

Go Gourmet **BISON**



7 Reasons to Choose Bison

By Marilyn Bay Wentz

1 • Taste

It all comes down to taste. If food doesn't taste good, it is difficult to get excited about eating it. Bison is not only good for myriad reasons that follow, it tastes great. Some say it is sweeter than other meat. It is lean and flavorful.

2 • Nutrition

A 3-ounce serving of roasted bison (and are there ever some nice recipes for roasting and using roast leftovers in this brochure) has 143 calories, 28.4 grams of protein and 2.4 grams of fat, including just 0.9 gram of saturated fat, and more than half the daily recommendation of iron. For those sustained by a 2,000-calorie per day diet, this 3-ounce piece of bison provides 48 percent of daily recommended protein, 3 percent of total fat and 4 percent of saturated fat.

Bison also is high in the B complex of vitamins, containing 14 percent of daily recommended riboflavin, 16 percent of niacin, 17 percent of vitamin B-6 and 41 percent of vitamin B-12. Among other things, B vitamins support healthy eyes, hair and skin. They also help turn food into energy and ensure healthy liver and nervous system function.

A serving of bison provides 18 percent of phosphorus, 21 percent of zinc and 43 percent of selenium. Iron is essential in forming the red blood cells that bring oxygen throughout the body. Phosphorus helps form strong bones. Zinc is necessary for the exercise of the senses of smell and taste, and selenium is essential to forming DNA and preventing cell damage from free radicals.

3 • Good for the Environment

Bison are foragers. As they move throughout their pastures, they eat grasses, as well as weeds and noxious plants that other species leave behind. As they graze, their cloven hooves spread seed and their urine and manure enrich the soil.

4 • Natural

The National Bison Association Code of Ethics prohibits members from administering sub-therapeutic antibiotics (antibiotics only intended to stimulate more rapid growth) or other growth promotants to bison.

5 • Supports Family Ranchers

Buying bison meat supports the family ranchers who raise them. Buying bison meat also creates demand, which encourages producers to continue raising bison. This demand will ensure bison will never again be threatened with extinction. Today, bison in North America number more than 450,000, despite having dropped to an estimated 1,000 total animals around 1900.

6 • Readily Available

While bison meat was once difficult to find in grocery stores, today even many supermarkets carry a selection of bison cuts. In addition, consumers have the option of buying bison directly from ranchers, either from a ranch store or at a farmers' market. The National Bison Association has members in all 50 states. To find a farm or other meat source near you, visit www.bisoncentral.com or download the free BisonFinder App from Google Play Store, or the Apple Store.

7 • Versatile

As the recipes in this brochure demonstrate, bison is versatile. Bison burgers are easy and wildly popular at backyard barbecues. Roasts can be prepared in the oven or slow cooked all day with broth and vegetables for that end-of-the-day family dinner. Steaks are great on the grill for special occasions. A favorite of late is buffalo jerky; it packs a whammy of nutrition and taste in a small, flavorful snack! ■

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 Nutritionally Superior

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.

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 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. ■

Best Cooking Method For Bison Cuts

Gold – Most Tender

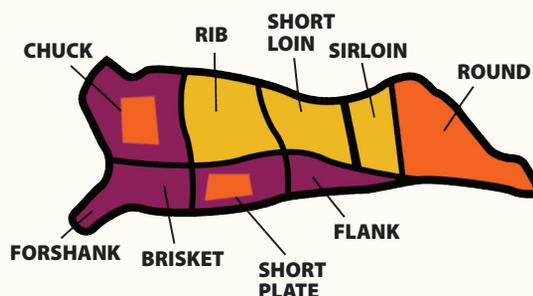
Tenderloin, Strip Loin, Rib and Rib Eye, Top Sirloin. *Cooking method:* dry heat

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).

Meet Chef Patricia Belaire

Colorado Culinary Academy



Chef Patricia Belaire was born and raised in Buenos Aires, Argentina. Her grandparents immigrated to Argentina from Italy, Spain and France, and her childhood revolved around cooking and eating. “Nose-to-tail” eating has been an important part of her upbringing. She loves this culinary aspect of her Argentine-European traditions and is passionate about this style of cooking and eating. Her family vacations were planned around restaurants (both in Argentina and overseas), making for some amazing culinary experiences. As an adult, she continued to travel extensively and has dined in some of the world’s finest restaurants.

Patricia graduated at the top of her class from Cook Street School of Culinary Arts in 2008. Her first job after graduation was setting up a new pastry and preserve business. This start-up launched in the Colorado farmers’ market scene during the summer of 2009.

In 2010 Patricia became a recreational cooking instructor at Kitchen Table Cooking School, Denver, Colo. and she remains a popular part time recreational instructor at Kitchen Table. In 2012, she joined the Colorado Culinary Academy staff as part of the opening culinary instructional team, which is a natural extension of her teaching skills, food culture and culinary technique.

In 2014 she became the community liaison for Colorado Culinary Academy. As part of her outreach, she performs weekly demonstrations at the Broomfield Farmers’ Market during market season (April through September). She also works closely with community high schools, local culinary events and the admissions department of the school. Contact her at culinary-instructor@coloradoculinaryacademy.org ■

This recipe was featured at the 2015 NBA Winter Conference. It was created by Chef Patricia A. Belaire, Colorado Culinary Academy, Denver, Colo.

