and cuts with little meat and a lot of bone (Back Ribs, Short Ribs).
Nature’s Original

PLANT-BASED MEAT

By Dave Carter, NBA Executive Director
“Plant-based meat” seems to be the latest development in the protein arena. A growing number of retail food brands and even restaurant menus are touting plant-based proteins.

These products are gaining a following in large part—not because of their great taste—but rather their appeal to the concern that many consumers have about the relationship between livestock and the environment.

Fortunately, there is a plant-based meat that offers people guilt-free, great tasting food. It’s called bison.

Bison is nature’s original plant-based meat. Not only is bison plant-based, but many of the plants critical to the health of the soil, water and air evolved in concert with bison over thousands of years. Those plants rely on interaction with bison and other grazing animals for their survival.

The father of organic agriculture, Sir Albert Howard, noted in 1945, “Never does Nature separate the animal and vegetable worlds. This is a mistake she cannot endure, and of all the errors which modern agriculture has committed this abandonment of mixed husbandry has been the most fatal.”

Responsible ranchers today live by this credo. Many ranchers refer to themselves as “grass-farmers.” One of the must-read periodicals in the grassfed livestock movement is the *Stockman Grass Farmer*.

Bison producers utilize their herds to manage grass and other plants that grow in their pastures and rangelands. The manure that serves as fertilizer for the plants is only one advantage of grass-farming. Proper grazing stimulates healthy root systems that hold soil and sequester carbon. Hoof action stirs the soil and buries the seed. Bison wallows create depressions that help capture and retain valuable rainfall. Many of the natural ponds known as prairie potholes originated as bison wallows.

Grassland ecosystems comprise more than 30 percent of the land mass of North America. Think of those grasslands as a vital carbon trap, similar to the rainforests of South America. Each blade and leaf of blue gramma, buffalobull grass and the other plant species dominating the prairies of North America capture energy from sunlight and carbon from the atmosphere and put it into the soil. While plowed croplands across the country are steadily losing soil, healthy grasslands grazed by bison are building soil.

Pastures unbroken by a plow provide fertile habitat for prairie dogs, burrowing owls, rabbits, coyotes, and other animals. Bison are an important part of the ecosystem. And, the result is we can enjoy, without guilt, a meat that tastes delicious.

Recently, another movement has emerged within the food system. This one is called regenerative agriculture. That movement is built upon Sir Albert Howard’s recognition of the interrelationship between the plant and animal worlds. It’s a movement that celebrates sound stewardship and great-tasting, healthy food.

Meatless Mondays have gained traction among folks who want to protect the environment. We have another approach: Enjoy a bit of bison on Wednesdays. There’s no better way to celebrate hump day each week.
Hyde Park Prime Steakhouse co-owners Joe Saccone and Rick Hauck turned Cleveland, Ohio on its ear with the opening of their first steakhouse in the late 1980s.

It was a time when traditional steakhouses were being reinvented. Saccone and Hauck seized on the trend, taking risks along the way. Opting to open in a neighborhood recognized for its counter culture, Saccone and Hauck instantly set the tone. Hyde Park Prime Steakhouse was not to be compared with anything Clevelanders had previously experienced. From the guests’ welcome by a tuxedoed maître d’ and valet parking to the opulent leather chairs and booths, antique pendant lights, polished panel walls, shiny brass railings, paddle fans and the sounds of live jazz, Hyde Park had a certain élan. The menu reaffirmed it. Aged steaks, chops, jumbo lobster tails, vintage wines, stiff martinis and cigar offerings completed the picture.

Saccone and Hauck’s vision worked.

The success of the Cleveland restaurant led to opening a second location in the Upper Arlington suburb of Columbus, Ohio. While the clientele differed, the restaurant was received with similar enthusiasm.

“We started offering bison the day our newest Hyde Park location in Indianapolis opened in November,” said Saccone. “Bison was the chef’s feature.”

Hauck added: “Stack City Burger Bar started offering bison from the first day it opened. Other restaurants offer bison dishes and feature different cuts throughout the year based on availability.”

Saccone and Hauck’s ongoing drive to polish, tweak and embellish their initial concept continues to this day. Hyde Park Prime Steakhouse has increased its footprint to include 17 locations with expansion in Cleveland and Columbus as well as entry into Birmingham, Mich., Indianapolis, Ind., Pittsburgh, Penn., and Daytona and Sarasota, Fla.

