

BISON

**Rediscovering an
American Original**



Inside: Health & Nutrition • Cooking Methods • Buying Bulk

BISON

It's What's *been* For Dinner

By Michael Fenster, M.D., also known as the Grassroots Gourmet

IF you think bison is some New Age, flash dance in a pan haute cuisine that only some Michelin starred culinary grad can prepare; think again. Bison is so delicious and easy to fix that even cavemen; and a Neanderthal at that, have been doing it for hundreds of thousands of years, according to *Neandertal Demise: An Archaeological Analysis of the Modern Human Superiority Complex*.

In my latest book, *The Fallacy of The Calorie* (Koehler Books, fall 2014), I describe in detail the lack of evidence for implicating red meat in the development of the disabilities and diseases of modern civilization. These are the conditions all too familiar today; diabetes, cardiovascular disease, certain cancers, neurodegenerative conditions, inflammatory bowel disease, autoimmune disease and so many others, are wrongly being blamed on red meat. These are diseases that share a common etiology of continuous, chronic low level inflammation.

With the onset of the Industrial Revolution there were massive



Michael Fenster, M.D., board certified interventional cardiologist and avid chef.

changes to both food and food pathways. Up until that time, for hundreds of thousands of years humankind had subsisted on the nutrient and energy dense comestibles provided by both wild game and domesticated animals. However, until the changes that occurred with the onset of the Industrial Revolution, the meats obtained from domesticated animals were similar in composition to those obtained from wild game.

This is the same pattern of fat and protein consumption that we witness today in indigenous, aboriginal and

isolated communities. What we observe in such societies is a remarkable lack of the chronic conditions that those who consume the modern Western diet suffer from in middle and old age. The average American will suffer the last three decades of his or her life with some disability or disease; the last decade will be spent dealing with major morbidities. Those who live in these more “primitive” cultures, if they survive childbirth, childhood disease, trauma and infection and reach middle age, have a life expectancy comparable to those in the most advanced Western cultures. However, their golden years are not tarnished by chronic disability and disease; they enjoy relatively superior health until the end.

The data is overwhelming that fresh red meat as a regular part of the diet does not contribute to the development of these modern moribund morbidities. The data is equally clear and compelling that the consumption of just a fraction of an equivalent amount of processed



Michael Fenster, M.D. is a highly sought after speaker.

red meat correlates quite well with the onset of the chronic disabilities and diseases of modern civilization.

While fresh red meat has been shown to be neutral in its overall effect, we can only begin to imagine the healthful benefits we will see with the consumption of fresh red meats like bison. Grass fed and pasture raised, these edibles provide us with the natural balance and ratio of the proteins, fats and nutrients that we have been physiologically primed to run upon. The proper spectrum of fats, including a critical ratio of the essential polyunsaturated omega-6 to omega-3 fatty acids, are among the many potent health benefits to be found in bison. But most importantly, it is simply delicious. That is the timeless joy that feeds our immortal souls.

More about the author:

Michael S. Fenster, M.D., F.A.C.C., FSCA&I, PEMBA; known to his audiences as “Dr. Mike,” has combined his culinary talents with his medical expertise. The result is the Grassroots Gourmet™ approach to food and health: delicious food that fosters well-being through promoting metabolic health.

Dr. Mike is a board certified interventional cardiologist. He has taught students, interns, residents and fellows as well as having served as assistant professor of medicine at the North East Ohio University College of Medicine. In addition to addressing audiences from the lay public to peers at the American Heart Association and American College of Cardiology meetings, among many others; he has participated in numerous clinical trials. He has published original cardiovascular research that has appeared in peer reviewed scientific and medical journals. As a result, he has been asked to participate on numerous medical advisory boards and in cardiovascular thought leader symposiums throughout the country.

Dr. Mike’s culinary career began before he ever attended medical school. Starting as a dishwasher, he worked his way up to executive chef. Never one to rest on his laurels, Dr. Mike later co-managed an award-winning restaurant and went back to school. He received his culinary degree in gourmet cooking and catering from Ashworth University where he graduated with honors.

His deep-seated love of food and keen medical awareness propelled him to combine these passions. The result is his unique “Grassroots Gourmet™” approach to food; an approach that seeks to counter the inflammatory effects of the modern Western diet, a diet Dr. Mike maintains deadens taste buds, robs vitality and exacerbates disabilities and diseases of modern civilization: cardiovascular disease, obesity, diabetes and a host of other illness. For recipes, nutrition advice and to learn about Dr. Fenster’s latest book visit his website: <http://www.whatscookingwithdoc.com>

Bison- Nutritionally Superior

NUTRITIONAL COMPARISONS

Per 100 Gram (3.5 oz.) Serving – Cooked Meat – Updated January 2013

SPECIES	FAT g	PROTEIN g	CALORIES kcal	CHOLESTEROL mg	IRON mg	VITAMIN B-12 mcg
BISON	2.42	28.44	143	82	3.42	2.86
Beef (Choice)	18.54	27.21	283	87	2.72	2.50
Beef (Select)	8.09	29.89	201	86	2.99	2.64
Pork	9.21	27.51	201	84	1.0	0.68
Chicken (Skinless)	7.41	28.93	190	89	1.21	0.33
Sockeye Salmon	6.69	25.40	169	84	0.50	5.67

(Per 100 grams of cooked lean meat with visible fat removed)

From the USDA Nutrient Data Laboratory - www.ndb.nal.usda.gov/fnic/foodcomp/

Bison is much lower in fat and calories than other meats, including chicken and salmon. Unlike other meats, all bison is raised naturally, without hormones or sub-therapeutic antibiotics.