Bison Fillet with Maple Nut Brown Beer Mushroom Demi Glace and Potato Purée with Roasted Anaheim Chilies



Serves 2

Ingredients-Potato Puree:

1 pound baking potatoes, medium starch and mealy like Idaho
¾ cup cream or milk, hot
¼ cup butter (cut into ½ inch cubes, left at room temperature)
salt and pepper to taste
2 ounces (1/3 cup) roasted Anaheim or poblano chilies or a blend, small diced

Ingredients-Roux & Bison:

¼ cup flour
2 tablespoons butter
2 8-ounce bison fillets

Ingredients-Sauce:

2 tablespoons olive oil
2 tablespoons unsalted butter
1 shallot or equivalent size onion, diced
2 cloves garlic, minced
1¾ cups Cremini mushrooms, thinly sliced

- ¼ cup Tommyknockers Maple Nut Brown Ale
- 1 cup bison or beef stock (more if needed)
- 1 tablespoon heavy cream or cold butter chunks
- salt and pepper to taste

Directions-Purée:

- Peel and cut potatoes into 1" cubes. Place in a pot of cold water.
- Bring water and potatoes to a boil, then add salt. Reduce to simmer and cook until tender. Be careful not to hydrolyze (saturate with water) the product by over cooking.
- Drain the potatoes; then place on a baking sheet. Dry in a 350° oven for a few minutes.
- Purée potato cubes in a food mill or ricer. If available, pass through a tamis for a super fine purée.
- Flavor with hot cream or milk, room temperature butter, and roasted chiles.
- Season with salt and pepper.

Directions-Roux & Bison:

- Combine flour and butter in a pan. Melt. Cook to blonde and set aside.
- Season both sides of bison fillets with salt and pepper.
- In a medium saucepan, heat the olive oil for the sauce over high heat. Once hot, add the bison and sear until golden brown, about 3 to 4 minutes per side. Remove from the pan and finish cooking bison in oven until internal temperature reaches 130°F.

Directions-Sauce:

- Reduce the heat in the pan to medium and melt the butter. Add shallots and garlic and sauté until translucent.
- Add mushrooms and sauté until the liquid is evaporated and the mushrooms are tender, about 8 minutes.
- Deglaze the pan with the beer by adding it to the pan while scraping pan bottom and sides of the browned bits. Simmer to reduce the beer by half.
- Add the bison stock to the pan and simmer on low.
- Add ½ of the roux and bring sauce to a boil.
- Finish with cream or cold butter.
- Adjust seasoning if needed.
- Serve potato puree and bison fillets with the sauce.



Authentic American Dining

Ted's Montana Grill New Mexico Bison Burger

Makes four burgers

Ingredients:

- 2 pounds freshly ground bison
- salt & pepper or other seasonings to taste
- 4 Kaiser rolls or onion buns
- 6 ounces grated Pepper Jack cheese, divided four ways
- 2-4 (depending on size) whole roasted, seeded & cored Anaheim chiles to cover burger, fresh, canned or frozen
- 8 ounces guacamole, homemade or prepared
- 4 teaspoons spicy tomato jam (recipe follows)

Directions:

- Heat grill to medium-high.
- Shape ground bison into four equal-size patties. Season both sides.
- Place patties on hot grill and cook for approximately four minutes. (TMG uses a cooking dome.) Turn burger patties and place 1½ ounces cheese in the center of each patty. Cook for two to four minutes or until cheese is melted and desired doneness achieved (medium-rare recommended).
- While burgers cook, split buns, spread lightly with butter and toast both sides of buns in an oven on the broil setting. (Watch carefully to avoid over toasting.) Arrange toasted buns on dinner plates and spread approximately 1 teaspoon of spicy tomato jam on the top of each bun half.
- Before removing patties from grill, place roasted chile on top of each burger.
- When burgers are done cooking, use a metal spatula to place patties on bottom halves of buns. Top each burger with 2 ounces of guacamole.
- Serve with fries, onion rings, salad or other side.

*This recipe resembles the procedures used by TMG chefs as closely as possible but is modified for home cooking.

Spicy Tomato Jam

Ingredients:

- 3 tablespoons olive oil
- 1 cup diced onions,
- 3 tablespoons chopped garlic
- 2 pounds canned, diced tomatoes
- 2 tablespoons chipotle puree
- 1 tablespoon honey
- 1 tablespoon tomato paste
- ½ cup brown sugar
- ½ cup red wine vinegar
- 1 teaspoon oregano
- 1 teaspoon cumin
- 1 teaspoon salt

Directions:

- Saute onions in olive oil for five minutes. Add chopped garlic and cook for an additional minute
- Combine all remaining ingredients in a mixing bowl. Add to garlic and onion mixture and simmer for 15 minutes, stirring frequently.
- Puree mixture. Chill until needed.

Pride, Craftsmanship

Define Continental Sausage Company Culture

By Marilyn Bay Wentz, Bison World Editor

Those who work in government have been known to quote Otto von Bismarck “If you like laws and sausages, you should never watch either one being made.” I found nothing of the sort in my three-hour tour of Continental Sausage, Denver, Colo., this past spring.

What I did find were a hard-working but laid-back staff, wholesome ingredients, and traditional craftsmanship and smoking methods.

John Roelke, vice president of sales and marketing, led me—donned in white coat and hair net—through the many rooms of Continental Sausage. As we moved from the offices to procurement refrigeration to product mixing to smoking to packaging, he enthusiastically explained the process and the unique characteristics of the sausage maker’s products.

“We are different,” said Roelke.

“When we wake up in the morning, we think about how to make the best possible sausages.”

While a small segment of Continental Sausage customers is unconcerned with nitrates in their product, the majority of its line, all sausages for the U.S. market, are naturally processed without the use of chemicals, MSG or fillers. The sausage maker purchases bison, beef, pork, lamb chicken, elk, pheasant, veal and other meats from farmers who pledge never to administer antibiotics or growth hormones. The farm protocol also includes requirements that the animals be humanely raised on family farms and ranches.

As we walked through the plant, I saw baskets of onions, garlic and potatoes, attesting to the sausage maker’s commitment to use only whole, organic vegetables. Continental Sausage also makes



several different beer brats, each with a distinctive taste according to the particular beer used.

As we made our way through the sausage plant, Roelke introduced me to each and every employee and told me what the employee did. Wow!

I saw bison bratwurst made by expert sausage maker Billy Torres. This recipe included a bit of pork, as well as cheddar cheese, onion and garlic.