Today, each Hyde Park Prime Steakhouse is positioned as a boutique, prime steakhouse further promoting the restaurant’s individuality, chef-driven cuisine, sophisticated design and urban-chic vibe. Extensive menus feature USDA prime aged, dry-aged, all natural grass-fed beef, American Bison, Australian and Japanese Wagyu beef as well as the ultimate in fresh seafood.

Focused on future expansion, Hyde Park Restaurant Group is investigating opportunities in dense urban markets. It has also developed a growth model for private development within luxury and corporate hotel venues.

Kevin Foley – Multi Unit Chef, Hyde Park Restaurant Group

Chef Kevin Foley joined the Hyde Park Restaurant Group in 2001 as a line cook at The Metropolitan Grill, Columbus, Ohio and within a few short months became kitchen manager at Blake’s Seafood Grill in Chagrin Falls, Ohio. He left the company for a few years, moving back to Columbus to take a position at Smith & Wollensky as sous chef and then executive chef.

In 2008, Chef Foley returned to the Hyde Park Restaurant Group as an executive chef, helping open Jekyll’s Kitchen, Chagrin Falls, Ohio. Chef Foley now acts as a multi-unit chef, which means he oversees back of the house operations at ML Tavern, Black Point, Eleven, and Jekyll’s Kitchen. He uses his culinary expertise through menu development and the creation of weekly and monthly features.

“I prefer using bison in some of our dishes as it offers guests a healthier, leaner meat option with great flavor,” said Foley. “Bison can be prepared as a substitute for any beef cut prepared the same way.”

As for Chef Foley’s suggestion for preparing bison at home, he says: “Bison does tend to cook more quickly. I recommend serving it medium rare due to the lower fat content. For those who prefer the doneness, they may want to add a little oil or butter.”

Prior to joining the Hyde Park Group, Chef Foley received his culinary arts degree from the Pennsylvania Institute of Culinary Arts and worked at Muirfield Village Country Club, Dublin Ohio, The Yard Club, Hilliard Ohio, and Axel and Harry’s/High Tide, Put in Bay, Ohio.

In Chef Foley’s off time, he enjoys traveling, gardening, hiking and spending time with his family.
Cajun Bison Long Bone Ribeye

Ingredients:
26-ounce long bone bison ribeye
1 tablespoon Cajun seasoning (See recipe or purchase.)
1 ounce corn oil
1 tablespoon salt and pepper mix
1 teaspoon Cajun seasoning
1 ounce Cajun butter (See recipe.)

Directions:
• Trim excess fat off ribeye; tie to hold shape when grilling.
• Season with 1 tablespoon of Cajun seasoning and corn oil and let sit in refrigerator for 24 hours to marinate.
• Remove from refrigerator and place on a wire rack at room temperature for 1 hour; remove any excess oil.
• Season both sides of ribeye with remaining Cajun seasoning, salt and pepper.
• Cook on hot grill until desired temperature and place on a tray; once done top with the Cajun butter and let rest for 3-5 minutes while the butter softens.
• Transfer to a plate and pour the melted Cajun butter and juices from tray on top of the steak to finish the presentation.

Cajun Butter:
¼ pound salted butter
1 tablespoon Cajun seasoning
1 teaspoon paprika
¼ teaspoon Cayenne pepper
• Butter should be at room temperature. Place in a bowl and mix with all seasonings until evenly incorporated. Place back in refrigerator to allow to harden.

Cajun Seasoning:
4 tablespoons Kosher salt
1 tablespoon each black pepper, white pepper, paprika
Cayenne pepper, onion powder, garlic powder, dried Oregano
1 teaspoon dried thyme
• Mix and store in a dry place.
Goat Cheese Crusted Bison Filet
Topped with Dried Cranberries and Pine Nuts Over Port Wine and Balsamic Reduction

Ingredients:
8-ounce bison filet
1 teaspoon salt and pepper
1 ounce goat cheese (from local farm, if possible)
2 teaspoons dried cranberries (See preparation.)
2 teaspoons roasted pine nuts
1 ounce Port wine Balsamic reduction (See recipe.)

Directions:
• Grill seasoned filet until desired temperature; top with goat cheese and melt with torch.
• Place Port reduction in a pool just below the center of plate; place filet in the center of the sauce, topping it with pine nuts and cranberries.

Cranberries:
Soak in warm water for 5-10 minutes or until reconstituted. Drain and let sit.

