

**Michele Stroot**  
**The Golden Door**  
**FLEMISH BISON STEW**  
**WITH PARSNIP MASHED POTATOES**

Serves 4

Bison and Vegetables

1 tsp.	canola oil
1 lb.	bison sirloin, excess fat removed, and cut into $\frac{3}{4}$ " cubes
8 ounces	cremini mushrooms, quartered
1 sprig	thyme
1	whole bay leaf
6 ounces	carrot (1 small carrot diced)
$\frac{1}{2}$ tsp.	fresh ground black pepper (or to taste)
1 $\frac{1}{2}$ Tbs.	unbleached flour
1 cup	imported dark beer
1 $\frac{1}{4}$ cups	vegetable broth
3 Tbs.	sherry vinegar
1 Tbs.	arrowroot, dissolved in 2 Tbs. of water
2 Tbs.	whole grain mustard

In a nonstick or cast iron pan, heat the canola oil over medium-high heat. Add the cubed bison and brown well on all sides for 5 minutes, stirring often. Add the mushrooms and continue to brown for another 5 minutes. Stir in the thyme, bay leaf, carrot, and unbleached flour and cook for 2 to 3 minutes. Transfer the browned bison and vegetables to a stainless steel pot and set aside.

While the non-stick or cast iron pot is still hot, pour in the dark beer to deglaze the pan and simmer for 2 minutes. (This will help increase the richness of the stew.) Pour the beer into the pot with the bison and stir in the vegetable broth and sherry vinegar. Partially cover the pot and simmer for 1 hour or until the bison is tender, adding additional vegetable broth if necessary.

To finish the stew, stir in the arrowroot mixture and wholegrain mustard and simmer to thicken. Reduce the heat to low and keep warm.

Potatoes

1 $\frac{1}{2}$ lbs.	white potatoes (2 large potatoes, peeled and quartered)
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8 ounces	parsnips, trimmed, peeled, and cut into medium dice
1 tsp.	kosher salt
1/3 cup	non-fat sour cream
1 Tbs.	horseradish
2 Tbs.	parsley, optional

In a medium size pot, combine the prepared potatoes, parsnips, and salt and cover with water. Simmer the potatoes and parsnips for 25 minutes or until fork tender and drain well. With an electric beater or by hand, mash the potato parsnip mixture until creamy and fluffy. Stir in the sour cream and creamed horseradish and mix well. Garnish the potato-parsnip mash with chopped parsley if desired.

Food Photography: Jason McConathy, Denver, CO

Food Styling: Cook Street School of Fine Cooking – Denver, CO

Meat Donated by Rocky Mountain Natural Meats