“It takes at least six months to learn to make sausage, but we work our entire careers to perfect this craft,” said Torres.

Continental Sausage is a family owned and operated business. It was established in Denver in 1969 by Swiss immigrant Ted Jaeggi. In



Billy Torres



Bison Pastrami

1978, the Gutknecht family, who had been in the sausage making business near Zurich since 1809, purchased the business from Jaeggi. Eric Gutknecht took over the business in 2003. He and his wife run it today.

A little over five years ago, Roelke, who is trained as a chef, toured Continental Sausage, and in his own words, “begged Eric to give me a job.” His enthusiasm for the company and its products have not waned.

“In 2013, we grew by 27 percent, and in 2014, we grew by 44 percent,” he said.

Roelke’s marketing program includes expanding the sausage maker’s customer base. “We sold only to food service establishments until five years ago when we began to sell to retail outlets. Continental Sausage products are in Whole Foods, Costco, Tony’s, Marczyk’s and other specialty meat shops,” he said.

Roelke said the time is right to expand into retail as consumers seek chemical-free, humanely-raised sausage products. There also is growing demand for wild game and exotic



sausages, which includes bison.

“People say you can’t make a 100 percent bison sausage, because it is too lean. Not true,” said Roelke. “Bison fat is perfect for sausage.”

When we finish the tour, Roelke points to the paper displayed in the plant entry. Two letters summarize reports from the latest plant audits by Whole Foods and Costco. “Ninety-nine out of 100 for Whole Foods and 98 out of 100 from Costco’s audit. We love scrutiny,” he said.

Also displayed here is an article announcing Continental Sausage’s designation as a “Colorado company to watch” in *Colorado Business*. The company is also applauded by the Daniels Foundation, earning the distinction of being on its Colorado Ethics in Business list.

“We were a 2014 blind taste test winner of the Good Food Award for our bison pastrami,” said Roelke. “We make it with bison from Rocky Mountain Natural Meats.”

Continental Sausage recently underwent a “green audit” to help the company find ways to implement technology that is better for the environment and which also contributes to its bottom line. More efficient plant lighting and smokers that don’t pollute are examples of recent changes.

“Our newest smoker goes all day without burning more than two pieces of wood, and the best part is that the air that is emitted outside is actually cleaner than the air drawn in to do the smoking,” said Roelke. “Isn’t that great?”

Throughout the three hour tour and discussion following, I had consumed, according to Roelke, about a pound of meat. I tried absolutely delectable bison sausage, pastrami, veal sausage, and by far the best hot dog, ah, frankfurter EVER. He and the smoking manager explained that there is no such thing as a hot dog in traditionally prepared sausage plants.

Besides being delicious, I could actually feel the difference in the texture and lingering flavor in the Continental Sausage products I ate. I was easily satisfied until supper time, yet never had that feel of residue in my mouth. ■

Continental Sausage’s Southwest Jambalaya

This is a Southwestern twist on a Cajun classic. Have fun with this recipe. The proteins, seasonings and the spice can easily be adjusted without doing any real harm to the dish.

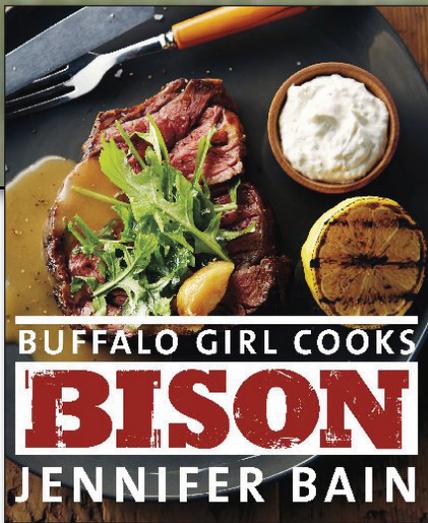
Serves 10

Ingredients:

- 1 tablespoon vegetable oil
- 2 Continental Southwest Buffalo Brats or Buffalo jalapeno Cheddar Brats
- ½ pound diced bacon
- Optional-10 big shrimp, peeled and deveined
- ½ pound cubed chicken
- 1 large onion, chopped
- 1 anaheim chile, chopped
- 1 small jalapeno, diced
- 1 poblano pepper
- 1 bell pepper, chopped (red, orange or yellow)
- 1 can black beans, drained
- 1 cup corn
- 1 diced tomato
- ½ cup minced fresh parsley
- 2 cloves garlic, minced
- 2 teaspoons sea salt
- ¼ teaspoon thyme
- ¼ teaspoon Cayenne pepper
- ½ teaspoon Tabasco sauce
- 2 cups rice

Directions:

- Fry the bacon in a large frying pan, stirring frequently. Remove the bacon and drain all but 2 tablespoons of the fat. Add the onions, bell pepper, and chiles and cook them for 4-5 minutes. Then add the chicken, and cook for an additional 4-5 minutes. Add the parsley, bacon, corn, sausage, tomatoes, garlic and seasonings, and stir thoroughly.
- Pour the uncooked rice over the mixture, and add just enough water to barely cover the rice. Do NOT stir.
- Cover the frying pan, bring the mixture to a boil, then reduce heat to medium-low and cook for 30 minutes. Remove the cover, reduce the heat even further, (add the shrimp now) and continue heating approximately 15 minutes to “dry” the jambalaya and cook shrimp.



BUFFALO GIRL COOKS BISON

in protein and lower in fat than beef, and packed with iron and omega-3 fatty acids.