Port Wine Balsamic Reduction:
3 cups Port wine
1 cup Balsamic vinegar
1 cup white sugar

• Place all ingredients in a stainless steel sauce pot and bring to a boil while stirring to ensure sugar has dissolved, while not allowing to burn or stick to the bottom of the pot. Reduce the heat to a simmer and cook until the liquid becomes a syrup consistency. Let cool to room temperature.
Bison Cowboy Burger

Ingredients:
8-ounce ground bison patty
½ teaspoon salt & pepper
1 ounce slice of Cheddar cheese
1 sesame Brioche bun, toasted
½ cup Iceberg lettuce, finely shredded
2 tomato slices, ¼” thick
¼ cup fried onion straws (See directions.)
1 ounce barbecue sauce
1/8 cup jalapeños, thinly sliced
2 slices crispy bacon
5 Bread & Butter pickles

Directions:
• Season patty with salt & pepper on both sides.
• Cook on a hot grill or griddle until desired doneness.
• Place barbecue sauce on top of the burger, top with cheese and melt.
• Place burger on bottom bun; top with jalapeños, bacon, lettuce, tomato slices, fried onion straws and top bun.

Onion Straws:
• Thinly slice a Vidalia sweet onion, about 1/16” thickness.
• Coat in flour and shake off excess.
• Fry at 350 degrees until light brown and crispy.
• Drain off excess oil, season with salt and let sit.
Sensational Bison Sliders

Winner: Irish Creek Ranch Favorite Sliders
Makes: 8 - 1/4 lb slider patties

Ingredients:
Burger Patties:
2 pounds ground bison
Montreal steak seasoning
Worcestershire sauce
3 tablespoons canola oil

Whiskey Caramelized Onions:
2 sweet onions
3 tablespoons olive oil
8 brown mushrooms, sliced
2 tablespoons whiskey

Truffle Aioli Sauce:
3 cloves garlic, minced
1/2 lemon, juiced
1 cup mayonnaise
3 tablespoons truffle oil
2 tablespoons Dijon mustard

8 slices Gruyere cheese
8 slices bacon
8 sourdough slider buns
4 handfuls arugula or shredded lettuce

Directions:
• Prepare onions 1 hour in advance by cutting onions thinly and placing in a frying pan over medium-high heat. Cover and cook onions in oil until translucent. Take lid off and cook on low for 1 1/2 hours, ensuring there is a single layer of onions on bottom of pan. Periodically stir to prevent burning. In the last 15 minutes of cooking, add mushrooms, and in the last 5 minutes, add whiskey.
• Truffle Aioli Sauce: Stir together all ingredients. Set aside.
• Bacon: Cook bacon in advance for about 30 minutes in the oven at 375 degrees F. (Tip: Cook in a pan with sides lined with parchment paper to ensure consistent cooking, safe stovetop space and avoid splattering.)
• Burger patties: Form 8 equal patties. Do not over handle. Sprinkle seasoning and Worcestershire sauce over each burger. Brush canola oil over each burger. Over high heat, heat remaining oil in a large frying pan. Once oil is hot (500 degrees F), place burgers in oil with seasoned side down. Cover pan and cook for 4 minutes. Flip and cook for additional 3 minutes or until burger patties reach 140 degrees F. Let sit for 5 - 10 minutes before serving.
• Place caramelized onions/ mushrooms and then bacon, followed by cheese over each burger patty. Cover and cook for an additional 1-2 minutes or until cheese is melted.
• Place garnished sliders on freshly toasted buns smeared with Truffle Aioli sauce and arugula or lettuce. Stack from bottom to top: bottom bun, aioli sauce, lettuce, burger, onion/mushroom, cheese, bacon, aioli, top bun. Serve with fresh oven-baked sweet potato fries and/or salad.

No matter how you dress your sliders, you can't go wrong when you start with delicious ground bison. Two winning slider recipes submitted to the 2017 National Bison Association Winter Conference Best Bison Slider Recipe Contest are presented here. Try one of these sensational sliders or craft your own masterpiece.
Runner Up: Sweet and Smoky Island Slider
Susie Golembeski, Bison Island
Makes 12-15 Sliders

**Ingredients:**
1 pound ground bison

**Dry Spice Mix:**
½ teaspoon sea salt
½ teaspoon ground black pepper
¼ teaspoon garlic powder
¼ teaspoon cayenne pepper
¼ teaspoon ground thyme
¾ teaspoon smoked paprika
1 tablespoon honey
1 egg

**Top and Bottom Mixture:**
2 tablespoons finely chopped Vidalia onion
2 tablespoons finely chopped fresh cilantro
2 tablespoons fresh-squeezed lime juice
1 tablespoon filtered water

