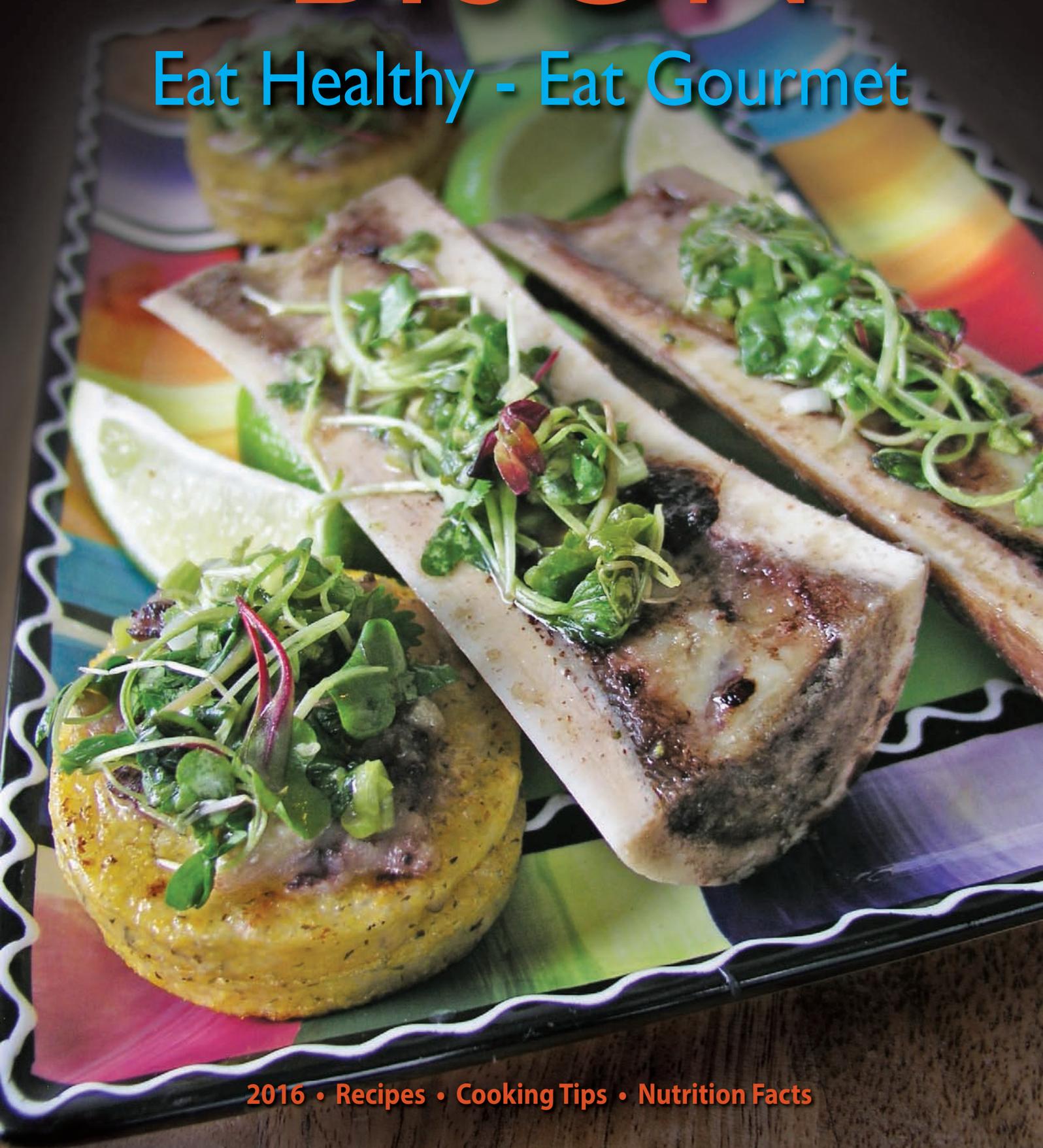


BISON

Eat Healthy - Eat Gourmet



2016 • Recipes • Cooking Tips • Nutrition Facts

BISON

Mother Nature's Perfection Preserved by Bison Ranchers



Bison ranchers are not easily riled. But, if you want one to charge as hard as a bull fending off a wolf, just suggest that he or she is crossbreeding their animals with cattle.

In recent years, some misguided and ill-informed critics have spread rumors that ranch-raised bison are kept confined by fences and “regularly crossed with cattle and sold for meat.”

Yes, ranchers fence their property to keep their herds from wandering onto neighbors’ land, or onto the local highway. And, yes, we raise the animals for meat. After all, bison have been part of the American diet for thousands of years.

But today’s bison ranchers simply do not crossbreed their animals with cattle or any other species. Mother Nature perfected these animals over thousands of years to thrive on our native grasses, and to withstand sometimes-brutal weather conditions. We want our bison to be bison.

Still, there are bison with a small degree of cattle genetics in their make-up. That mixing is the legacy of some brief crossbreeding experiments that occurred when a handful of ranchers saved the remnants of the herds from extinction about 130 years ago. The experiments were a failure, and the ranchers quickly abandoned the idea.

According to the U.S. Fish & Wildlife Service, bison descended from those herds now have less than 1.8 percent cattle introgression in their genetic make-up. The National Bison Association Code of Ethics prohibits crossbreeding, and many ranchers today conduct DNA testing to cull animals with cattle genetics from their herds.

Bison grazing on privately-owned rangelands and marketed as a source of healthy, sustainable meat are playing a positive role in the restoration of the species in North America, and we are proud this year to have bison designated as our country’s National Mammal. ■

Good, Clean, Fair Food for Everyone

BY MARILYN BAY WENTZ, EDITOR

Good, clean, fair food for everyone. That is the mantra of Slow Food USA and the reason Andrew Nowack has been buying market class bison carcasses at the National Bison Association's Gold Trophy Show & Sale (GTSS) since 2008.

