



EAT BISON TO RESTORE BISON

GOOD FOR YOU
GOOD FOR BISON
GOOD FOR OUR PLANET

DELICIOUSLY
HEALTHY BISON

WHY EAT BISON?

By making bison a regular part of your diet, you are eating a delicious, nutrient-dense protein that is healthy for you! In doing so, you are helping to restore bison herds to the landscape and promoting regenerative ranching practices.

GOOD FOR YOU, GOOD FOR BISON, AND GOOD FOR OUR PLANET.

Taste

Bison tastes delicious! It is flavorful, tender and lean. Bison meat is similar to beef but tends to have a fuller, richer flavor. It is not “gamey” or wild tasting.

Nutrition

A 3-ounce serving of roasted bison has only 143 calories, 28.4 grams of protein and a mere 2.4 grams of fat, with just 0.9 gram of saturated fat, and more than half the daily recommendation of iron. For a 2,000 calorie per-day diet, this 3-ounce piece of bison provides 48 percent of daily recommended protein.

Bison is high in the B complex of vitamins and riboflavin. Additionally, The National Bison Association Code of Ethics prohibits members from administering antibiotics or other growth promotants to bison.

Versatile

Bison can be used in any beef recipe. Look beyond the juicy grilled steak and mouth watering burger and bison will be the star in all of your favorite recipes. Try bison in fajitas, meatballs, stir fry or topping a Greek salad; the possibilities are endless.

Eating Bison Restores Bison and our Grasslands

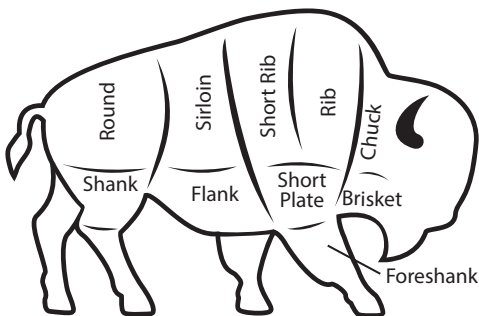
Bison are a key component of regenerative agriculture and ranching, which maintains and restores healthy soils and grasslands in concert with nature.

Regenerative ranching focuses on grazing lands and requires that each component of the ranching system work together — soil, plant, water, animal, producer.

Bison have roamed North American grasslands for thousands of years, shaping the environment along the way. Their presence was critical to the ecology. Their stomachs have the ability to ferment plants through special microbial actions resulting in potent manure that naturally fertilizes. Their cloven hooves naturally aerate the soil. In short, bison are essential for healthy grasslands and a healthy planet.

Readily Available

Today bison meat is available at most supermarkets and can be purchased directly from local producers at ranch stores, farmers markets, or online. Visit www.bisoncentral.com/buying-bison-meat for a range of purchase options.



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, /Chuck, Short Ribs, Stew Meat. **Cooking method: moist heat**

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/

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).



**A PERFECTLY COOKED
BISON STEAK
SERVED WITH VEGETABLES
IS AS EASY AND
HEALTHY AS IT GETS**

COOKING BISON

The Basics

Bison is very low in fat and cholesterol, and is high in protein, vitamins and minerals.

Bison meat has less marbling than beef, which means the meat will cook faster. The number one rule to cooking bison - don't overcook!

Preparing Bison Meat

Preparing bison meat is comparable to preparing other lean meats. 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.

Use Bison in Your Favorite Recipes and Follow These Guidelines:

When oven broiling, move the broiler rack away from the heat about a notch lower than where you normally broil beef steaks. A bison steak will 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. Cooking bison past medium will result in a less tender steak.

Bison meat can be cooked much like lean beef. Since bison is lower in fat than other red meats, it is easier to overcook. Larger pieces of bison such as roasts are generally cooked at a lower temperature or for a longer time than similar cuts of beef. 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.

Explore easy bison meals and more on the following pages.