Is Buying Bison in Bulk for You?

By Marilyn Bay Wentz

Purchasing bison is much easier than it was 20 or even 10 years ago. Today, retail packages of bison are available in specialty meat shops, and in most areas of the country, bison also is available in natural and organic markets, groceries stores and membership warehouse outlets. Many consumers prefer to purchase bison meat from a local rancher at a farmers' market or on-ranch store. One benefit of buying bison directly from a rancher is the option of buying in bulk. Bulk purchasing has its advantages, but it is not for everyone. Here are some things to consider before making a decision to buy bison in bulk.

What Does it Mean to Buy in Bulk?

Generally, buying in bulk means one customer buys at least half a bison carcass. The carcass is divided from neck to tail along the spine for two, symmetrical halves. Some bison operations offer a quarter of a bison, but this becomes trickier to equalize, because dividing the carcass half top to bottom is not symmetrical. The higher value cuts are located in at the tail portion of the carcass, and the lesser value cuts, such as brisket and shoulder, are toward the head. A carcass can be divided in quarters or even in eighths, but to make the divisions as equal as possible in size and cut value, the processor or rancher must hand divide each package of meat from each primal of the carcass.

Who Should Not Buy Bison in Bulk?

Consumers who have never tried bison should not buy in bulk. Likewise, consumers who like one cut/type of bison, for example bison burgers, but have not tried other cuts of bison, should explore further before buying larger quantities. In both cases, the consumer might buy a sampler pack from a local rancher and try this before making the commitment to a larger quantity of bison. Make sure the sampler pack includes a least one package of each cut of meat that would be included in a bulk purchase.

The other requirement in deciding if a bulk purchase is best is the question of freezer space. Half a bison will not fit in the freezer space above a refrigerator. To get an idea of the amount of freezer space needed, ask a friend who buys in bulk or the rancher to see what amount of space is occupied by packages of meat from a half or full bison carcass. Cost savings and other advantages of buying bulk may merit the purchase of a freezer (or an additional freezer), but first determine the amount of space needed.

Who Should Buy Bison in Bulk?

Bulk purchasing is ideal for customers who love bison and who enjoy cooking with different cuts of meat. Check with your local rancher, but buying bison in bulk is most always cheaper, because



the rancher doesn't have to store the meat and market it package by package.

Large families will find savings when buying in bulk, but even individuals or small families can take advantage of the cost savings if they are willing to plan ahead to budget for a bulk purchase and then prepare various bison dishes throughout the year. Another option for individuals or smaller families is to share a half with another person or family. Check with the processor to see if the half can be cut differently for the two parties. If not, the two will have to agree on how to cut the meat.

Beyond saving money, bulk buyers say it is comforting to have a year's supply of quality, local meat in their freezers.

Another good candidate for bulk buying is the gourmet home cook. Most processors offer a variety of cutting options beyond what is available even in specialty meat shops. Processors also do an excellent job of wrapping meat, either in heavy plastic shrink wrap or with plastic, then butcher paper, so that meat stays fresh in the freezer for many months. Conservatively, bison meat in plastic and butcher paper will last a year. Vacuum-packed meat will last longer. Just to clarify, the meat will not spoil or become dangerous to eat after these time guidelines, but it could become freezer-burned and less appealing.

A Few Tips to Make Buying in Bulk a Positive & Economical Experience:

Compare prices & costs

Buying bulk is almost always cheaper, but carefully compare. Make sure to check the price per pound by cut to make an accurate comparison. Also make allowances for bone-in versus boneless meat. If freezer space must be added, it is good to account for this, amortized over multiple years. Some consumers also factor in the cost of driving to and from the processor to pick up their meat. To be fair, a once-a-year trip, even if it is far, is probably cheaper (and definitely saves time) compared with multiple trips

each month to the local meat shop.

Know primals, know cuts

Ask the rancher or processor for a meat cutting chart. A good chart will show the primals (shoulder, rib, etc.), as well as which cuts of meat come from which primal. For example, from the shoulder typical cuts are roasts, kebabs or ground meat. From the rib are a rib roast (also called a standing roast), prime rib and rib steaks. These represent just a few of the options available through a custom processor. In addition, familiarity with primals will give buyers a heads-up on cuts they will have to learn how to use. Wondering what to do with bison round steak? Some possibilities include Swiss steak, pounding it thin to make chicken fried steak or seasoning and drying it for bison jerky.