"I and other Slow Food advocates want to eat food that is good for the body and good tasting," said Nowack. "We also aim to buy and serve food that is raised using environmentally sound practices and food that provides a fair price to the farmer and farm workers. We also work to provide access to this type of food to all. One way of doing this is our school garden program."

Nowack, who started by being a parent volunteer with Slow Food Denver when he moved to Denver in 2001, is now co-director of Slow Garden, a school gardening program, with Slow Food USA. Apart from these duties, he each year coordinates the purchase, processing and delivery of anywhere from four to seven bison carcasses at the GTSS.

He starts in December by communicating with his bison interested consumers via email, advising they can purchase as little as one-eighth a share. Each carcass is divided, as equitably as possible, into eight portions. Based on the orders he has, which are backed up with deposits, he purchases that number of animals.

Agricultural auctions are baffling and overwhelming to many city folk, but Andy has learned to study the carcass data sheets, buy what he has committed to buy and coordinate delivery to share purchasers. He does all this without taking a dime of pay. His preference is to buy local animals. Share buyers understand that the price cannot be pre-determined due to the nature of a live auction.



Slow Food advocates believe in getting to know the ranchers that raise their food. Here buyers tour Prairie Ridge Buffalo, owned by Ray and Debbie Thiemann, Limon, Colo.

Nowack could not do this without being an educator on bison and the sale process. "I try to tell the whole story, including the background of the auction, as well as the names of the ranchers whose animals we purchase and their stories. If I learn anything at the auction, I try to tell that story."

He must also explain the processing procedure and costs and what cuts a buyer can expect to get. "I am as transparent and educational as possible," said Nowack. "Folks are very appreciative of being able to

buy GTSS bison. I find the bidding fun and maybe a little intimidating." He chuckles, "I think the intimidating part is seeing all those boxes when I pick up meat from four to seven carcasses."

There is much to like about bison for folks in the Slow Food movement. Although, laments Nowack, very little bison offered at the sale or available

otherwise is 100 percent grassfed, buyers like the no or minimal confinement aspects of how most bison is raised. "I like promoting bison because it is a Colorado heritage food. In general, I enjoy the flavor of bison more than beef."

Surveys and the increase in direct farm sales indicate a growing

interest in locally-produced, quality food. Nowack said that although he sees this trend confirmed with a growing interest in Slow Food philosophy, it still represents a small portion of the U.S. population. "Better food costs a little more," which he notes is difficult for those on a tight budget.

When asked about what trends Slow Food sees among the younger generations, Nowack said, "They are definitely expressing an



A group of Denver consumers has been buying bison carcasses at the NBA's sale since 2008. Once the meat is cut and wrapped, Andrew Nowack stacks it in his garage for shareholders to pick up.



Continued on page 4

interest, yet they still want convenience and cheaper foods. Instead of walking through the grocery store thoughtfully, young people generally say they hate grocery shopping. We need to raise food higher on our priority lists. We need to plan better by stocking our freezers with good quality meat around which to build a meal.”

Nowack encourages people to take time to buy and prepare good food and to share meals with family and friends.

“We’ve never had more food and recipes at our fingertips, and people can be more connected than ever to their food,” said Nowack. “They just need to slow down, turn off their televisions and get connected. We need to view mealtime as a social event.”

Slow Food encourages people to buy at farmers’ markets and visit farmers. “The challenge is to filter out all the ‘noise’ and focus on food.” Nowack notes he has enjoyed visiting Prairie Ridge Buffalo Ranch, near Limon, Colo.

Whether young or old, consumers on a budget must plan carefully and set priorities to be able to incorporate bison into their menus.

“Price is a factor,” said Nowack. “CSA (Community Supported Agriculture) programs allow people to buy cheaper per unit, but it can also be a large, one-time investment. Some people stretch their budgets by sharing a share. At the end of the day, you have to put a value on the food you eat and how it contributes to your health. Clean and fair meat is better for your body and for the environment. If you value that, you might have to shift funds to quality eating over the daily barista coffee.”

Nowack also encourages budget conscious consumers to look for sales and to buy when supply is high and prices less. Buying in bulk is also good when buyers have saved up to make the one-time-per-year purchase. I have not done a cost analysis, but my sense is I save money buying this way, if for no other reason because I make fewer trips to the grocery store.”

One final suggestion from Nowack on budgeting for bison: “Eat higher quality food but less of it. Have a nice piece of bison, and then fill up your plate with good side dishes. I realize raising animals ‘good, clean and fair’ requires more input costs, but it does not have to be an elitist item.” ■

BISON

Eat Healthy - Eat Gourmet

Gourmet isn’t necessarily healthy and healthy eating more often than not is not considered gourmet. But, when eating bison, it is easy to be both gourmet and healthy. So, whether you eat bison filet mignon—one of the most tender and flavorful pieces of meat on the planet—or bison tacos, bison is both healthy and gourmet.

The nutrition chart below shows bison as an excellent, low-fat source of protein, iron and vitamin B-12. To take the healthy aspect of bison a step further, incorporate bone broth into your diet. Unlike the cans of sodium-packed, meat “flavored” broth on grocery store aisles, homemade bone broth is healthy and economical. It is made from all the left over bones, which works well especially when buying bison in bulk, as outlined in the article that starts on the previous page. Bone broth can be used in all kinds of gourmet soups and dishes. For directions to make bison bone broth, see page 13.

Health Benefits of Bison Bone Broth

- **Heal And Seal Your Intestines.** The gelatin in bone broth helps seal holes in intestines. This helps with chronic diarrhea, constipation, and even some food intolerances.
- **Protect your joints.** Better than taking glucosamine supplements.
- **Look younger.** Bone broth is packed with collagen, commonly used in beauty treatments.
- **Get Better Sleep.** Glycine in bone broth promotes better sleep and improves memory.
- **Strengthen your immune system.** Bone marrow has a high concentration of minerals, essential to immune system health.
- **Strengthen your bones.** Calcium, phosphorus and magnesium in bone broth are the foundation for strong bones.