To find an online bison meat seller and other bison products visit:
<https://bisoncentral.com/buying-bison-meat/>



BISON STEAK

Grilled Bison Top Sirloin with Micro Green Salad & Grilled Corn

Serves 4 to 5

Ingredients:

2 pound bison top sirloin steak
Salt and fresh ground black pepper to taste
2 tablespoons olive oil
6 ears of corn, husk and silk removed
1/2 stick of butter (for the corn)
Vegetable spray

Micro Green Salad with Sherry Balsamic Vinaigrette

Ingredients:

Package of micro green mix, or make your own combination from various micro greens or baby leafy greens
12 - 15 Grape or cherry tomatoes

Vinaigrette Ingredients:

1 shallot small, minced
1 tablespoon honey
3 tablespoons sherry vinegar
2 tablespoons balsamic vinegar
3 tablespoons olive oil extra virgin
1/4 cup avocado oil
1 teaspoon coarse salt
1/2 teaspoon fresh ground black pepper

Instructions -Vinaigrette:

- Blend ingredients in a smoothie or emerson blender, or shake it up in a jar with a tight lid. Set aside.

Instructions:

- Preheat the grill to med-high
- Rub olive oil over the steaks. Season with salt and pepper. Let the bison sit until ready to grill.
- Spray each ear of corn with vegetable spray.
- Place directly over heat on the grill rotating when dark spots appear and kernels deepen in color (2 to 3 minutes)
- Remove the corn from the grill and place on a platter when evenly cooked (about 10 to 12 minutes)
- Rub the stick of butter over each cob and salt and pepper to taste. Cover tightly with foil to keep warm. Turn the grill to high.
- Place the steaks on an oiled grill and cook for 4 to 5 minutes. Flip the steaks and grill another 3 to 5 minutes for medium-rare (an internal temperature of 135 degrees F).
- Remove the steaks to a cutting board, loosely tent with foil to rest 5-10 minutes before slicing into strips against the grain 1/4 to 1/2 inch thick.
- While the steak rests, add the micro greens and tomatoes to a large bowl. Shake up the dressing and drizzle over greens, toss gently.
- Divide the bison steak, salad, and corn between plates and serve immediately.



BISON STEAK

Sriracha Rubbed Bison Flank Steak with Warm Pearl Couscous Salad

Serves 4 to 5 (6 to 8-ounce serving per person)

Ingredients:

2 pound bison flank steak
3 tablespoons sriracha seasoning
1/2 teaspoon fresh ground black pepper
1/2 teaspoon salt
3 tablespoons grapeseed or canola oil

Directions: Steak

- Combine dry seasonings.
- Pat the steak dry with paper towels before rubbing all sides with 2 tablespoons of oil. Then, rub with the sriracha seasoning mixture.
- Heat a large cast iron skillet on high heat for several minutes or just until smoking point. Add remaining oil, then add the steak.
- Sear each side for 1 minute. Flip again and let cook for 2 to 3 minutes and repeat with other side of the steak.
- Remove the steak to a plate to rest for 5-10 minutes before slicing.
- Cut the steak into thin slices (about 1/4 inch) against the grain.

Ingredients: Warm Pearl Couscous Salad

1-1/2 cups vegetable broth
1 tablespoon unsalted butter
Salt

1 10-ounce box pearl couscous (1-1/2 cups)
1/3 cup fresh pears, diced small (Concord or Bosc would be best but any pear, including canned will do)
4 1/2 tablespoons light olive oil
3 tablespoons white wine vinegar
1 tablespoon lemon juice
Freshly ground black pepper
2 scallions, white and green parts, chopped
1/2 cup spinach, torn or sliced into pieces
1/3 cup sliced almonds

Directions: Warm Pearl Couscous Salad

- Bring vegetable broth, butter and 1/4 teaspoon salt to a boil in a medium pot. Follow the cooking instructions on the couscous box. When done, use a fork to fluff the couscous to avoid clumping.
- Whisk together the olive oil, white wine vinegar, lemon juice, 1/4 teaspoon salt and a few grinds of fresh black pepper. Add about 3/4 of the vinaigrette mixture to the couscous and combine. Taste before adding the rest of the vinaigrette.
- Stir in the scallions, spinach, diced pears and sliced almonds. Salt to taste and serve immediately.