Gather recipes

One of the advantages of buying bulk (half or full carcass) is being able to choose how the meat is cut and wrapped. Roasts can be various weights; burger can be in patties or bulk and in various weights. Family size will dictate the package sizes, and deciding how meat will be used will determine how it is cut. Do you make roasts or would the shoulder meat be better as kebab chunks? Do you want it ground into burger or do you want a combination of options? The choices can become overwhelming, so make the cutting order with recipes planned. Still can't decide? Ask the processor for the "standard cuts," but understand that this may or may not be ideal for your family's needs.

Check freezer regularly

Freezers are usually very dependable; however, it is a good idea to check the freezer every few days if you are not opening it to retrieve meat. Should it go out or the electrical grounding mechanism be tripped by lightning or another problem, early detection could save hundreds of dollars of meat from spoiling. n

Advantages of Buying Bulk:

- *Saves money*
- *Large supply of local, quality meat*
- *Fewer trips to the grocery store or meat shop*
- *Custom cut and wrap options*
- *Annual supply guaranteed*
- *Budget control*

Disadvantages of Buying Bulk:

- *Annual or semi-annual budget invested up front*
- *Cost of electricity to run and purchase a freezer*
- *Must use all cuts*



Easily Find Bison With Free Bison App

Finding retail stores and restaurants that carry bison meat just got a lot easier with the free Bison Finder app available for smartphones and tablets. Just hit the Start button on the app, and you'll receive a directory and map listing outlets offering delicious bison meat.

Of course, you can also click on the "Where to Buy" tab on www.bisoncentral.com to find a nearby rancher who sell meat directly to the public.

Created by Dr. Michael Fenster

The Grassroots Gourmet™; cardiologist, chef and author

Beer Braised Bison Short Ribs

Ingredients

3-4 pounds of bison short ribs	½ cup chopped celery
spicy short rib blend (recipe follows)	2 cloves garlic, chopped
3 tablespoons oil	1 bay leaf
1 cup chopped onion	24 ounces dark beer
½ cup chopped carrot	

Directions

- Coat the bison short ribs in the spicy short rib blend and place on a wire rack in the refrigerator at least overnight and up to two days.
- Heat one-half the oil in a heavy bottom ovenproof pot, such as a Dutch oven and quickly brown the bison short ribs in the oil, until they have developed a nice dark color. This should take several minutes only. Remove and set aside.
- Place the remaining oil in the pot and lightly sweat the onions for 1 to 2 minutes.
- Add the carrots, celery and garlic and cook for several more minutes, seasoning lightly with salt and pepper; do not allow the vegetables to brown.
- Add some of the beer, deglazing the bottom of the pot as you do so.
- Return short ribs to the pot, placing them on top of the vegetables and fill with beer until the short ribs are approximately three-quarters submerged. Add the bay leaf and place in a 250°F oven covered for 90 minutes to two hours. Remove the top and allow to cook another thirty minutes. The meat should be tender and fall away easily from the bone.

To Serve

The short ribs may be served as is with buttered noodles or mashed potatoes, or the meat can be shredded from the bone and used in the construction of delicious bison short rib tacos. To create the tacos, fill the base of each tortilla with your favorite accompaniments. I recommend a piquant cabbage and zucchini slaw which adds a wonderful flavor and satisfying crunch. The spicy shredded bison short rib is then placed on the tortilla over the slaw and topped with your favorite salsa. Wasabi Roasted Tomato and Poblano Relish (recipe follows) makes a perfect complement to the earthy bison. The flavors and textures work together with some subtle exotic notes that make this a scrumptious foray into fusion cuisine.

Spicy Short Rib Blend Ingredients

3 tablespoons cumin seed	1 teaspoon smoked paprika
3 tablespoons coriander seed	1 tablespoon smoked salt
2 cloves garlic	2 tablespoons chili powder
1 tablespoon paprika	1 teaspoon ground black pepper

Spicy Short Rib Blend Directions

- Over medium heat gently toast the coriander and cumin seeds.
- Combine with cloves in coffee or spice grinder and process.
- Combine and mix with the remaining ingredients. If you cannot find smoked salt, use regular kosher grain sea salt and use 1 tablespoon smoked paprika and 1 teaspoon regular paprika.