**Finishes:**
deli sliced smoked Provolone cheese
dinner rolls of your choice

**Directions:**
• Incorporate Dry Spice Mix with ground bison. Add honey and egg and mix well.
• Press meat mixture into a parchment-lined cookie sheet ½ inch thick. Score meat with a knife into squares approximately 2 inches by 2 inches. Perforate each square with 2-3 holes using a straw or chopstick. Place cookie sheet with meat in freezer at least 30 minutes or overnight.
• Set oven to 450 degrees F for proper steam cooking.
• Remove meat from freezer and set aside from cookie sheet.
• Arrange one half of Top and Bottom Mixture evenly on the cookie sheet. Place the frozen meat on the cookie sheet on top of the mixture and peel off the parchment paper from the meat. Spread remaining one half of Top and Bottom Mixture on top of the meat. Place in oven for 8-10 minutes.
• Remove from oven. Break/slice squares along score lines and separate slightly. Place cheese on top of each individual square and place one top of a bun/roll on on top of each meat square. Put back in oven for 2 minutes to make the bun crispy and melt cheese.
• Remove from oven and using a spatula take out sliders and place on bun/roll bottoms. Serve and enjoy with your choice of condiments.
It’s not often Americans dine on the oldest food of the Americas, Native American food. But if entrepreneurs Ben Jacobs and Matthew Chandra have their way, more people will have an opportunity to sample Native dishes and gain understanding of Native cultures.

Since opening Native American fast casual restaurant, Tocabe, less than a decade ago in north Denver, Colo., the business partners have open a second restaurant in Greenwood Village, Colo. Tocabe also serves meals from a food truck and has a robust catering business.

Menu items include sage-rubbed bison ribs with blueberry sauce, fry bread, a variety of different salsas and other grilled and slow cooked meats, including shredded bison.

“We have other bison dishes on our event catering menu,” said Jacobs. “My favorite is ground bison with wild rice and hominy.

Jacobs is married and has two sons, one four years of age, a second nine months. He studied history at the University of Denver, with a focus on Native American studies. A member of the Osage Nation, he planned to use his degree to educate Americans about Native Americans. Then he met Chandra, himself of Italian and East Indian heritage. As the friendship developed, thoughts, then dreams, then plans for opening a Native American restaurant unfolded.

Jacobs said that in addition to planning for the business end of things, they spent quite a bit of time perfecting his grandmother’s and mother’s recipes, which are the mainstays of the Tocabe’s menu.

Jacobs’ upbringing positively influenced his view of his own and other Native American cultures.

“I was born and raised in Denver, and we were very involved in the Native community in Denver,” said Jacobs. “Denver was a ‘relocation city.’ When Indians were taken off reservations, they went to these cities, which is the reason there are an estimated 45,000 Native Americans residing in Colorado today.”
He was also culturally influenced by spending summers with his grandparents, who lived in Oklahoma. His motivation for opening Tocabe was to create Native foods and make them available on a daily basis to both Native and non-Native people.

“We wanted to build a multi-unit brand,” said Jacobs. “It’s really interesting; we have everyone from kids to retired people, Native and non-Native, eating at Tocabe. Our whole idea is to showcase great Native foods and the Native community. We want to change public perception of what Natives are and let people appreciate Native culture, yet see us as similar to them.”

Tocabe guests step to a counter and order their food, then move past a bar of various salsas and toppings. They can eat in or take out. According to Jacobs, the restaurant décor is designed as modern Native. It is devoid of artwork on the walls, but the interior’s intense décor colors tell a story.

“For example, our ceiling is deep purple to represent the sky, and we use sage green, a color from Native prairies,” said Jacobs. “We use a sort of Native pop art style in an atmosphere that stimulates people to ask questions.”

When asked if the food served at Tocabe is representative of the foods eaten in Native American homes, Jacobs said Native choices are regional and individual and that he wouldn’t want to speak for other Native Americans.

He said he finds bison healthy because it is lean and nourishing as well as culturally significant. He believes it is important to retain the quality of the animal by ensuring it is well cared for and that quality of care standards are maintained.