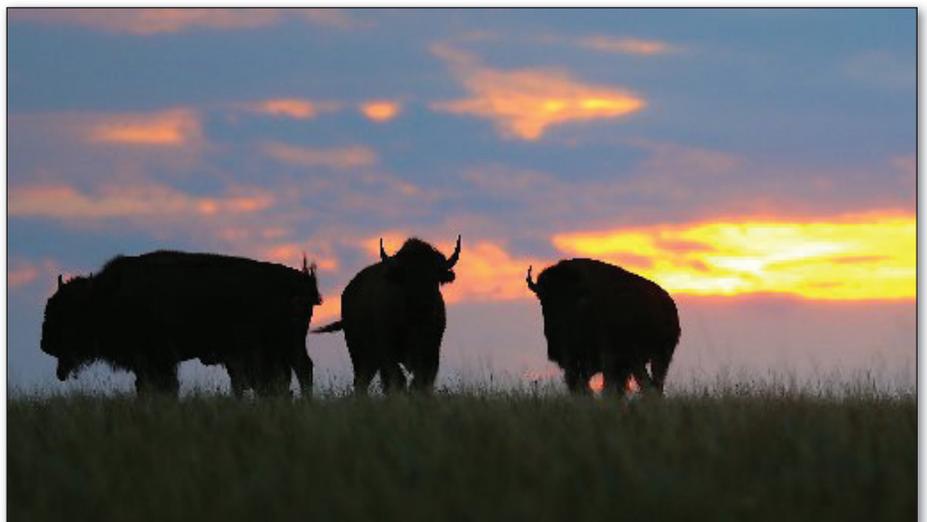
Also included are the riotous and rowdy stories of bison ranchers across the prairies who believe in meeting

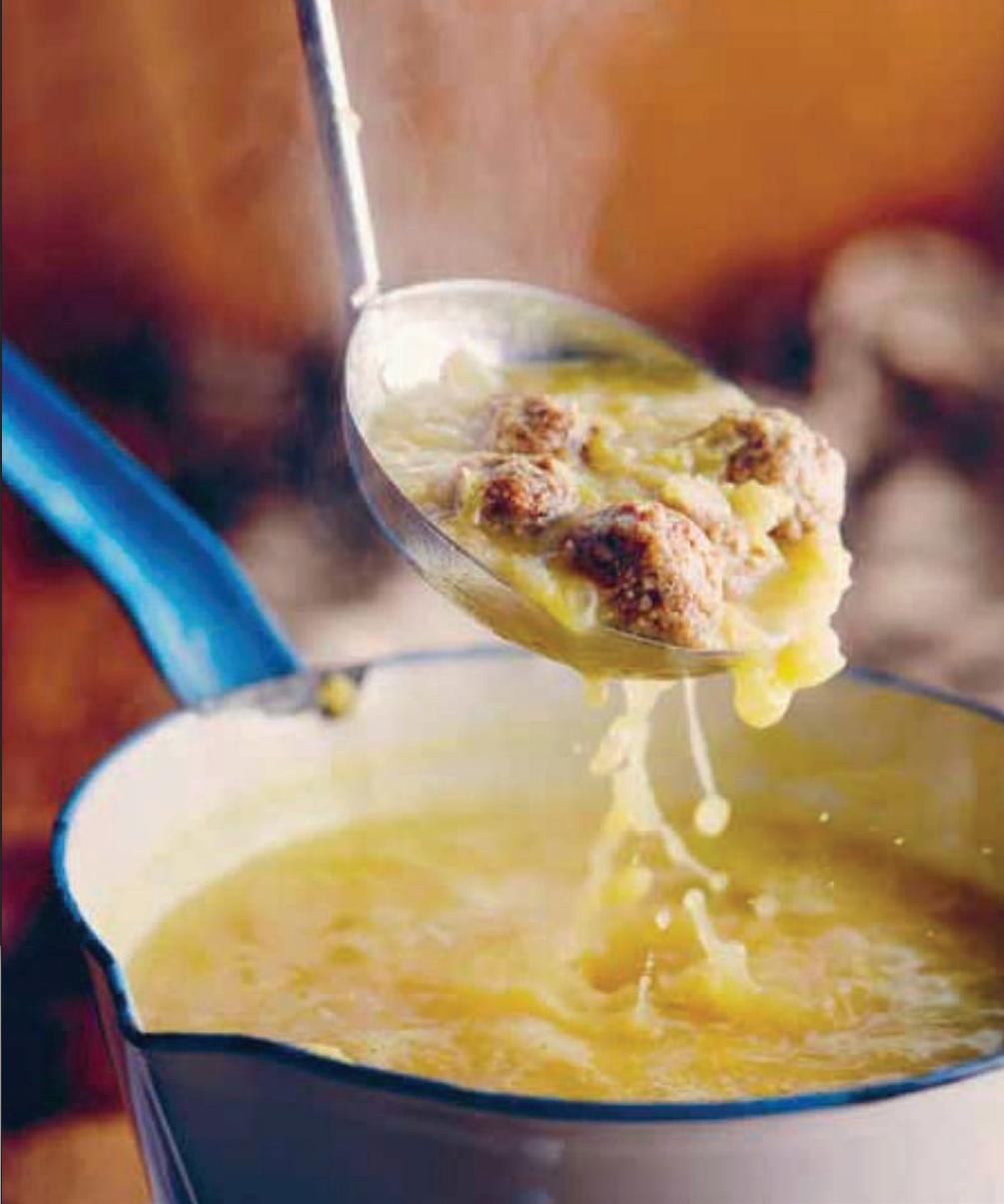
what you eat. These ranchers champion the ancient practice of making use of every part of the animal, and share recipes for everything from hump roast to rump roast.

Bain is a food writer and food

The National Bison Association is proud to showcase “*Buffalo Girl Cooks Bison*,” a full color cookbook and commentary on bison ranching and harvest, with more than 100 wildly delicious recipes. The author is Canadian Jennifer Bain, bison rancher award-winning cookbook author, food journalist, and bison rancher.