Wasabi Roasted Tomato and Poblano Relish Ingredients

2 Poblano chiles	1 tablespoon honey
3 tomatoes	1 tablespoon chili powder
1 tablespoons olive oil	Juice of 1 lemon
2 cloves garlic	½ teaspoon chopped ginger
1 tablespoons wasabi paste	1 teaspoon salt
1 teaspoon rice wine vinegar	½ teaspoon ground black pepper

Wasabi Roasted Tomato and Poblano Chile Relish Directions

- Place the Poblano chiles on a flat baking sheet on the top rack of the oven set to broil. Allow the Poblanos to char, then turn over and repeat on the other side. Remove and place them in a plastic bag and set aside.
- Set the oven to 375°F and place the tomatoes in a small baking dish. Lightly drizzle with the oil and season with a pinch of salt.
- Allowed to roast approximately 15 to 20 minutes, until the skins begin to split. Remove and allow to cool.
- Place all the remaining ingredients in a food processor.
- Remove the Poblanos from the plastic bag and peel the skin. Remove the stems, and if less heat is desired, split open and remove the seeds. Add them to the food processor. Add the tomatoes and process.
- Pour the mixture through a fine mesh sieve, and allow the excess liquid to drain off. Place in a container and store until needed.



The Tale of a Bison Producer and Chef

By Chris Silver, Gold Coast Bison, LLC

I met Chef Gavin Mills at the Calabasas Farmers' Market where my family sells bison meat. I knew straight away Gavin's skills as a chef and my product were a match. This guy was successfully sampling and selling charcuterie (prepared meat products, such as sausages, galantines, pates and confit) to market goers at 8:30 in the morning! Having sampled his products, I knew Chef Mills could create simple recipes for under-utilized cuts of bison. I approached Gavin and made a deal with him. I would provide him with bison meat if he would create easy-to-follow recipes with written instructions for me to use as a marketing tool. Gavin accepted, and he quickly produced a wonderful Bison London Broil recipe that has been a great success. Shortly thereafter, he produced a Bison Bourguignon recipe that has been equally successful.

With these two cuts of meat now selling well, Gavin asked if he could try a liver recipe he had been contemplating, Bison Braunschweiger (see page 10). I don't care for liver very much, but I'm a huge fan of braunschweiger, so I gave him a couple pounds of bison liver. The following week, he was selling Bison Braunschweiger in the market. He provided me with the recipe, but I merely pointed my customers to his tent, and Gavin quickly sold out of his new product.

This collaboration of Chef Mills' skills and my bison meat led to our next popular selling product, bison sausages. I provided Gavin with



At Brentwood Farmers' Market are NBA members Chris Silver (left) and Jeff Miller. Miller owns Diamond Mountain Ranch, where Silver's bison live. It was at a neighboring farmers' market that Silver met Chef Gavin Mills.

bison trim (meat and fat), and he created Bison Italian Sausage and English Bangers (Gavin is English). We decided it would be best if I sold the sausages from my tent and split the profits. This had the added benefit of each of us referring our customers to the other's tent, expanding both our customer bases.

Chef Mills has also become a very valuable cooking resource for me in the market. Often customers ask how to prepare the bison they just purchased from me. Usually, I can provide them with the answers by handing them a "Why Bison?" pamphlet from the National Bison

Association, or for the more involved questions I give them a copy of the NBA's annual cooking booklet. However, for those customers with really difficult questions or for those who need a little more reassurance they are capable of preparing bison, I walk them to Chef Mills' tent. He gladly answers their questions and bolsters their confidence, often gaining a new customer for his efforts.

My experience with Chef Mills has been positive and lucrative. He and I have plans to continue this collaboration and, hopefully, we'll be able to share more recipes with NBA members in the near future. n

Introducing Chef Gavin Mills

Chef Gavin Mills found his calling cooking Sunday roasts with his mother in Essex, England. He was given his first cookbook at age 12. At first the art of pastry piqued his interest, earning him second place in the United Kingdom for cake decorating. After only two years, he decided that the precise measurements and sweet flavors were not for him, and he switched to more savory food explorations.

He spent eight years working his way through restaurants throughout London under such legends as Gary Rhodes and Nico Ladenis. At 25, he had an opportunity to travel to Santa Barbara, Calif., to stretch his culinary legs and see what lay across the pond. At the time, Mills was Sous Chef at 1 Lombard Street, a one Michelin Star restaurant, so the decision was a difficult one. He took the chance to work in a friend's family restaurant and has yet to return to London.

Since moving to the United States, Chef Mills has seen more of the country than most Americans. He has not only worked at Sage and Onion in Santa Barbara, but also the famous Relais & Chateaux Restaurant Peninsula Grill in Charleston, S.C. There he learned the secrets of the South and how to marry soul food with fine French techniques. From Charleston he went on to Mas (farmhouse) in New York City and then to Bastide, a fine dining staple of West Hollywood, Calif.

Wood and Vine of Hollywood, Calif., which opened in February 2010, sought a chef who cared deeply about where his ingredients came from to



helm their kitchen. Chef Mills was the perfect fit. He went to farmers' markets daily for his produce, and the meat came from small farms throughout California. He made his name in Los Angeles creating his greatest love and passion, hand-made charcuterie.