Read more about bone broth health benefits:

<http://www.shape.com/healthy-eating/cooking-ideas/8-reasons-try-bone-broth>

<http://undergroundwellness.com/top-5-reasons-why-bone-broth-is-the-bomb/>

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/

How to Cook 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.

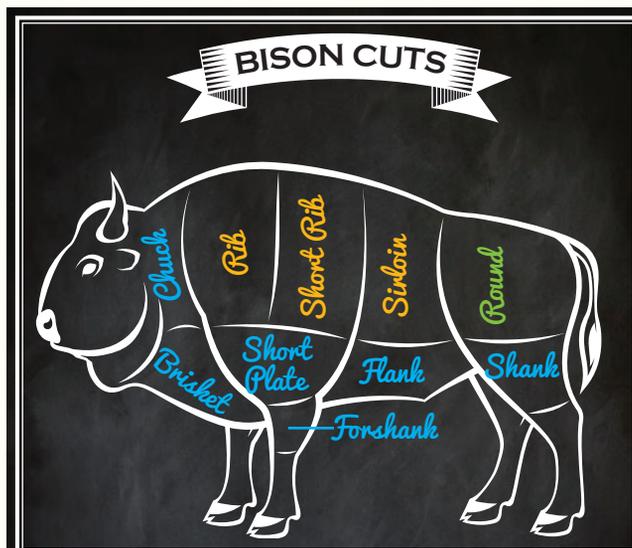
Replace Beef With Bison in Your Favorite Recipes and Follow These Guidelines:

- 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. ■



Most Tender Cuts

Tenderloin, Strip Loin, Rib and Rib Eye, Top Sirloin.

Cooking method: dry heat

Medium Tender

Back Ribs, Bottom Sirloin, Sirloin Tip, Top Round, Bottom Round, Eye of Round, Skirt

Cooking method: combination of dry and moist heat

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, Fore Shank, 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: Fore Shank, Brisket, and Chuck, and cuts with little meat and a lot of bone (Back Ribs, Short Ribs).



These recipes and photos compliments of The Honest Bison, which continues to grow the 100 percent grassfed bison market and raise awareness of the larger good food movement. To learn more, check out thehonestbison.com and [#thehonestbison](https://twitter.com/thehonestbison) for recipes, blogs and new products.

SLOW-COOKED BISON BRISKET & BACON

The only recipe for Slow-Cooked Bison Brisket you will ever need.

There. We said it. It's officially out there. We've tried a lot of different slow-cooked bison brisket recipes and this one never disappoints. Beyond having two of our all-time favorite ingredients (bison and bacon obviously), this recipe is so easy to prepare that you could prep it first thing in the morning. As in before you've even had your coffee. And we don't do anything before we've had our coffee. So that's saying a lot.



Ingredients:

1 tablespoon extra virgin olive oil
1/3-1/2 pound of thick-cut, smoky bacon, chopped
Salt and ground black pepper
1 bison brisket (3 pounds)
2 large leeks, thinly sliced
2 pints grape tomatoes
2-3 cloves garlic, finely chopped or grated
1 bay leaf
1 cup beef or bison stock (or broth)
2 tablespoons fresh thyme, chopped
2 tablespoons tomato paste
2 tablespoons Worcestershire sauce
2 tablespoons honey
Watercress or arugula, for topping

*Note: this recipe also works great for bison short ribs.



Directions:

- Cut the bison brisket into 2-3 pieces. Place a large skillet over medium heat and add the olive oil, coating the pan with one turn. Add the bacon to the pan and cook until golden brown, about 5 minutes. Remove the bacon with a slotted spoon and reserve.
- Return the skillet to medium-high heat with the bacon fat still in it. Season both sides of the brisket with salt and pepper and sear on all sides until golden brown, 3-4 minutes per side.
- While the meat is searing, add the bacon, leeks, tomatoes, garlic, bay leaf, beef stock/broth, thyme, tomato paste, Worcestershire sauce and honey to the crock of a slow cooker. Season with salt and pepper and stir to combine.
- Add the seared meat to the slow cooker and cover. Cook on high for 7 hours or low for 9-10 hours, until the meat is tender. When you're ready to eat, serve in shallow bowls with the arugula on top. And there you have it, an incredibly easy, mouth-watering meal that we think is best enjoyed with a very full glass of red wine. (Or two.)

Note: This recipe was inspired by one originally published by Rachael Ray.

CHIPOTLE RUBBED BISON FLANK STEAK WITH CHIMICHURRI

Behold the Chipotle Rubbed Bison Flank Steak with Chimichurri. Besides being fun to say, it's also extremely delicious and lean!



Ingredients- Steak Rub:

2 pounds bison flank steak brought to room temperature
1-2 tablespoons chipotle chile powder
1 tablespoon dark brown sugar or coconut palm sugar (totally optional)
1 1/2 teaspoons ground cumin
1 1/2 teaspoons dried oregano
1 teaspoon ground coriander
1 teaspoon garlic powder
1 teaspoon sea salt
1 teaspoon fresh cracked pepper
1 tablespoon olive oil

Ingredients-Chimichurri Sauce:

1/2 cup Italian parsley leaves
1/4 cup cilantro leaves
2 teaspoons red chili flakes
1/4 cup extra virgin olive oil
1 tablespoon balsamic vinegar
1 garlic clove, minced or forced through a press
1/2 teaspoon coarse sea salt
1/2 teaspoon coarse ground black pepper



Directions:

- Lightly oil your grill grates, then heat the grill to high. Combine all the steak rub ingredients together in a medium bowl and toss with a fork until uniform in color. Taste the rub and adjust salt and pepper. Drizzle half the olive oil over one side of the steak and rub until it is shiny all over with oil.
- Sprinkle half the rub on the steak and, just like the name suggests, rub in. Repeat on the other side.
- Once the grill is ready, place the steak on the grill and cover. Cook for 4-6 minutes per side or until medium rare – approximately 121-125 F (use your trusty meat thermometer!). Let it rest on a plate for 10 minutes before slicing into it.
- While the steak is resting, make the chimichurri sauce by chopping the parsley and cilantro leaves finely. Place in a medium bowl and add the remaining ingredients and toss with a fork. Taste and adjust salt and pepper.
- Serve the steak with the chimichurri sauce on the side or over it.
- Pour a generous glass of a full-bodied red wine of your choosing and enjoy.