Some chefs suggest that steaks achieve a better sear without cooking beyond medium rare if steaks are cooked right from the refrigerator. Others say to let the meat sit at room temperature for at least a half hour.

Many chefs prefer to cook steaks in a cast iron skillet fast and hot on the stove. If you don't have a cast iron skillet, get one! In the meantime, use the broiler. Set the oven rack about 4 inches below your broiler and preheat on high. Place the meat on a broiling pan or on a rack set inside a sheet pan. Broil for 4

minutes a side for medium rare.

Of course, the grill is tried and true, and should be heated on high. Just before adding the steak, oil the grill with a high heat oil such as grape seed, canola or peanut oil. Depending on thickness, 4 to 6 minutes per side should do it.

Regardless of the cooking method, after resting, always cut steaks against the grain for the most tender bite and bison is always the most tender medium rare.

BISON STEAK

Tenderloin Steak

Serves 4 to 6

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

Serves 4

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 pomegranate juice |
| 1/2 cup apple cider vinegar | 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.

BISON STEAK

Grilled New York Strip Bison with Mild Chile Rub

Ancho and Guajillo chile powders offer great flavor without the heat. Try other chile powders such as Arbol if you like it hotter.

Serves 4

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

Serves 4

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.



BISON ROAST

Delicious Now & Later

Serves 4 to 6

Ingredients:

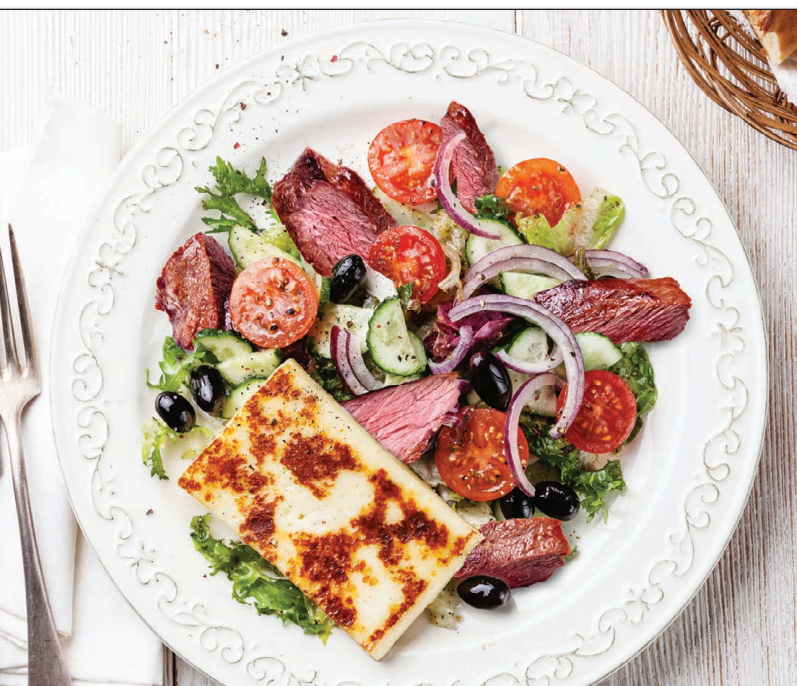
4 pound bison roast
1 tablespoon each, salt and pepper
1/2 tablespoon each, garlic and onion powder
3 tablespoons olive oil
1 medium onion, chopped
1 cup dry red wine
1/2 cup bison or beef stock
2 tablespoons white wine vinegar
1/4 cup bison or beef broth

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, like this Greek salad.



Simple Greek Salad with Bison Roast

Serves 4 to 6

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 all ingredients except the dressing and toss to combine.
- Pour dressing over salad, toss again and serve.

BISON ROAST

Leftover bison roast makes delicious meals fast and easy!