Almost two years after leaving Wood and Vine, Chef Mills and his wife started Mills + Company. Combining his skills in the kitchen and wife Jessica Mills' skills in business and marketing, they make a potent team. n



Bison Bourguignon

Potato Gnocchi with Bison and Tomato Ragu

Created by Chef Gavin Mills



Bison Ragu Ingredients

1 ½ pounds bison London broil
(or similar cut)
1 medium onion
2 medium carrots
2 sticks celery
1 tablespoon tomato paste
1 tablespoon olive oil
2 cloves garlic

1 sprig fresh thyme
1 sprig fresh rosemary
1 pound/10 ounce can crushed tomatoes
1 cup red wine
2 tablespoons chopped fresh basil

Bison Ragu Directions

- Finely chop onion, carrot and celery; chop or crush garlic.
- Heat a large cast iron saucepan on full flame.
- Dice bison in ½ inch cubes.
- Add the oil to the pan, and when the oil starts to smoke, add the bison. Brown bison for five minutes until brown on all sides.
- Add onion, carrot, celery, garlic, thyme and rosemary and cook for an additional five minutes until vegetables start to brown.
- Add the tomato paste and cook for one minute. Add the wine and simmer until it is reduced by half.
- Add the tomatoes and cook on a low heat for 2 ½ to 3 hours or until bison is very tender.

Potato Gnocchi Ingredients

3 large Yukon Gold potatoes
3 egg yolks
1 ¼ cups flour

Potato Gnocchi Directions

- Peel and boil potatoes very gently. When the potatoes are fork tender, drain and place them on a baking sheet in an oven heated to 400 degrees for 5-10 minutes to dry out.
- Mash the potatoes as fine as you can get them, and leave to cool for 10 minutes.
- Measure 3 ¾ cups of potatoes and add the egg yolks; season with salt and pepper.
- Add the flour and knead to a smooth dough. Cut the dough in 4 pieces. Roll each piece of dough out into a log about the thickness of a dime and cut in to little “pillows.”
- Cook the gnocchi pieces in boiling water until they float; immediately transfer to ice water to stop them from cooking further.
- Drain the gnocchi and toss with a little olive oil; reserve for later.

When ready to serve

Pan sear the gnocchi in a hot skillet (not too many at once) and cook to golden brown. Drain on a paper towel. Heat Bison Ragu (if made earlier) and add the gnocchi; allow to cook together for a couple of minutes. Serve with fresh grated parmesan cheese and basil.

Bison Bourguignon

Created by Chef Gavin Mills

Ingredients

1 bison brisket, cut into 1-inch cubes
1 tablespoon kosher salt
4 tablespoons olive oil
4 medium carrots, coarsely chopped
4 stalks celery, coarsely chopped
2 medium onions, coarsely chopped
3 cloves garlic, chopped
1 large sprig fresh thyme
½ cup all purpose flour
½ bottle of Shiraz or Cabernet Sauvignon wine
6 cups beef stock
1 pound Red Bliss potatoes cut in half

Directions

- Season and brown meat in large cast iron sauce pan with the olive oil. Remove meat from the pan but leave the fat & juices.
- Add vegetables, herbs and garlic and sauté for five minutes or until slightly browned. Add wine and simmer until reduced by three-quarters.
- Add flour to the meat, and add the meat back to the pan.
- Add beef stock and bring to a boil. Cover pot with a tight fitting lid and cook at 300 degrees for two hours
- Add the potatoes and cook for another 45 minutes. To serve, sprinkle with chopped, fresh parsley.





Roasted London Broil with Warm Potato Salad & Squash Puree

Warm Potato Salad Ingredients

- 1 pound Red Bliss potatoes
- ½ onion, sliced
- 3 cloves garlic, chopped
- ¼ cup olive oil
- 2 ½ tablespoons cider vinegar
- 2 tablespoons fresh parsley, chopped

Warm Potato Salad Directions

- Boil the potatoes gently in water with the garlic.
- When potatoes are fork tender, drain and then add back to the pan. Add onions, vinegar, olive oil and parsley to the potatoes and crush gently with a fork
- Season with salt and pepper to taste

Butternut Squash Puree Ingredients

- 1 medium butternut squash, peeled and seeded
- ½ onion, sliced
- 2 cups half and half
- 1 clove garlic
- 1 sprig fresh thyme

Butternut Squash Puree Directions

- Add all ingredients together in a pan and cook on a medium heat until the squash is very tender.
- Strain the squash and onions but reserve the liquid.
- Add the vegetables to the blender with ¾ cup of the cooking liquid.
- Puree until very smooth.

London Broil Ingredients

- 3-4 pound bison London broil steak
- sea salt
- cracked black pepper
- olive oil

London Broil Directions

- Heat oven to 250 degrees.
- Thirty minutes before cook time, set the steak out and season with fresh cracked black pepper and sea salt.
- Sear the steak in a heavy bottom cast iron pan. Place the steak on a baking sheet; cook in the oven at the middle rear, if possible, turning every ten minutes, until internal temperature is 125 degrees.
- Take the meat out of the oven and rest for 20 minutes; meanwhile, heat the oven back up to 400 degrees. Place the steak back in the oven for five minutes to reheat.
- Slice steak across the grain to insure tenderness.