Serves 4 people. (Or keep it all to yourself. We won't judge.)

Focus on Choosing Good More than Eliminating Bad,

Recommends Nutrition and Diet Expert Christy Brissette

Bison World was fortunate to interview Christy Brissette, president and founder of 80 Twenty Nutrition. Hailing from Toronto, Canada, she is a sought-after nutrition spokesperson. Recently quoted in "Shape," she believes bison is a great food choice. She is a registered dietician and has a master's degree in nutritional sciences.



Why is "diet" a dirty word for you?

Christy: In my experience working with clients who want to lose weight, diets make them feel like a failure. They believe the key to success is finding the right diet. Then they feel bad, because they don't have enough will power to say no to "bad" food and "yes" to good food. My approach is that it works best to make an eating plan that fits the individual's lifestyle. I want people to enjoy food; I want people to socialize when they enjoy their food, not be holed up in their homes detoxing or some such thing. I want people to enjoy life and enjoy food. I don't label certain foods as bad, and other food as good.

What is your definition of "healthy" food?

Christy: There are definitely gray areas. I recommend people choose real, whole (minimally processed, close to nature) foods. For example, I had a client ask me if he should use real maple syrup or artificial sweetener on his oatmeal. I told him to go ahead and use the maple syrup over an artificial sweetener. Even though we need to watch calories, I told the client to use the maple syrup and enjoy it. We need to reduce the chemicals we put in our bodies. We shouldn't tamper with what nature has brought forth.

What is 80 Twenty? Why did you found it? And, what do you do?

Christy: The concept is to make healthy (food) choices 80 percent of the time and not worry about the other 20 percent of choices. I also think it is unwise to say any particular food is off limits. When I work with individual clients on weight loss or eating to manage a health issue, I always start by asking what food or drink they cannot live without, and I make sure to incorporate that into their food plan. It is important that we are able to enjoy special, favorite foods. Eating well does not have to be a chore, and eating healthy is tastier than eating empty calorie "junk" foods. My goal

is to give people tools to cook healthier at home and to be able to make good buying choices in the grocery store. I also like to create or modify comfort food recipes to make them healthier.

Fortunately, I see dieticians and the entire "nutrition world" taking on a healthier approach. Rather than focusing on calories and fat grams, health professionals and the public are looking at the quality in a food or diet. An example of this changing focus are the Brazilian Guidelines. They are a handful of recommendations, rather than numbers and food groups. A lot of health professionals are focusing on this now. Another example demonstrating a change in our eating focus is that people in general are less interested in "diet foods," foods claiming what they do not have, such as sugar free, fat free, etc., toward foods touting what they do have (i.e. healthier ingredients). This is a good shift.

Please comment on today's interest in infant & childhood nutrition for life-long health:

Christy: There's more and more research that taste preferences are shaped at a very young age, even as young as when a child is in the mother's womb. Research confirms that foods introduced/offered when children are babies are the foods preferred as adults. Children's taste buds are trained over time. A recent study on high salt in baby food, particularly in crackers, creates a desire for salty food when the baby is grown. (For study details: <http://www.today.com/parents/packaged-food-babies-toddlers-loaded-sugar-salt-t14121>)

Is bison an 80 percent or a 20 percent food?

Christy: What I love about bison is it fits into 80, but it tastes like it should be in the 20! With bison you get the best of both worlds; lower calories and higher levels of nutrients. Bison is high in iron, which is essential for healthy red blood cells and to prevent anemia. Bison is also high in zinc, which we all need for a strong immune system. Beyond protein, bison has tons of nutrients. Bison



is good for people trying to lose weight, as long as they keep portions to palm-size. I also love bison's superior balance of Omega 3s to Omega 6s, which are more in line with the ideal ratio of 1:2. The average North American diet is less than ideal at an Omega 3 to Omega 6 ratio of 1:7.

Do you have a favorite bison recipe?

Christy: I love bison kababs. They are simple and easy to prepare. Pairing them with good grilling vegetables, like zucchini, summer squash, cherry tomatoes, mushrooms, sweet or hot peppers and onions is appealing to the eye and palate and definitely gets the green light from this nutritionist!

Please offer readers tips to eat bison better, faster or cheaper:

Christy: Watch portion size. This helps control calories for weight watchers, and it is also helpful to those who want to enjoy bison but have a limited food budget. Less expensive cuts of bison, such as brisket, stew meat and roasts become delicious and tender when slow cooked with plenty of broth or water. Some consumers have found if they create a good relationship with a bison farmer and stay flexible with their purchase list, they get a better deal. Whether at a farmers' market or off the farm, a bison rancher may find that he or she has an excess and is willing to give you a "deal."

Anything else?

Christy: I've had several inquiries about bison jerky. It is a great food to keep in your car or carry in a bag as a way to tide you over without sending your blood sugar sky high, which is what happens with a high carb, high sugar snack like a granola bar. That being said, there is a big difference in the way jerky is made. Look at the ingredient list and choose bison jerkies made without corn syrup, no or fewer nitrates, and lower sodium levels.