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

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

Horseradish pesto sauce is enough for 4 sandwiches

Ingredients:

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

Caramelized onion is enough for 2 to 4 sandwiches

Ingredients:

| | |
|-----------------------------------|-----------------------------|
| 1 large yellow onion, sliced thin | leftover bison roast slices |
| olive oil | sharp Cheddar cheese slices |
| 1 tablespoon butter | 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 minute to melt the cheese.

South of the Border Sloppy Joes

Serves 4 to 6

Ingredients:

| | |
|--|---------------------------------------|
| 4 cups leftover bison roast, roughly chopped | 1-4 ounce can diced green chiles |
| 1 tablespoon olive oil | 2 tablespoons lime juice |
| 1/2 cup diced onions | 2 tablespoons chopped cilantro leaves |
| 2 cloves garlic, minced | |
| 1-14 ounce can diced tomatoes | 4 to 6 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.





Pasta Penne with Bison Bolognese Sauce

Serves 4 to 6

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 |
| 1 small onion, diced | (real San Marzano tomatoes are the best) |
| 2 stalks celery, diced | 1 pinch ground allspice |
| 1 1/2 pounds ground bison | 1 package Penne pasta |
| 1 cup whole milk | Parmesan cheese for grating |
| 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. When the bison has just lost its pink color, 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.

GROUND BISON

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

Serves 4 to 6

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.





BISON BURGER

*What makes the perfect bison burger?
That is a matter of personal preference!*

*However, the perfect bison burger patty is
not up for debate. It must be juicy, tender
and delicious.*

*Here are some guidelines to ensure the
bison patty will be amazing either grilled
or cooked in a cast iron skillet or griddle.
What you dress it with is up to you.*

Just as you would start with a clean pan or griddle, make sure the grill grates are clean and oiled.

Keep the meat cold and shape the patties quickly

Room-temp ground bison and the heat from your hands can melt the fat and prevent it from binding with the lean meat. Too much fat will render during cooking which could make for a dry, dense burger.

Keep the meat in the refrigerator until ready to season and form patties. If adding seasoning into the burger, mix it into the ground bison just until just mixed, don't over mix. After forming into patties put them in the fridge until you are ready to grill.

Do this to not over mix

Put the ground bison in a large bowl or on a large sheet pan with a lip. Evenly sprinkle seasonings over the meat. Use your hands to fold the meat onto itself gently.

Patty and bun harmony

Some prefer a big patty spilling over the edges of the bun, and some want the patty the same size as the bun but no one wants a burger that's smaller than the bun.

For patties at least as big as the buns, make the patties about 1-inch thick at the edges, and one inch larger than the bun. This allows for some shrinkage during cooking. Keep in mind the leaner the mix the less shrinkage.

Does the dimple work?

A trendy trick to prevent puffing when cooking is to make a thumbprint size indentation in the center of the patty. Going a little bigger by making a wider and shallow depression in the patty does prevent puffing and reduce shrinkage. Do this by simply shaping the patties so the outer 1/2-inch of the patty is a little taller than the middle.

How long to grill burgers

The two biggest factors that affect the time it takes for a hamburger to reach a certain temperature is dependent on how hot your grill is and how thick your patty is.

Here are general guidelines for total grilling times based on a 4-inch diameter patties, 1-inch thick:

Rare: 2 minutes per side - 4 minutes total or to 125°F

Medium Rare: 2 1/2 minutes per side - 5 minutes total or to 135°F

Medium: 3 1/2 minutes per side - 6 minutes total or to 145°F

Using a meat thermometer inserted through the side, not the top will give a more accurate reading and help you reach your patty doneness perfection. Digital Instant Read Meat Thermometers are inexpensive and can be ordered online.

Note: The USDA recommends cooking ground meats to an internal temperature of at least 160°F, which is well done without any pink in the center. Cooking burgers to other degrees of doneness should be done at the cook's discretion.

Resting isn't just for steak and roasts

For the most flavorful and juicy burger - let it rest for a couple of minutes after cooking. Just like steaks and roasts, the juices will redistribute throughout the burger.