“My grandpa had a small-scale cattle operation in Oklahoma, which makes me aware of the importance of raising animals in a caring way.”
BISON SIRLOIN STEAK WITH BLUEBERRY MARINADE

Recipe provided by The Honest Bison

Ingredients:
4 8-ounce grass fed bison sirloin steaks
½ cup organic blueberries
2 tablespoons filtered water
2 tablespoons unfiltered organic extra virgin olive oil
2 tablespoons grassfed bison tallow (for cooking in skillet)

Directions:
• Make the marinade 24 hours in advance.
• Add water and blueberries to bowl and crush the blueberries with a potato masher, then combine with olive oil.
• Place the steaks in a glass bowl and cover the steak with the marinade and rest for 1 hour at room temperature. Then cover and place in refrigerator overnight.
• 1 hour prior to cooking the steaks remove from the refrigerator to bring to room temperature. This is important as cooking a cold piece of meat can lead to an uneven or overcooked steak. Once ready, remove marinade from steaks with paper towel.
• Preheat a cast iron skillet, then add bison tallow immediately before placing the steak on the surface. Add the second tablespoon of tallow to the top of the steak. For best results use an Instaread meat thermometer and cook the steak up to 119 degrees for medium rare steak. Do not cook over 130 degrees as the steak will dry out and lose it’s wonderful sweet taste.

This recipe was inspired by an original recipe by Stanley A. Fishman, the author of Tender Grass-fed Meat. His cookbook can be found at: http://www.tendergrassfedmeat.com/the-book/

His inspiration came from research on how Native Americans may have prepared bison meat with other ingredients. Blueberries and cranberries are common wild berries found across North America, and although olive oil would not have been available, this recipe defers to what is accessible and easy to use. I chose to use 100 percent grassfed bison tallow to cook with as it is very mild and contains great health properties. You can easily substitute butter or ghee. Using this marinade, the steaks take on a wonderful sweet flavor that is different from the normal salt and pepper foundation. I found it an enjoyable new twist.

– Sean Lenihan, founder, The Honest Bison
BISON AND RICE NOODLE SALAD
Serves 3 to 4

Salad Ingredients:
1 flank or flat iron steak
1 package rice vermicelli
4 cups shredded lettuce
3/4 red onion, thinly sliced
1 cucumber, sliced thin
2 tablespoons of olive oil, divided
3 Fresno peppers, cut into rings
1 cup bean sprouts
6 cherry tomatoes cut in half
1 cup loosely packed cilantro, stems removed

Directions:
Bison Steak
- Season both sides of the steak with black pepper and garlic powder and half of the olive oil. Massage the seasoning into the steak. Let the steak sit at room temperature for 30 minutes before cooking.
- Preheat a cast iron skillet using the remaining olive oil to just before the oil smokes. Add the steak and leave it for 4 minutes, then flip, adding a little more oil if needed, and sear another 4 minutes. This is fairly fail safe with a steak about 1 inch thick. To be absolutely sure, use a meat thermometer and cook to 120 degrees.
- Let the steak rest for 10 to 15 minutes, then slice thin strips against the grain.

Sauce
- In a bowl mix the lime juice with 3 tablespoons fish sauce, brown sugar, water and minced chiles. Taste and add the remaining fish sauce if needed. The sauce can be made the day before.

Build the Salads:
- Cook the rice noodles according to package (3 to 4 minutes). Once drained and rinsed, spread the noodles on a clean kitchen towel for a few minutes to cool and drain excess water.
- Divide the lettuce between three or four serving bowls. Divide the noodles and place on top of the lettuce. Divide equally and add the cucumbers, red onion, Fresno peppers, bean sprouts, tomatoes and bison to each bowl. Garnish each salad with cilantro. Serve with a side of the sauce.

This recipe is a twist on a traditional Vietnamese noodle bowl. The bison brings a heartiness to this light, crisp and healthy salad, and the Fresno peppers give it a fiery kick.
BISON PRIME RIB APPETIZER

Ingredients:
1/2 pound thinly sliced leftover bison prime rib, brought to room temperature
1 8-ounce package of cream cheese
1 French baguette or similar bread cut into 1/2 inch or slightly thinner slices, making about 20 pieces
1 tablespoon minced chives
2 tablespoons prepared horseradish
1 small cucumber sliced in thin rounds, skin on
1 package alfalfa sprouts or micro greens
salt and pepper to taste

Directions:

Cream Cheese Mixture
- Set the cream cheese out to warm slightly so it is easier to mix. Add the chives and horseradish and mix well.