How can folks connect with you?

Christy: Check out my website at: <http://www.80twentynutrition.com/> and sign up to receive my Tweets: #80TwentyRule ■

About Christy Brissette, President & Founder of 80 Twenty Nutrition

Christy Brissette, MS, RD, is a media dietitian and nutrition and food communications expert. She is the president of 80 Twenty Nutrition, a nutrition and food media company with the mission of "ending food confusion and dieting and loving your body by giving it healthy, delicious food."



She is a spokesperson, nutrition and food writer and blogger for Huffington Post, Fitness and other publications. She also is a recipe developer and YouTube video producer. She is regularly interviewed by CTV National News, The Canadian press and CBC Radio on nutrition and health. In addition, she sees private clients and supports them in achieving their best health through excellent, creative and fun eating plans.

Brissette completed an honors bachelor of science in nutrition at Ryerson University and a master of science in nutritional sciences at the University of Toronto.

What are the Brazilian Food Guidelines?

Rather than using food pyramids or groups, the Brazilian government has formulated 10 guidelines to help Brazilians eat better. The guidelines are summarized below. A full description of these guidelines is available at <http://www.fao.org/nutrition/education/food-dietary-guidelines/regions/brazil/en/>

Ten Steps to Healthy Diets:

1. Make natural or minimally processed foods the basis of your diet
2. Use oils, fats, salt, and sugar in small amounts when seasoning and cooking natural or minimally processed foods and to create culinary preparations
3. Limit consumption of processed foods
4. Avoid consumption of ultra-processed foods
5. Eat regularly and carefully in appropriate environments and, whenever possible, in company
6. Shop in places that offer a variety of natural or minimally processed foods
7. Develop, exercise and share cooking skills
8. Plan your time to make food and eating important in your life
9. Away from home, prefer places that serve freshly made meals
10. Be wary of food advertising and marketing

Renowned Author &
Food Blogger

Jennifer McGruther

Touts Bison as Part of a Traditional Diet

In a nutshell, what is the diet you feed your family?

Jennifer: We eat a balanced diet of traditionally prepared whole foods, influenced by the work of Weston Price. This means we enjoy grass-finished and pasture-raised meats, game, wild-caught fish, raw and fermented dairy products, whole grains and homemade sourdough breads, along with plenty of fresh and fermented vegetables and fruits. We also enjoy chocolate from time to time, and homemade sweets.

How did you come to the conclusion that this is the best for you and your family?

Jennifer: We eat this way because it's an enjoyable way to eat, and because it makes us feel good. We're rarely sick, and when we do become sick any illness is fleeting. I think a well-rounded diet, coupled with an active lifestyle and good sleep habits help to keep my family healthy. We also enjoy this approach to food, because it's ultimately about connection, connecting directly with the people who produce our food and making the most of our meals and treats from scratch means there's a story with every meal I put on the table.

Explain blogging, what it is, how bloggers reach consumers, how it is better and worse than other forms of media:

Jennifer: Blogging started in the 1990s as a sort of web journal, or web blog which gave rise to the term "blog." It's generally a deeply personal approach and in that respect is unlike other forms of media which tend to be impersonal.

Tell us how and why you started to blog? Provide some stats for the size of your blog and FB page.

Jennifer: I started blogging nearly nine years ago as a hobby and a way to explore traditional food pathways, a world that was new to my family at that time. With time, the narrative behind Nourished Kitchen and its recipes began to attract an audience, and now the site has grown to reach 100,000 newsletter subscribers, a Facebook fan base of over 650,000 and similar traffic to the Nourished Kitchen website.

What are some tips for busy families to eat healthier?

Jennifer: It can be easy to become overwhelmed when trying to eat healthier. All of a sudden, you clean out your pantry, or you head to the health food store and buy all sorts of "superfoods" you've never used before because they're marketed as healthier.

You hear about fermented foods and you find yourself trying to make kombucha and sauerkraut. You hear about bone broth, and you're making bone broth. You hear about sprouted foods, and you start to sprout. Before you know it, you're overwhelmed and it's too much to take on. My advice is to go slow and to remember that every step you make in a new direction is good. For those transitioning picky eaters to whole foods, it works very well to make healthier versions of foods they already know and love.

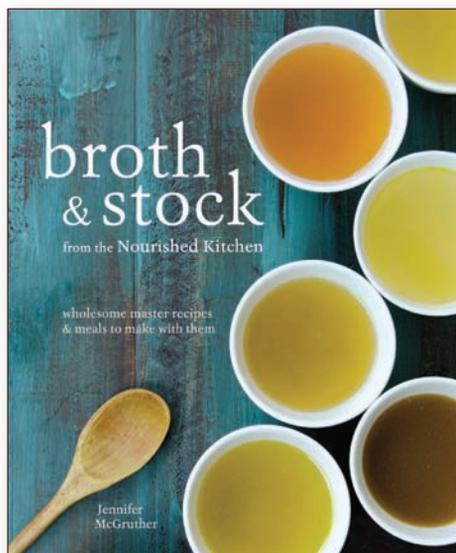
For example, many kids love ranch dressing, but store-bought versions are often loaded with refined vegetable oils, gums, high-fructose corn syrup, sugar and other additives. Fortunately, it's really easy to make ranch dressing at home, so that can be a good place to start.

What are some thoughts on how people on tight budgets can still eat healthy?