To assemble dish:

Place two large spoonfuls of the puree on each plate. On top of this, place ½ a cup of the potato salad. Last, place a serving of meat slices on top, Serve with a Shiraz wine.

Bison Braunschweiger

Ingredients

- | | |
|-----------------------------------|-----------------------------|
| 2 pounds fatty pork, medium diced | 2 teaspoons pepper |
| 2 pounds bison liver | ½ teaspoon ground all spice |
| 1 onion, fine diced | 1 teaspoon nutmeg |
| 1 tablespoon bacon grease | 1 teaspoon coriander |
| 6 tablespoons dried milk | 6 cloves garlic |
| 1 teaspoon salt | 2 teaspoons paprika |

Directions

- Cover the pork with water and boil for 2 hours or until tender. Chill. Gently sauté the onions and garlic in the bacon fat. Chill when cooked.
- Grind the liver through a fine grinder plate and chill.
- When all ingredients above are cold, use a food processor to blend the pork and onions until very smooth.
- Add the liver, spices and seasoning and puree until smooth.
- Put mixture into a sealable jar and keep cold until ready to cook.
- Place jar(s) in a deep roasting pan and fill with hot water half way up the side of the jar(s).
- Cook at 300 degrees until the internal temperature reaches 150 degrees.





AMY SHERMAN

Amy Sherman is a San Francisco-based recipe developer and publisher of the award-winning food blog *Cooking with Amy*. She creates custom recipes for clients including Keurig, T-fal, Whole Foods, Grocery Outlet, Pear Bureau Northwest and the California Avocado Commission. She is the author of *Williams-Sonoma New Flavors for Appetizers and WinePassport: Portugal* and is currently working on her next cookbook *A Microwave, A Mug, A Meal*.

Bison Tagliata

Created by Amy Sherman
Serves 4

Ingredients

2 ribeye or strip bison steaks
Arugula
chunk of Parmesan or Pecorino
1 lemon
extra virgin olive oil
salt and freshly ground pepper

Directions

- Preheat oven to 350 degrees. Heat a heavy cast iron skillet over high heat. Pat the steak dry and season generously with salt and pepper. Sear the steak in the skillet, cooking for 2-3 minutes on each side, until brown. Transfer the skillet to the oven and roast for 5 minutes. Remove from the oven and transfer steak to a cutting board and cover with foil and let stand for 10 minutes.
- Arrange arugula on four plates; shave cheese using a vegetable peeler and place strips of cheese on the salad. Slice the steak against the grain and lay strips on the salad. Drizzle with a tiny bit of olive oil. Serve with a lemon wedge.

Note from Amy:

It's summer and thoughts turn to grilling. Me? I'm in an apartment with no grill, but that doesn't stop me from eating stuff people normally grill like steak. Just as I warmed up to grass fed beef, I'm pretty much head over heels for bison steak, and I have a nifty way of cooking it sans grill.

Bison is much lower in fat than beef, high in iron, slightly lower in cholesterol. Bison are grazing animals and part of the ecosystem that helps keep grasslands healthy. Because it is so lean, cooking it fairly gently is important so it stays tender and flavorful.

I like a certain Italian way of eating steak called "tagliata" which just means sliced. Instead of a big hunk of meat you get slices of perfectly cooked medium rare steak over a spicy arugula salad drizzled with extra virgin olive oil, some shavings of Parmesan or Pecorino and a wedge of lemon. Using smoked olive oil is a great way to get the taste of the grill without, you know, a grill. It's expensive but a tiny bit goes a long way, and it doesn't lose pungency if you store it properly (in a cool dark place).

This is a super lazy summertime meal, it requires very little cooking, and it's a one dish meal to boot.



Bison Tacos with Avocado & Radish

Created by Amy Sherman who adapted this recipe from *Everyday Food*, Martha Stewart
Makes 6 tacos

Ingredients

10 ounces bison strip loin steak
vegetable oil
chile powder
ground cumin
1 avocado, pitted, peeled and diced
4 radishes, diced
2 green onions, sliced
2-3 tablespoons cilantro
1 Jalapeno pepper, diced, more or less as desired
2 limes
pinch salt
6 small corn tortillas, preferably homemade

Directions

- Allow the steak to come to room temperature. Pat it dry with paper towels, then rub it with a, just enough vegetable oil so it is glossy, but not slick. Sprinkle all sides with chile powder and ground cumin. Heat a cast iron skillet. Sear the meat 3 minutes on the top and bottom and then another 2-3 minutes on the other two sides (loin is almost square shaped). Allow to cool 10 minutes, then slice thinly.
- Make salsa by combining the diced avocado, radishes, green onions, cilantro and jalapeno. Slice the limes in half and squeeze them over the salsa, sprinkle with a pinch of salt, gently mix and taste. Adjust seasoning as you see fit. Heat the tortillas, top with slices of steak and salsa.