EASY SHEET PAN MEAL



Serves 2

Ingredients:

2 bison top sirloin steaks, about 1-inch thick

1 bunch asparagus, trimmed and cleaned

10-12 cherry tomatoes

1 tablespoon extra virgin olive oil

1/4 teaspoon garlic powder

1/4 teaspoon red pepper flakes

salt and fresh ground pepper, to taste

Herbed garlic butter

3 tablespoons butter at room temperature

1/2 teaspoon dried basil leaves, finely chopped

1/2 teaspoon garlic, minced

1/2 teaspoon crushed red pepper

dash of salt and fresh ground pepper

Sheet Pan Bison Sirloin Steak and Asparagus

Simple, comfort food, sheet pan and foil pouch dinners are fast and easy meals to prepare that satisfy the entire family.

The web is overflowing with foil pouch and sheet pan dinner ideas. Take advantage of these cooking methods to make week night meals easy on the prep and clean-up.

Instructions:

- Add a small amount of olive oil to both sides of the steaks and rub around until coated. Season each side of the steaks with salt, pepper, red pepper flakes and garlic powder. Use your hands to rub the seasoning into the steaks. Set aside.
- Move the oven rack to the second highest position in the oven. Preheat oven to 400 degrees F.
- Make the herbed garlic butter by mixing the butter ingredients in a bowl until well incorporated. Set aside.
- Use a large sheet pan and cover it with foil for easy clean up.
- Place asparagus and cherry tomatoes on the sheet pan. Drizzle with the olive oil and season with salt and pepper. Use your hands to gently toss the vegetables until they are evenly coated. Spread out the vegetables and try not to overlap.
- Place the sheet pan on the highest rack in the oven and roast vegetables for 8 minutes.
- Remove sheet pan from oven and move the vegetables to make room for the steaks. Put the steaks on the sheet pan, roast for 4 more minutes. Then, flip the steaks with tongs and roast for 3 more minutes. Turn the oven to high broil. Broil for about one to one and a half minutes to brown the steak slightly and blister the tomatoes a bit. Broiling can burn quickly be sure to watch carefully.
- Remove sheet pan from oven and spoon a dab of herbed garlic butter on each steak and on the asparagus. Place a piece of foil on top and loosely tent. Allow steaks to rest for 5 minutes before plating to serve.

EASY SHEET PAN MEAL



Serves 4

Ingredients:

1/2 cup low-sodium soy sauce
4 cloves garlic, finely minced or pressed
1 tablespoons honey
2 tablespoons sesame oil
2 tablespoons rice vinegar
2 teaspoons ground ginger
1/2 teaspoon freshly ground black pepper
1/2 teaspoon red pepper flakes, or to taste
1.5 pounds bison flank steak, sliced against the grain
in bite-sized pieces
4 cups broccoli florets
1 can whole water chestnuts
3 green onions sliced
1/2 tablespoon sesame seeds for garnish, optional

Easy Bison, Broccoli and Water Chestnut Sheet Pan Dinner

From start to finish, this meal can be ready to eat in 25 minutes when each step is done in the right order. Starting the rice while the meat marinates and preparing the optional sauce while the sheet pan is in the oven makes everything work with the clock. The sheet pan ingredients bake quickly, in about 10 minutes. While it bakes, you can use the leftover marinade to make a quick stove top sauce if you like. After baking, there will be some marinade left on the sheet pan to make a sauce or simply use soy sauce when serving. The broccoli will be crisp-tender. Green onions and sesame seeds add a nice finishing touch.

Instructions:

- Preheat oven to 425 degrees F. Cover a large sheet pan with foil for easy clean up.
- Make the marinade in a large bowl by adding the soy sauce, garlic, honey, sesame oil, rice vinegar, ginger, pepper, and red pepper flakes. Whisk to combine.
- Add the bison pieces, tossing to coat, and let marinate for 15 minutes.
- In the meantime, cook the rice according to the package directions and cut the broccoli into florets.
- Use tongs or a slotted spoon to transfer the steak pieces to the sheet pan. Add the broccoli and water chestnuts to the marinade mixture, toss to moisten. Using tongs, add the broccoli and water chestnuts to the meat on the sheet pan, trying not to overlap too much.
- Place in the oven and bake for 10 minutes.
- When the bison, broccoli and water chestnuts are done, evenly divide the rice between 4 serving bowls. Top with some of the bison, broccoli and water chestnuts and drizzle with the marinade from the sheet pan. Top each serving with green onion and sesame seeds. Serve with the optional sauce if desired or simply have a bottle of soy sauce handy.