Appetizer
- Lightly butter each piece of bread, place on a baking sheet and toast under the broiler until lightly browned, watching closely so it doesn’t burn. Remove the baking sheet and let cool for 10 minutes before assembling.
- To assemble each appetizer, spread the cream cheese mixture on the toasted bread, gently press two pieces of cucumber in the spread, fold a piece of prime rib on top and top with a few alfalfa sprouts. Lightly sprinkle with salt and pepper.

Tip: Put the prime rib in the freezer for about five minutes before slicing. Chilling the bison will make it easier to slice thinly.
SAVORY BISON STUFFED MUSHROOM APPETIZER
Makes 14 appetizers

**Ingredients:**
- 1 pound ground bison
- 14 large white button mushrooms
- 3 tablespoons butter
- 1/2 cup red bell peppers, minced
- 1/4 teaspoon each salt and pepper
- 2 garlic cloves, minced
- 2/3 cup dry bread crumbs
- 2/3 cup Parmesan cheese
- 2 tablespoons Parmesan cheese for topping
- 2 tablespoons fresh, chopped parsley for garnish (optional)

**Directions:**
- Clean mushrooms, remove and reserve stems. Mince the stems to use later. Use a small spoon to hollow out mushrooms, being careful not to scoop too thin or break the mushrooms. Place the mushroom caps on a baking sheet sprayed with non-stick spray or coated with a thin layer of butter or lard to prevent sticking.
- Preheat oven to 350 degrees F. In a skillet over medium heat, melt the butter and add the mushroom stems and red bell peppers. Cook until the bell peppers are soft, about 8 minutes, adding the garlic the last 2 minutes.
- Cook the ground bison in a large skillet until the pink is just gone. Don’t overcook. As the meat cooks, use a spatula to chop it into a fine consistency. Set aside.
- Put the mushrooms in the oven and pre-cook for 5 to 10 minutes to let them release their moisture.
- While the mushroom caps are pre-cooking, mix the cooked bison, mushroom stem mixture, dry bread crumbs, Parmesan cheese and the salt and pepper in a large bowl. Remove the mushrooms from the oven and generously stuff each cap with the mixture and return to the oven.
- Bake for an additional 15 to 20 minutes, or until the filling starts to brown.
- When done, garnish with the parsley and cheese and serve immediately.

BACON WRAPPED BISON BITES APPETIZER
These can be made the day before and warmed in the oven before guests arrive.

**Ingredients:**
- 2 pounds bison stew meat, cut into bite size pieces
- 1 pound bacon, each slice cut in half
- 1/2 cup red cooking wine
- 1/2 cup bison stock
- olive oil for browning
- salt and pepper to taste
- toothpicks

**Directions:**
- Let the meat come to room temperature (about 30 minutes).
- Season with salt and pepper then sear in batches in a hot cast iron skillet using the olive oil.
- When all of the meat is seared, place it in a pressure cooker with the liquid and cook for 20 minutes.
- Preheat the oven to 350 degrees F. Line a baking sheet with foil, place the bacon strips on the sheet and partially bake to render (remove) fat, about 8 to 10 minutes. Don’t overcook; the bacon needs to be pliable enough to wrap around the bison pieces. Remove the bacon to paper towels to drain.
- When the bison is done, remove to a platter and let cool. When cool enough to handle, wrap each piece with bacon and secure with a toothpick.
- Put the finished pieces on the baking sheet (remove old foil and re-line with new foil) and return to the oven for about five minutes or until the bacon is finished and bison is warmed through. Serve immediately.

**Alternative:** If you don’t have a pressure cooker, cook in an oven-safe pot with a lid at 275 degrees F for 2 hours or until tender.
The National Bison Association (NBA) exists to promote the preservation, production and marketing of the American bison. As members of the NBA, we are proud stewards of both private and public herds, and are restoring this magnificent animal to the American landscape through our dedication to the health of the bison. We are great historians and love to tell our story and that of the American buffalo. We take advantage of every opportunity to educate the public and introduce people to their way of life.

We come from all 50 states and Canada and other foreign countries, and share a vision that the NBA is a community bound by the heritage of the American bison/buffalo and the quality of its products. Through participation and membership in the NBA, we engage the general public in our respect for the animal, and our love of the wholesome nutrition of bison meat. Our association helps us to create tools to build our own production and marketing businesses. The NBA offers a vast assortment of resources for producers and the general public alike. We proudly share our knowledge of bison meat and our recipes through the NBA website.

The NBA works in every arena to build a market that rewards quality and integrity. We bring together producers and consumers to celebrate the heritage of the great American bison and to create a strong future for the industry.

For membership opportunities and general information, please contact the National Bison Association.

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