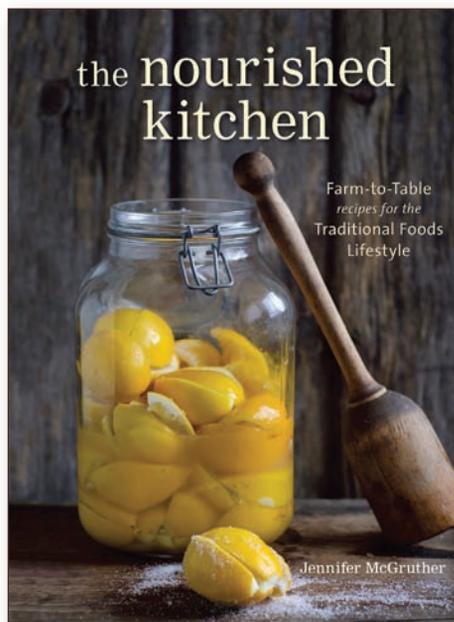
Jennifer: When our budget is tight, I really focus on coming back home to the basics, taking stock of what we have and focusing on simple home economics. For us this means more soups, extending good quality meat with pulses like beans and lentils and not letting scraps go to waste. We make more foods at home, and we forego indulgences. We buy in season, and we grow what we can. Planning meals in advance ensures you use up what's already in your fridge, freezer and pantry. It helps tremendously in balancing a tight food budget.

How does bison fit into a healthy diet?

Jennifer: Bison is rich in B vitamins and minerals, and, when grass-finished, it is also rich in conjugated linoleic acid, a healthy fat with strong anticarcinogenic properties. For my family, bison is our go-to red meat. We favor bison over lamb, which we eat in modest amounts, and beef which we eat occasionally. Coupling



The Nourished Kitchen and Broth & Stock cookbooks.



moderate portions of bison, about 3 to 4 ounces, with plenty of vegetables can make a really satisfying, well-balanced meal. One of my favorite meals is to grill bison bratwurst and serve it alongside homemade sauerkraut with a side of roasted potatoes and sliced apples for dessert.

How might folks prepare more obscure cuts like bone marrow, organ meats, less tender cuts of bison?

Jennifer: Offal is a tough sell for many people who are more accustomed to ground, roasts and steaks. Marrow bones are best roasted first. You can scoop the roasted marrow from the bone, spread it on toasted bread and sprinkle it with black pepper, sea salt and parsley for a really nice appetizer. While we think of marrow now as a savory food, traditionally it was used in sweets like custards or bread puddings.

Heart is excellent in stews, and it is also good trimmed well, cubed and grilled. Marinate it first in red wine vinegar, cumin, and chiles, then grill it as kababs, served with chimichurri sauce. Tongue can be pickled or corned, like brisket, and cooked just as you might cook a pot roast.

Liver and kidney, both more assertive in flavor, are good ground and mixed with ground meat, then used in meatloaf or to make meatballs. A technique that helps soften the assertiveness of all organ meats, but that does particularly well for liver and kidney, is soaking them in milk or salted water overnight which tones down their flavor. Traditionally, home cooks referred to this technique as clearing the organs of blood.

There's a section in *The Nourished Kitchen* that provides more tips on cooking with organ meats, including a recipe for Beef Heart Stew that is excellent when bison is substituted for beef.

Tell us about the value of bone broth and why you are devoting an entire book to it?

Jennifer: We find broths and stocks made from bones,

meat, seafood and vegetables in the culinary traditions of peoples all across the world. They're inexpensive to make, provide a use for parts of the animal or vegetable that might otherwise go to waste such as bones or peelings, and have a lovely flavor. Long-simmered bone broths and, to a lesser extent stock, is rich in protein, particularly gelatin. Meat broths were traditionally used to heal the convalescent, and vegetable broths are particularly rich in minerals.

From a culinary perspective, broths and stock provide a wonderful base for soups and stews as well as sauces, and are integral to the cooking of traditional cuisines and the kitchen heritage of people all across the world.

What would you say to bison ranchers?

Jennifer: I'm thankful to all farmers and ranchers who work to put food on my family's table and the tables of a growing population. Given current consumer trends, it would be in the best interest of bison ranchers to consider moving to planned holistic management and finishing their animals on grass. While there are many factors that might influence a rancher's approach to his or her herd, as consumer demand trends toward regenerative farming and grass-finished meats, it would be wise to be ahead of the curve rather than playing catch up later.

How do readers learn more about you and buy your book?

Jennifer: You can visit Nourished Kitchen at www.nourished-kitchen.com and sign up for the newsletter which provides tips for cooking traditional, wholesome foods like long-simmered broths, sourdough breads, fermented vegetables and, of course, healthy meats like bison. You can find both books, *The Nourished Kitchen* as well as *Broth and Stock*, anywhere books are sold. ■

Be sure to check out Jennifer's recipes on the following pages.

SALISBURY STEAK WITH MUSHROOM SAUCE

serves 4

I remember Salisbury steak from the lunch lines at my elementary school, where it was served slopped on a bright orange melamine tray. Salisbury steak, smothered in mushroom and onion sauce and served with a pile of mashed potatoes, makes its appearance on our table often. Of course this isn't the stuff of elementary-school lunch lines; rather, it's rich with bright and earthy flavors.

Ingredients:

1 pound ground bison	2 cups dry red wine
2 shallots, minced	2 sprigs thyme
1 egg yolk	2 tablespoons butter (plus more if needed)
1 teaspoon unrefined sea salt	$\frac{3}{4}$ lb wild mushrooms (oysters, shiitakes, porcini etc., chopped coarsely)
$\frac{1}{2}$ teaspoon freshly ground black pepper	1 large yellow onion, halved and thinly sliced
2 cups Long-Simmered Roasted Bison Bone Broth with its hardened cap of fat (see next page)	

Directions:

- In a large mixing bowl, knead the ground bison and minced shallots together to coarsely combine them. Using a wooden spoon, beat in the egg yolk, salt, and pepper until thoroughly combined.
- Form the seasoned meat into four patties and set them on a waiting plate while you begin preparing the mushroom and onion reduction sauce.
- Spoon 4 tablespoons of fat from the cap that naturally seals the broth. If the cap doesn't yield a full 4 tablespoons you can supplement it with butter. Pour the broth and red wine into a saucepan and bring it to a boil over high heat. Drop in the thyme and continue boiling it until you've reduced the broth by three-quarters.
- Melt 2 tablespoons of butter fat in a cast-iron or stainless steel skillet over a medium-high heat. Toss in the onion slices and sauté them until they release their fragrance and their edges begin to caramelize. Remove the onions from the pan to a bowl. Add the mushrooms to the pan and sauté until they are fragrant and brown. Spoon the mushrooms into the bowl with the cooked onions.
- Melt 2 tablespoons more of the reserved fat in the skillet and add the bison patties to the hot fat, searing on both sides until nice and brown on the outside but still pink in the center.