“This cookbook will ensure that you’ll have plenty of culinary inspiration to try out every cut of bison, from tongue to tail,” said Bain. “An undomesticated species, bison are ethically raised and primarily grass fed. The result is a delicious meat higher





Red Lentil Soup with Mini Bison Meatballs

From *Buffalo Girl Cooks Bison*
by Jennifer Bain

Makes 6-8 servings

Ingredients:

- 1 cup dried, split red lentils, rinsed
- 8 cups water
- 4 tablespoons canola oil, divided
- 1 large yellow onion, finely chopped
- 1 pound ground bison
- 4 cloves garlic, minced
- 2 teaspoons kosher salt, divided
- 2 teaspoons freshly ground black pepper, divided
- 1½ teaspoons ground coriander, divided
- 1 teaspoon ground cumin
- ½ teaspoon powdered turmeric
- 2 tablespoons fresh lemon juice

Directions:

- In a large saucepan, combine lentils and water. Bring to a boil over high heat. Reduce heat to medium-low and cover. Cook until lentils turn mushy and start to disintegrate, about 40 minutes.
- Meanwhile, in a large nonstick skillet over medium, heat 2 tablespoons of the oil. Add onion. Cook, stirring, until golden, about 10 minutes. Transfer to a bowl and set aside.
- In a mixing bowl, combine the bison, garlic, 1 teaspoon of salt, 1 teaspoon of the pepper and 1 teaspoon of the coriander. Form the mixture by teaspoonful into marble-size balls.
- In the skillet used to cook the onion, over medium-high, heat the remaining 2 tablespoons of oil. Add meatballs. Cook, stirring, until browned, about 8 minutes.
- To the lentils in the saucepan, add the cooked onion, meatballs, remaining 1 teaspoon salt, remaining 1 teaspoon pepper, remaining ½ teaspoon coriander, cumin and turmeric. Cook over medium-low heat for 10 minutes. Stir in the lemon juice and serve.

editor at the *Toronto Star*. Her previous cookbook, *The Toronto Star Cookbook: More than 150 Diverse and Delicious Recipes Celebrating Ontario* was the Canadian winner of the 2014 Gourmand Cookbook Award for Lifestyle, Body and Soul in the

Foodwriting Category, as well as a finalist in the prestigious International Association of Culinary Professionals cookbook awards (2014).

She divides her time between Toronto and her ranch on the Alberta prairies. ■



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 sells meat directly to the public.

BISON ROAST

Delicious Now & Later

Ingredients:

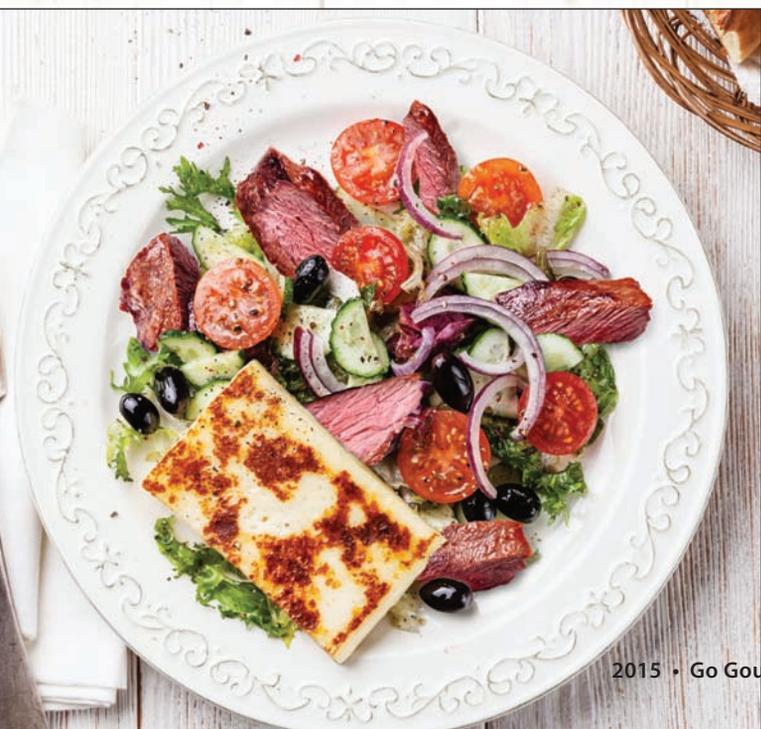
- 4 pound bison roast
- 1 tablespoon each, salt and pepper
- 1/2 tablespoon each, garlic and onion powder
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 cup dry red wine
- 1/2 cup bison or beef stock
- 2 tablespoons white wine vinegar
- 1/4 cup bison or beef broth

Directions:

- Pat roast dry with paper towels. Combine salt, pepper, garlic and onion powder and rub onto the roast. Place roast in self-seal bag and refrigerate several hours or overnight.
- Remove roast from refrigerator at least 30 minutes before cooking. Heat oven to 350 degrees.
- In a 6-quart Dutch oven heat oil on stove top over medium-high heat. Brown roast on all sides. Add onion, wine, stock and vinegar to the Dutch oven.
- Place browned roast in oven and bake until done, Basting occasionally with pan juices. Estimated roasting time: allow 15 minutes per pound for rare, 20 minutes per pound for medium rare to medium. Time is estimated, as conditions, such as opening the oven door, can vary the time needed to bake to desired doneness. The safest option is to use a meat thermometer. Rare to medium rare, remove at 115-125 degrees. Medium rare to medium remove at 125-145 degrees.
- When done remove roast to a platter, tent with foil and let rest for 15 to 20 minutes before slicing.



Leftover bison roast makes delicious meals fast and easy, including Greek salad and sandwiches.



Simple Greek Salad with Bison Roast

Ingredients:

- 1 pound leftover roast bison, cut into small slices
- 1 head romaine lettuce, rinsed, dried and chopped
- 1 red onion, thinly sliced
- 12 cherry tomatoes, cut in half
- 1 cucumber, sliced
- 3/4 cup Kalamata olives, pitted
- 3/4 cup crumbled feta cheese
- 1/4 cup or to taste Greek salad dressing

Directions:

- In a large salad bowl, combine the sliced bison roast, Romaine, onion, olives, tomatoes, cucumber and olives.
- Pour dressing over salad, toss and serve.