Sauce option: While the food bakes, pour the remaining marinade in a small pan and bring it to a boil over medium-high heat. Combine 1 tablespoon each cornstarch and cold water in a small bowl. Stir to combine. Add the cornstarch mixture to the boiling sauce, whisking continually until dissolved. When the sauce thickens, turn the heat down. Add about 1/4 cup water if needed to thin to desired consistency, whisking until smooth.

BISON TENDERLOIN

You can keep it simple and grill bison tenderloin or undertake a more involved recipe such as Bison Wellington. Either way you will have an amazing meal!

Grilled Petite Bison Tenderloin With Roasted Tomato Greek Salad

Serves 2 to 4

Ingredients:

2 small bison tenderloin roasts, cut from the narrow end of the tenderloin, about 4-5 inches long
2 tablespoons each fresh rosemary and sage, washed and rough chopped
1/4 cup extra virgin olive oil, divided
salt and pepper to taste

Ingredients for Salad:

6 small roma tomatoes, 3 halved and 3 quartered
2 cups baby spinach leaves
5 ounces feta cheese cut into 1/2 inch squares
1/4 cup Kalamata black olives
1 teaspoon dried oregano
1 teaspoon dried marjoram
1/4 cup extra virgin olive oil, divided
2 tablespoons balsamic vinegar, divided
salt and fresh coarse ground black pepper

Instructions:

- Rub 1 tablespoon of olive oil over each roast. Sprinkle the rosemary and sage on the steaks and press the herbs in gently. Season with salt and pepper. Let the bison sit until ready to grill.
- Preheat oven to 400 degrees F. Place halved tomatoes in a bowl and toss to coat with 2 tablespoons of oil, 1 tablespoon vinegar, salt and pepper. Place on a baking sheet and bake 30 minutes until skin blisters and tomatoes become soft. Turn tomatoes once while roasting.
- Preheat the grill on med-high (around 350F) for the bison while the tomatoes are roasting and prepare the salad by combining the spinach, cheese, olives and quartered tomatoes (not roasted). Refrigerate until ready to plate.
- Oil the grill with 2 tablespoons of oil, and cook for 15-20 minutes or until it reaches 120F (rare) 142F (med-rare) internal temperature, turning occasionally. Once it hits temperature remove the roasts to a cutting board to rest 10 minutes before slicing into pieces about 1/2 inch thick.
- Divide the sliced bison and salad between plates. Top each salad with roasted tomatoes. Whisk together the remaining oil and vinegar and drizzle over the salad, add salt and pepper to taste. Garnish with sage leaves.

BISON TENDERLOIN

Bison Wellington

Bison tenderloin is the most luxurious piece of meat you can eat. It's extremely tender and needs no embellishment. Simply grilled it is a treat but if you have the time and want something over the top, try Bison Wellington at home. Rolled in Mushroom Duxelles and wrapped up in golden puff pastry, the result is truly decadent and fit for any special occasion.



Serves 4 to 6

Ingredients:

For the Mushroom Duxelles:

9 cups (1 1/2 pounds) white button mushrooms
3 cloves garlic, peeled and chopped
2 shallots, peeled and chopped
2 sprigs fresh thyme, leaves only
2 tablespoons heavy cream
2 tablespoons extra-virgin olive oil
2 tablespoons unsalted butter
salt and freshly ground black pepper to taste

For the Bison Wellington:

1 2 to 3-pound bison center cut tenderloin, trimmed
3 sprigs fresh thyme, leaves only
salt and freshly ground pepper to taste
olive oil
16 ounces ready-made puff pastry
flour, for rolling out puff pastry
2 egg yolks, lightly beaten