In her books, Jennifer McGruther's recipes, Salisbury Steak with Mushroom Sauce, Long-Simmered Roasted Beef Bone Broth and quick Pho call for beef. However, she has tested them with bison, so they are presented here as bison recipes. Find her books, *The Nourished Kitchen* as well as *Broth and Stock*, anywhere books are sold.



- Smother them with the mushrooms and onions.
- Once the wine and broth have reduced, remove and discard the sprigs of thyme. Pour the reduction sauce over the Salisbury steaks, mushrooms, and onions. Continue to simmer over a moderately low flame until the steaks are cooked through, about 3 to 4 minutes further.
- Serve hot, with the pan sauce.



QUICK PHO

serves 4

Popularized in the West after the Vietnam War, pho is a classic Vietnamese soup of spiced broth, rice noodles, herbs, and thinly sliced meat steeped in French culinary traditions.

Pho is blessedly easy to make at home, as long you happen to have some bison stock on hand, and it comes together for a nice and quick weeknight meal. You can prepare pho's classic accompaniments of hot peppers, fresh herbs, bean sprouts, and lime while the bison stock warms on your stove, and takes on the characteristic flavors of coriander, fennel, cinnamon, and cloves.

Ingredients:

1 1/2 pounds top sirloin	1/4 cup fish sauce
1 yellow onion, halved	1 (8-ounce) package dried Vietnamese-style flat rice noodles
1 (3-inch) knob fresh ginger, halved	4 green onions, cut on the diagonal into 1-inch-wide slices
2 pods star anise	1 bunch cilantro
1 cinnamon stick, about 3 inches long	1 bunch Thai basil
1 teaspoon whole coriander seeds	1 bunch mint
1/2 teaspoon fennel seeds	2 limes, quartered lengthwise
2 whole cloves	2 jalapeños, thinly sliced
2 quarts Long-Simmered Roasted Bison Bone Broth	1/4 cup hoisin sauce
	1/4 cup Sriracha sauce

Directions:

- Place the meat in the freezer, this will make the meat easier to slice thinly.
- Drop the yellow onion and ginger along with the star anise, cinnamon, coriander, fennel seeds, and cloves into a 4-quart pot and then pour the broth over the vegetables and spices. Add the fish sauce and bring it all to a simmer over medium-high heat.
- While the broth simmers, set the rice noodles in a deep mixing bowl and cover them with boiling water. Leave them in the hot water until tender but not mushy, about 10 minutes. When tender, drain them in a colander.
- While the rice noodles soak and the broth simmers, separate the leaves of cilantro, Thai basil and mint from their stems. Arrange the herbs and bean sprouts, as well as the limes and jalapeños, on a serving platter with the green onions.
- Take the meat from the freezer, and then slice it against the grain into wafer-thin pieces. Arrange the sliced meat in a small bowl. Spoon the hoisin sauce and Sriracha sauce into separate bowls.
- Arrange about one-quarter of the noodles into a nest in each of four individual bowls and then strain about 1 1/2 cups broth over the noodles into each bowl, taking care that no spices from the simmering broth make their way into the bowls.
- Serve the bowls of steaming-hot noodle soup. Encourage everyone to add herbs, peppers, meat, and hoisin sauce, individualizing the seasonings and additions in their bowl. The hot broth will cook the thinly sliced meat when added to the bowl.

LONG-SIMMERED ROASTED BISON BONE BROTH

makes about 4 quarts, ready in 12 to 18 hours

When we order beef, from a rancher we order soup bones. Do the same with bison. We ask the butcher to reserve knuckles and cartilage-rich cuts of bone. A combination of meaty neck bones, fatty marrowbones, and joints work well to create a broth that is at once flavorsome, luxurious, and silky in texture, producing a solid, bouncing gel when cooled.

Ingredients:

5 pounds bison soup bones, neck and marrow or knuckles and shins
1 cup red wine
4–6 quarts water

Directions:

- Preheat the oven to 425°F.
- Place the bones in a single layer in a roasting pan and roast in the heated oven for 45 minutes.
- Transfer the bones to a heavy stockpot and then pour in the wine. Add enough water to cover the bones by 2 inches (4–6 quarts).
- Bring the liquid to a boil over high heat, and then immediately lower the heat to medium-low. Cover and simmer for at least 12 and up to 18 hours, adding water to keep the bones submerged.
- Strain the broth through a fine-mesh sieve and then use a wide-mouthed funnel to pour it into two four 1-quart Mason jars, sealing their lids tightly. Cook with the broth right away or place the jars in the refrigerator to allow the fat to harden. Be sure to spoon off the hard fat before cooking with the broth. You can reserve this fat to cook with, or discard it. You can freeze the broth for up to six months.

Roasted Bison Marrow Bones

A Decadent, Gourmet Appetizer for the Adventurous

A visual beauty bone marrow is not. It's gelatinous center nestled in a leg bone is more suited for Halloween. Despite its ghoulish like appearance, it is revered by foodies as a delicacy and one of the great culinary pleasures. Roasting to brown perfection, spreading onto toast and topping with a light salad makes it tolerable to the eyes at best. But one bite and the warm, juicy, rich goodness that spreads over your tongue is almost too good, sending you into fat nirvana until the sharpness of the salad brings you back down and the familiar crispness of the toast takes you to a familiar place.