Crunchy Bison Wraps

Makes 4 wraps

Wraps are an easy way to use vegetables and leftover bison roast to create a very healthy lunch!

Ingredients:

Leftover bison roast cut into 1/2 inch strips- 3 to 4 strips per wrap
4 flour tortillas or wrap bread
1 1/2 cups chopped lettuce
1 red, yellow or orange bell pepper, julienne cut
1 zucchini cut matchstick size
12 cherry tomatoes cut in half
or 1/2 cup diced fresh tomatoes of your choice
1/2 cup cilantro, stems removed and leaves torn
1/4 cup Italian or your favorite vinaigrette salad dressing
1/2 tablespoon mayonnaise
salt and pepper to taste

Directions:

- Whisk the salad dressing and the mayonnaise together. Combine the lettuce, bell pepper, zucchini, and tomatoes in a large bowl. Add the dressing mixture to the vegetables and toss to coat.
- Place some of the vegetable mix and a few strips of bison on each tortilla, leaving room to roll. Add a bit of cilantro, salt and pepper to taste. Roll up and enjoy.

Tip: a mandolin is a great tool for making consistent sliced vegetables.



Leftover Bison Roast Sandwiches - 3 Ways

The best roast bison sandwich is a matter of opinion and personal taste. Whatever pleases your palate is good.

Bison Sandwich with Horseradish Pesto

Ingredients:

1 bunch fresh cilantro leaves
1/4 cup pine nuts or walnuts, toasted
3 garlic cloves, chopped
1 teaspoon prepared horseradish
1/2 teaspoon salt
1/4 cup extra-virgin olive oil
leftover bison roast slices
lettuce, tomato & Provolone cheese

Directions:

- Purée cilantro, pine nuts, garlic and horseradish. Gradually add olive oil until smooth.
- Drizzle the pesto directly on the meat and the bread when making the sandwich. Add lettuce, tomato and Provolone cheese.

Toasted Bison Sandwiches with Caramelized Onions

Ingredients:

1 yellow onion, sliced thin
olive oil
1 tablespoon butter
leftover bison roast slices
sharp Cheddar cheese slices
bread

Directions:

- Caramelize the onion by slowly sautéing with oil and butter on medium heat, stirring often.
- Place roast bison slices and caramelized onions on slices of buttered bread. Top with sharp cheddar cheese and place in the broiler for 1 to 2 minutes to melt the cheese.

South of the Border Sloppy Joes

Ingredients:

4 cups leftover bison roast, roughly chopped
1 tablespoon olive oil
1/2 cup diced onions
2 cloves garlic, minced
1-14 ounce can diced tomatoes
1-4 ounce can diced green chiles
2 tablespoons lime juice
2 tablespoons chopped cilantro leaves
rolls

Directions:

- In a large skillet, sauté onion and garlic in the oil until soft. Add bison, tomatoes, green chiles, lime juice, and salt and pepper to taste and stir to combine.
- Simmer until most of the liquid evaporates. Remove from heat and stir in cilantro. Spoon onto sliced rolls, Sloppy Joe style.

GROUND BISON

The Definition of Versatility

In general, Americans eat basic marinara sauce with few variations. In Italy there is a vast variety of red sauces. Here are two that have very different flavors.

Spaghetti with Bison & Sun Dried Tomato Sauce

The flavor of sun dried tomatoes is intense and a little sweet. Pairing sweet sun dried tomatoes with hot peppers makes for a spaghetti sauce like you've never tasted before. If you can't find fresh peperoncini, jalapeno or serranos will work as well.

Ingredients:

1 pound ground bison	salt and pepper to taste
1-8 ounce jar sun dried tomatoes packed in olive oil	1 teaspoon oregano
1/2 cup bison or beef stock	1/2 cup dry red wine
1 small onion, finely chopped	1 28-ounce can Italian crushed tomatoes
2 or 3 peperoncini peppers, finely chopped	Asiago cheese for shredding
3 cloves garlic, finely chopped	10-12 small basil leaves for garnish

Directions:

- Drain the oil from the sundried tomatoes, reserving 2 tablespoons. Purée the sun dried tomatoes with the stock in a food processor.
- In a deep skillet or Dutch oven, heat the oil. Add bison and brown, breaking it into small pieces. Add onions, garlic, peperoncini, salt, pepper, oregano and cook a few minutes more to soften the onions. Add wine to deglaze the meat and onions, then stir in the sun dried tomato purée and the crushed tomatoes. Bring sauce to a soft boil. Reduce heat to simmer.
- Cook the pasta al dente in salted water. Drain, place in bowls and ladle sauce over pasta. Generously grate Asiago cheese onto each serving, using the largest grating side for big chunks of cheese. Garnish with basil and serve.

Pasta Penne with Bison Bolognese Sauce

This is an intensely flavorful meat sauce that is made early in the day and simmers slowly for 3 to 4 hours. Using good ingredients and taking the time will be well worth the delicious reward.

Ingredients:

3 tablespoons olive oil	1/2 teaspoon salt
1 large carrot, diced	1-28 oz can crushed tomatoes (real San Marzano tomatoes are the best)
1 small onion, diced	1 pinch ground allspice
2 stalks celery, diced	1 package Penne pasta
1 1/2 pounds ground bison	Parmesan cheese for grating
1 cup whole milk	
1 cup dry white wine	

Directions:

- Use a large, heavy bottomed pot. Place the oil and butter into the pot and bring to medium-high heat. Add the diced carrot, onion and celery, stir to coat with the oils and allow to soften for about 6 minutes. Do not brown the vegetables.
- Add bison and use a wooden spoon to break the meat into small pieces. Do not let the bison brown; it should just lose its pink color. When the bison is no longer pink, pour in the milk and turn up the heat so that the milk comes to a soft boil. Stir the mixture often until the milk totally boils away. This will take about 20 minutes.
- Add the wine and repeat the process as with the milk until the wine is gone. Add the entire can of crushed tomatoes, salt and allspice. Stir well and turn down the heat to allow the mixture to simmer very gently, so only an occasional bubble comes to the surface. Do not cover. Allow to simmer slowly for three to four hours, stirring occasionally.
- Make and drain pasta, reserving 1/4 cup of the liquid. Add a cup of meat sauce to the pasta and reserved liquid and stir to coat. Place pasta into bowls, spoon the Bolognese over it and grate a generous amount of Parmesan cheese over each dish and serve.