LISA BOLTON

Lisa Bolton is the cooker, baker & picture taker behind the food blog Food Well Said (formerly sixtyone45.com). She cooks thoughtful comfort food with a focus on local, sustainable and whole ingredients.

Wild Boar & Bison Chili

Created by Blogger Lisa Bolton, sixtyone45.com

This is a slow cooker recipe; however you can make it on the stovetop and simply let it simmer at least 90 minutes.

Ingredients

3 slices thick cut double smoked bacon
 1 cup chopped onions
 3 garlic cloves, minced
 1 pound ground bison
 2 wild boar sausages, casing removed
 1 cup diced carrots
 1 cup diced celery
 3 cups fresh spinach, roughly chopped
 1 pint stewed tomatoes

1½ cups of water or stock
 ¼ cup tomato paste
 1 large can black beans, rinsed
 1 tablespoon dark balsamic vinegar
 1 tablespoon agave nectar (or brown sugar)
 2 tablespoons chilli powder
 1 tablespoon smoked paprika
 salt and pepper to taste



Directions

- Heat a heavy pan to medium-high and add coarsely chopped bacon. Sauté for two to three minutes, and then add onions and garlic and sauté until onions become translucent.
- Add ground bison and sausage meat and sauté until cooked through.
- While meat is cooking, add all remaining ingredients to slow cooker and stir until mixed thoroughly.
- When meat is cooked, add to slow cooker and stir to combine.
- Taste at this point and adjust seasoning as necessary.
- Set slow cooker to low and cook overnight, up to 8 hours, or simmer on stovetop for 90 minutes. Enjoy!



ELLY KAFRITSAS

Home cook and food blogger Elly Kafritsas is of Greek decent. Typical of the stereotype, she grew up in restaurants and has always loved cooking. She prepares and blogs about a wide variety of foods from all over the globe. She, her husband and two children, ages four and one, live in Illinois and all love to eat! Check out her blog at ellysaysopa.com.

Bison Burgers with Pinot Noir Onions & Goat Cheese



Ingredients

1 large Vidalia onion, sliced
 1 sprig thyme
 1 tablespoon olive oil, plus additional for cooking burgers

2/3 cup Pinot Noir
 1 pound ground bison
 1 teaspoon Worcestershire sauce
 2 tablespoon chopped parsley

2 cloves garlic, finely minced or pressed
 salt and pepper
 4 ounces goat cheese
 4 split hamburger buns

Directions

- In a heavy bottomed skillet, heat the oil over medium heat. Add the onions and the thyme. Reduce the heat to medium low and cook with a pinch of salt until the onions are soft golden brown, about 25 minutes, stirring occasionally. Pluck out the thyme sprig (if you used the whole thing...I do that because I'm lazy) and then increase the heat to medium-high. Add the wine and cook until it's almost completely absorbed, about 5-10 minutes.
- Meanwhile, lightly mix together the bison, Worcestershire, parsley, garlic and salt and pepper. Form into 4 patties (I like to salt and pepper them on each side, again) and cook them however you like—grill, broil, pan fry (I used my cast iron skillet), about 2 minutes per side for medium rare.
- Broil or toast the buns with the goat cheese on them. Serve the burgers on the toasted buns with the onions. Serves 4.

Cooking Bison Meat

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 with 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. n

Best Cooking Method For Bison Cuts

Gold – Most Tender

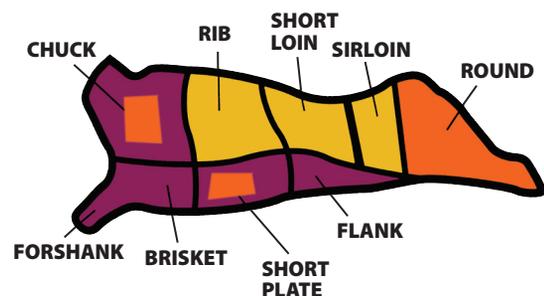
Tenderloin, Strip Loin, Rib and Rib Eye, Top Sirloin. *Cooking method:* dry heat

Orange – Medium Tender

Back Ribs, Bottom Sirloin, Sirloin Tip, Top Round, Bottom Round, Eye of Round, Skirt. *Cooking method:* combination of dry and moist heat

Purple – Less Tender

Chuck, Brisket, Flank, Shoulder Clod, Short Ribs, Stew Meat. *Cooking method:* moist heat



Broiling /Grilling: Steaks from the Tenderloin, Rib, Short Loin, Sirloin and Ground Meat. Start with a hot grill, cook hot and fast.

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

Pan frying: Cubed or marinated steaks.

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).

Colorado Culinary Academy

Offering Courses for Professional and Recreational Cooks



Chef Andy Floyd

The Colorado Culinary Academy educates culinary professionals through its professional 12-week culinary training program using a comprehensive, accelerated curriculum of classic French technique in a contemporary setting. Students gain solid hands on culinary training in a holistic environment, including; lecture, labs, theory, research and application.