Instructions:

- For the Mushroom Duxelle: Add mushrooms, shallots, garlic, and thyme to a food processor and pulse until finely chopped. Heat butter and olive oil in a large saute pan on medium heat. Add the mushroom mixture and sauté for 8 to 10 minutes until most of the liquid has evaporated. Stir in the cream and cook for two minutes. Season with salt and pepper and set aside to cool.
- For the Wellington: Heat a heavy-based skillet lightly coated with olive oil. Drizzle the bison with olive oil, and season with salt and pepper. Sear the bison all over, including the ends. Remove to a plate and leave to cool.
- Lay the prosciutto on a sheet of plastic wrap that is 18 inches in length on top of a cutting board. Overlap each piece of prosciutto a little so it forms a rectangle that is big enough to wrap around the entire bison. Cover the prosciutto evenly with a thin layer of Duxelles. Season with salt and pepper and sprinkle with fresh thyme leaves. Place the bison on top and roll up using the plastic wrap. Tuck in the ends of the prosciutto as you roll to completely encompass the bison. Roll tightly in the plastic wrap and twist the ends to seal it completely. Set in the refrigerator for 30 minutes.
- Preheat the oven to 350 degrees F.
- Roll the pastry out on a lightly floured surface to form a rectangle with a thickness of about 1/4 inch. You may have to overlap 2 sheets and press them together.
- Remove the bison from refrigerator and cut off plastic. Set the bison in the center of the pastry and fold over the longer sides, brushing with egg wash then pressing down to firmly seal.
- Trim ends if needed, then brush with egg wash and fold over to completely seal the bison, pressing the pastry against the ends of the Wellington. Flip over so that the Wellington is seam-side down.
- Place on a baking sheet. Brush with egg yolk and set in the fridge to chill for 10 minutes. Remove from the fridge. Using a paring knife, cut slits in the top of the pastry to create vents that will let steam escape when cooking. Bake for 20 to 25 minutes until pastry is golden brown and center registers 125 degrees F on an instant-read thermometer. When done, let rest for 10 minutes before cutting into thick slices. This should provide a perfect pink finish to the bison fillet.



BISON SOUP

Bison is amazing in soup- ground meat or whole muscle. It is hearty, filling and delicious. Bison chili and stew are classic but any soup can be made with bison. Make Italian Wedding soup with bison meat balls or try this Vietnamese Pho recipe.

Quick Pho

Serves 4

Pho is a classic Vietnamese soup of spiced broth, rice noodles, herbs, and thinly sliced meat steeped in culinary traditions.

You can make at home! Substitute beef, pork or vegetable broth for bison bone broth if needed. Pho's classic accompaniments of hot peppers, fresh herbs, bean sprouts, and lime are delicious with the bison sirloin.

Ingredients:

- 1 1/2 pounds bison top sirloin
- 1 yellow onion, halved
- 1 (3-inch) knob fresh ginger, halved
- 2 pods star anise
- 1 cinnamon stick, about 3 inches long
- 1 teaspoon whole coriander seeds
- 1/2 teaspoon fennel seeds
- 2 whole cloves
- 2 quarts long-simmered roasted bison bone broth
- 1/4 cup fish sauce
- 1 (8-ounce) package dried Vietnamese-style flat rice noodles
- 4 green onions, cut on the diagonal into 1-inch-wide slices
- 1 bunch cilantro
- 1 bunch Thai basil
- 1 bunch mint
- 2 limes, quartered lengthwise
- 2 jalapeños, thinly sliced
- 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 very 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. Spoon the hoisin sauce and Sriracha sauce into separate bowls.
- Arrange about one-quarter of the noodles into a nest in each of four serving bowls then add equal amounts of the bison meat. Using a strainer pour 1 1/2 cups broth into each bowl, taking care that no spices from broth get into the bowls. The hot broth will cook the thinly sliced meat.
- Serve the bowls of hot bison pho with the platter and sauces so each person can customize additions to their bowl.