Bison Stuffed Poblano Peppers with Crema

Ingredients:

1 pound ground bison	Cholula
2 cloves garlic	8 ounces Monterey Jack cheese, shredded
1 small yellow onion	1 cup cilantro, stems removed and chopped
4 Poblano peppers	1 lime
1-6 ounce can diced green chiles	1 cup Mexican crema or sour cream
2 tablespoons tomato paste	
1 tablespoon of your favorite hot sauce such as Tabasco or	

Directions:

- Combine the crema, the juice of 1/4 of the lime, half the cilantro and 1 tablespoon of water. Season with a dash of salt and pepper. Refrigerate.
- Pre-heat broiler to high. Place the poblano chiles directly on the rack and broil about 2 inches from heat, turning peppers with tongs until skins are blistered and well charred. Remove chiles and put in a plastic container with lid to steam for 15 to 30 minutes.
- Meanwhile, in a large pan, heat 2 teaspoons of olive oil on medium-high. Add the bison, garlic and onion. Cook until the meat starts to brown. Stir in the tomato paste, diced green chiles, hot sauce, salt and pepper to taste. Cook, stirring frequently until onions are soft and bison is fully cooked. Remove from heat.
- Remove the poblano chiles and peel off as much of the skin as possible by holding the chile at the stem, wrapping your finger tips around the chile to gently pull skin off. If charred well, most of the skin will come off easily. Once peeled, start from the stem end and make a slit in each pepper, stopping within a half inch of the end. Use your fingers to remove most of the seeds.
- Stuff each poblano with the bison filling and top with the cheese. Bake the stuffed poblanos in a 350 degree oven for 8 to 10 minutes or until the cheese is melted.
- Plate the poblanos and drizzle the crema on each, garnish with remaining cilantro and thin wedge of lime.

Bison Tartare

Eating raw meat and eggs may not be for everyone, but tartare is renowned as an elegant luxury served in the world's finest bistros and restaurants. If you are feeling adventurous or if you're looking to impress dinner party guests, make it yourself. It is simply unbeatable, especially when made with bison.

Prepare with only fresh bison from a trusted source. Classic steak tartare is served with a raw egg on top. As with the bison, use only fresh eggs—quail eggs if you can get them—from a local farmer or farmer's market.

Chop the steak with a knife to a diced size (1/8 to 1/4 inch size), just before preparing. Don't use a meat grinder.

Serves 4

Ingredients:

2 pounds top-quality bison sirloin steak or tenderloin ends (see tenderloin steak recipe on page 14)	4 small egg yolks, separated
2 teaspoons Dijon mustard	1 teaspoon Tabasco sauce
1/4 cup finely chopped shallots	1 teaspoon Worcestershire sauce
1 1/2 tablespoons chopped capers	salt and freshly ground black pepper to taste
	8-12 slices of baguette bread

Directions:

- Combine the bison and all the other ingredients (except the bread) one at a time, making sure they are mixed thoroughly. Cover the bowl with plastic wrap and chill the mixture for up to an hour to allow the flavors to blend.
- When ready to serve, form bison mixture into mounds on individual serving plates. Make an indentation with the back of a spoon and top each with the yolk of a quail egg. Guests can then mix the egg with their own steak tartare at the table.
- Serve with thin slices of toasted baguette along with more capers, shallots and hot sauce. Tartare can also be served with chopped pickles or sweet relish, chopped sun dried tomatoes or olive oil. The classic combination is capers, vinegar, pickles, salt and pepper.



BISON STEAK

Tender and Tasty

Tenderloin Roast Steak

Ingredients:

4-pound bison tenderloin, silver skin trimmed and trim ends if they taper to make the diameter more even.
2 tablespoons olive oil
1/2 tablespoon salt
1/2 tablespoon freshly ground black pepper
1/2 cup unsalted butter, room temperature
2 cloves garlic, finely chopped or crushed
1 tablespoon each fresh rosemary & thyme leaves, finely chopped
Butcher's twine, as needed

Directions:

- Heat the oven to 400°F rack middle.
- Heat a large cast iron skillet over high heat with 2 tablespoons olive oil until just starting to smoke. Place the bison in the pan and sear, turning occasionally, until golden brown all over. Transfer to a 13" by 9" baking dish and set aside.
- Make the butter spread by mixing butter, garlic, rosemary, thyme, salt and pepper in a medium bowl and smash with a rubber spatula until evenly combined. Using your hands, rub the butter mixture over the tenderloin and place in a roasting pan with a rack.
- Roast until the thickest part of the bison is 120°F to 125°F for rare or 125°F to 135°F for medium rare, 25 to 35 minutes.
- Transfer the bison to a cutting board. Tent it loosely with foil. Let it rest for 15-20 minutes before slicing to serve.



Skirt Steak with Pomegranate Gastrique

Ingredients:

3 pounds skirt steak, cut into 4, 1/2 to 3/4 inch steaks

Ingredients: Pomegranate Gastrique (makes 1/2 cup sauce, 4 servings)

1/4 cup clover honey
1/2 cup apple cider vinegar
1/2 cup pomegranate juice
salt and black pepper to taste

Directions- Gastrique:

- Heat the honey in a small saucepan over medium-low heat for 5 minutes or until it becomes a noticeably deeper shade of brown.
- Gradually add the vinegar and continue to cook, swirling the pan a few times, for about 5 minutes, until the sauce has thickened to the consistency of thin maple syrup.
- Add 1 cup of the pomegranate juice; boil until mixture begins to thicken, about 5 minutes. Remove from heat and add a pinch of salt and pepper.