With class sizes of 16 students per term, two instructors per day offer students the foundations to take their formal culinary training to a higher level.

The Colorado Culinary Academy is the direct result of a vision shared by Yvonne Haag, president and Chef Andy Floyd, academic director. Founder of the Kitchen Table Cooking School, Haag hired Floyd to assist her in running this recreational cooking

program. Floyd took his previous culinary program development experience from Culinary School of the Rockies and Cook Street Cooking School to create the Colorado Culinary Academy.

Advent of the artisan food world as pushed the culinary industry back to a “ground to the table” approach. In this environment, the Colorado Culinary Academy provides recipe development.

“We embrace and encourage our students, faculty and staff to take advantage of non-traditional opportunities that consistently present themselves to the Colorado Culinary Academy,” said Floyd.

Recipe development has been applied to bison with chefs from the Colorado Culinary Academy creating recipes served at the National Bison Association’s winter conference luncheon in 2013 and again in 2014. For additional information, please contact Paul. C. Kelly at Admissions@coloradoculinaryacademy.org or visit www.coloradoculinaryacademy.org

Peppadew Barbecue Bison Ribs

Created by Chef Sam Milligan, Colorado Culinary Academy

Serves 12

Peppadew Barbecue Sauce Ingredients:

12 ounces brown sugar	½ cups dark chili powder
1 ½ cups Champagne vinegar	¼ cups ground black pepper
1 ½ cups molasses	4 tablespoons garlic, minced
1 ½ cups honey	1 tablespoon star anise, ground
½ cups Worcestershire sauce	114 ounces tomato ketchup
½ cups whiskey	1 #10 can Peppadew peppers
½ cups Dijon mustard	

Bison Rib Rub Ingredients:

2 cups sugar	1 cup salt
½ cup Paprika	¼ cup thyme, chopped
4 tablespoons garlic, minced	1 cup extra virgin olive oil

Bison Rib Braise Ingredients:

4 bison rib racks	8 cloves garlic
1 onion	1 teaspoon thyme
1 stalk fennel	10 peppercorns
4 tomatoes	¾ gallon light beer



Directions for Peppadew Barbecue Sauce:

- Mix Peppadew peppers and ketchup and puree until smooth.
- Combine all barbecue sauce ingredients in a large stock pot and bring to a boil. Reduce to a simmer and allow to cook for 30 minutes.
- Remove from heat and allow to cool.

Directions for Braising Bison Ribs:

- Mix all bison rib rub ingredients together and add oil to bind. Rub ribs on both sides with the rub.
- Combine all bison rib braise ingredients in a braising pan, making sure the ribs are covered in liquid.
- Braise at 300° until tender.
- To finish, cut ribs to desired portions and finish by browning on the grill or in the oven. Add sauce for the last 3 minutes of cooking (or right before service) Garnish with sliced chives.

Bison Osso Bucco Tacos

Created by Chefs Sam Milligan & Michael Wills
Colorado Culinary Academy

Serves 4

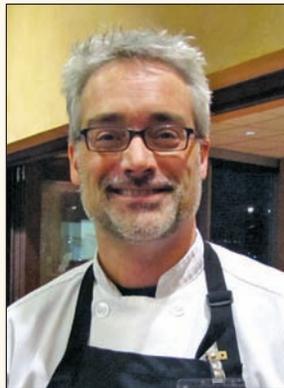
Ingredients Bison Osso Bucco Braise

4 bison shanks
salt to taste
ground black pepper to taste
4 garlic cloves, minced
1 tablespoon Ancho chile powder
1 teaspoon coriander, ground
1 teaspoon Mexican oregano
1/2 onion, chopped
2 small Chipotle peppers (in adobo), diced
1/3 cup red wine
4 cups veal or bison stock
2 bunches or to taste cilantro, chopped

Onion Salsa Ingredients

1 small onion, diced
1 Jalapeno, minced
1 teaspoon cilantro, chopped
1/2 lime, juiced
1 teaspoon olive oil

8 small corn or flour tortillas



Michael Wills



Sam Milligan

Directions Bison Osso Bucco Braise

- Create a dry rub with the salt, pepper, minced garlic, Ancho chile powder, coriander and Mexican oregano and rub the shanks.
- Sear the shanks in an oven-proof pan or baking dish with oil until browned. Remove the shanks and set aside.
- Add chopped onion to pan and brown. Add the diced Chipotles to the onions.
- Deglaze with red wine and reduce by three-quarters.
- Return shanks to pan, add veal stock and cilantro. Bring to a boil, cover, place in a 300-degree oven and cook until tender.

Final Assembly

Combine all onion salsa ingredients in a bowl.

Shred the cooked bison shank

Place the shredded bison meat in 8 small tortillas and top with the onion salsa.





The National Bison Association

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 Cana-

da 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.

(303) 292-2833

info@bisoncentral.com

Visit us at: www.bisoncentral.com