Many meat markets have marrow bones cut crosswise into cylinders but you can ask your butcher or meat processor to have the femur bone cut lengthwise if you prefer.

Once you have the bones, the dish is quite easy to make. The key to killer roasted marrow bones is to be aggressive with seasoning and roasting temperature. High-temperature roasting is critical for brown, caramelized bones. Twenty minutes at 425° is about right. Now you just need something to spread it on and a bright salad to balance the fatty goodness. You'll have a first class dish worthy of fine-dining establishments that will wow your foodie friends.

The recipe on the right puts a Western spin on this appetizer—one fitting for bison, an American West icon.

SIDE NOTE:

It wouldn't be right not to pay homage to Fergus Henderson's world famous roasted marrow bones at St. John in London. Arguably the inspiration for and the reason why roasted bone marrow is so popular on menus today. Henderson uses veal which can be substituted with bison. Read about Henderson's recipe here: <http://www.eater.com/2014/10/15/6926263/fergus-henderson-roast-bone-marrow-st-john-london> ■



Roasted Bison Marrow Bones with Polenta and Southwest Salad

Ingredients

6 pieces of bison femur bones cut lengthwise 4-5 inches long
1 package polenta sliced about 1/4 inch thick (3 pieces per bone)
Olive oil for browning polenta
Salt to taste

Directions

- Preheat oven to 450 degrees.
- Season bones liberally with salt, place cut side up in a baking pan and cook until marrow is soft and has started to separate from the bone, 15 to 20 minutes. (Stop before marrow begins to run).
- While bones roast, brown the polenta rounds in a pan with small amount of olive oil.
- To serve place the bones and polenta on a platter and put the salad in a bowl. Use a butter knife to scoop out the marrow, spread on polenta then top with salad and enjoy.

Southwest Style Salad

Ingredients

2 packed cups of micro or baby greens
2 green onions, minced
1/2 teaspoon lime zest
1 garlic clove, minced
2 tablespoons chopped cilantro

1 small jalapeño pepper, seeds removed and minced—more if you like it hot
1 1/2 tablespoons fresh lime juice
1 tablespoon white wine vinegar
2 tablespoons avocado oil
Salt and freshly ground black pepper

Directions

- Combine the first 6 ingredients in a bowl and toss to mix.
- Combine the avocado oil, lime juice and vinegar and whisk.
- Drizzle the liquid mixture over the salad and gently toss to coat.
- Season with salt and pepper and serve.

BISON TAMALES

By Anita Shaver, Bison World Art Director

I recently made mini tamales for my daughter's high school graduation party. They were a big hit, especially paired with my husband's award winning green chili. Long sentence. One of my friends, who is Hispanic and has a family tradition of making fantastic Mexican food, stold several to take home, claiming they were better than her mother's and said she would'nt share.

It is definitely the quality ingredients that goes into these delicious bundles of Mexican comfort food, not my cooking, that make them so great.

I started the day before by visiting the Mexican market and buying ready-made tamale masa. Yes, I cheat. It tastes better than making it from scratch with masa flower and lard and saves time. I put four bison round steaks, cut into large chunks, in two slow cookers with seasonings and let them cook all night. In the morning I had very tender, shreddable bison meat for my tamales.

Now comes the time-consuming part. It took about four hours to make and steam 51 mini tamales. I steamed the first half while I made the last half.

I have a large tamale steamer but you can use a pasta pot or put a metal colander in a large pot to keep the tamales out of the water.

Tamale variations are endless. Google ing "making tamales" will be helpful before you begin.

Tips for making tamales

- Soak the corn husks in water to soften while you shred the meat.
- Set up your work area with a small bowl of water for wetting hands, which helps keep the masa from sticking.
- Wrap husks in a wet dish cloth so they don't dry out while you are working.
- Keep damp paper towels handy to clean your hands from time to time.
- Rip strands of husks for tying the tamales before you start wrapping. ■



Mini Bison Tamales

Makes about 50 tamales

Ingredients

- 1 bag of corn husks for making tamales
- 1 5-pound bag of ready-made masa
- 6 pounds less tender bison meat such as round steak, bottom sirloin, chuck roast
- 20 cloves garlic, roughly chopped
- 1/2 cup chile powder-Ancho, Guajillo, Chimayo (all mild). New Mexican red chile powder is a mix and comes hot or mild. Mix a tablespoon or so of each.
- 2 small onions, roughly chopped
- water or bone broth to almost cover meat in slow cooker (about 10 cups)

Directions

- Divide the meat, garlic, chile powder mixture, onion and water between two slow cookers and cook on low for 8 to 10 hours or until meat shreds easily.
- When meat is done, remove to a large platter and shred by hand.
- Keep the liquid from the slow cookers and blend in a food processor until smooth. Add enough liquid to the shredded meat to make it very moist.
- Set up your work station and begin making tamales.
- Wet hands and grab masa a little bigger than a golf ball. Form it into a small cup shape then put about a spoonful of meat into it.
- Form the masa around the meat, adding more masa if needed to seal. It doesn't need to look pretty, but the meat does need to be sealed inside the masa.
- When you have 15 to 20 balls, start wrapping them in the husks. Place the husk on the table and put a ball in the center. Roll the husk around the ball and use the husk "string" to tie up each end tightly.
- Repeat until ingredients are gone. Fill your steamer no more than three layers deep. Steam for about an hour and a half, adding water occasionally to the pot.

Mini tamales can be eaten as a snack or appetizer or as part of a larger meal with burritos and enchiladas. Red meat tamales are traditionally served with a red chili sauce. I like them with sour cream or Mexican crema.





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.

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