Directions-Grilling Steak:

- Heat the grill on high. Pat steaks dry and sprinkle both sides with salt and pepper. Rub a little olive oil onto the steaks.
- Grill steaks on lightly oiled grill rack, turning once. Six to 8 minutes total for medium-rare. Transfer steaks to a cutting board and let stand, loosely covered with foil, 5-10 minutes.
- Slice steaks against the grain into 1/2 inch slices. Spoon 1 to 2 tablespoons of gastrique over each steak before serving.

Note: Skirt steak cooks quickly. With perfect timing and proper slicing, the results will be out-of-this-world delicious. The skirt steak is long and thin, with a grain that runs crosswise. Slicing across, rather than with, the grain is the difference between chewy and tender. Make thin slices at a 45-degree angle across the width of the steak. The gastrique will keep for two weeks in the refrigerator. Gently reheat, before serving.



Grilled New York Strip Bison with Mild Chile Rub

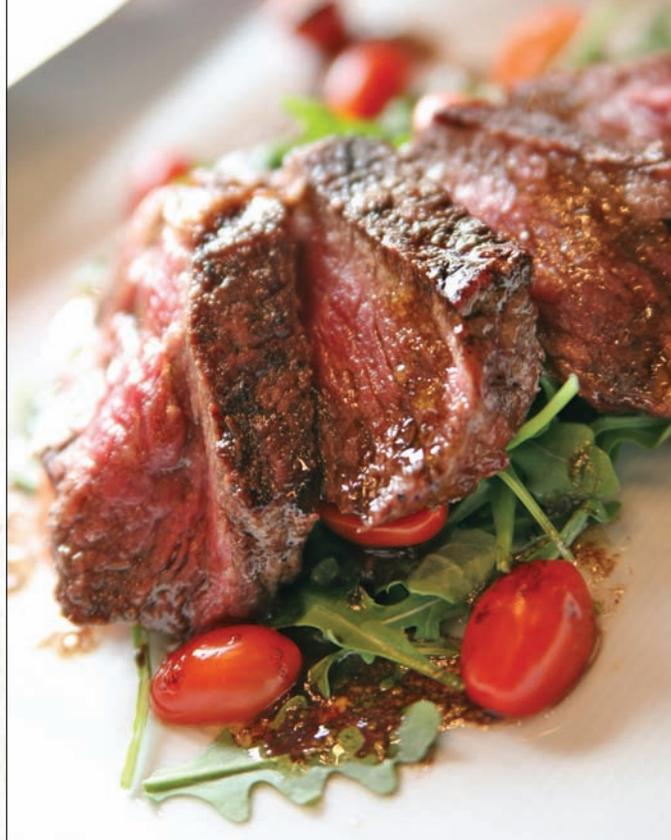
Ancho and Guajillo chile powders offer a great Mexican style flavor without the heat. Try other chile powders such as Arbol if you like it hotter. For flavor profiles and to purchase chile powder products, visit www.bulkpepercorns.com.

Ingredients:

4 12-ounce New York strip steaks	2 teaspoons garlic powder
4 tablespoons olive oil	½ teaspoon cumin
2 tablespoons Ancho powder	½ tablespoon kosher salt
1 tablespoon smoked paprika	½ tablespoon freshly ground pepper
2 tablespoons Guajillo powder	

Directions:

- To make the chile rub, combine all of the dry ingredients in a small bowl.
- Liberally sprinkle the rub on both sides of steaks, massaging into the meat. Wrap the steak tightly in plastic wrap and refrigerate for at least two hours or up to 24 hours. Remove the steaks from the refrigerator ½ hour to 1 hour before grilling.
- When ready to grill, preheat the grill to medium-high. Remove the plastic wrap, rub a small amount of oil on both sides of the steaks. Lightly oil the grill grate before putting the steaks on it.
- Grill the steaks about 4 minutes per side for medium-rare.



Bison Flank Steak with Yakisoba Noodles

Makes 4 servings

Ingredients:

8 ounces Yakisoba (Japanese-style noodles)	1 cup fresh green beans
12 ounces flank steak	¼ cup low-sodium soy sauce
2 tablespoons peanut oil	3 tablespoons fish sauce
4 garlic cloves, minced	1 tablespoon lime juice
1 tablespoon peeled, grated ginger	3 tablespoons unseasoned rice wine vinegar
1 large bell pepper, sliced	1 tablespoon toasted sesame oil
	freshly ground black pepper

Directions:

- Whisk soy sauce, fish sauce, lime juice, vinegar and sesame oil in a small bowl.
- Cook noodles in a large pot of boiling salted water, stirring occasionally until al dente. Drain, rinse and set aside.
- Heat 1 tablespoon of peanut oil in a large cast iron skillet on high. At the smoking point add the steak and cook about 4 minutes per side. The steak should have a nice sear of brown crust. Take the steak out, tent with foil and let rest 10 minutes.
- While steak rests, wipe out skillet and heat 1 tablespoon peanut oil over medium heat. Add bell pepper and green beans. Cook, tossing occasionally, until crisp-tender, about 4 minutes. Add scallions, garlic, and ginger and cook another 2 to 3 minutes stirring so it doesn't burn.
- Add the whisked liquids to the vegetables and bring to a simmer. Fold in noodles and let them warm while you thinly slice the bison steak against the grain.
- Divide noodle mixture evenly between 4 bowls, place several slices of bison steak in each bowl and serve immediately.
- Serve with your choice of accompaniments: torn cilantro leaves as a topping and a bit of Sriracha sauce if you like it a little spicy.





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

