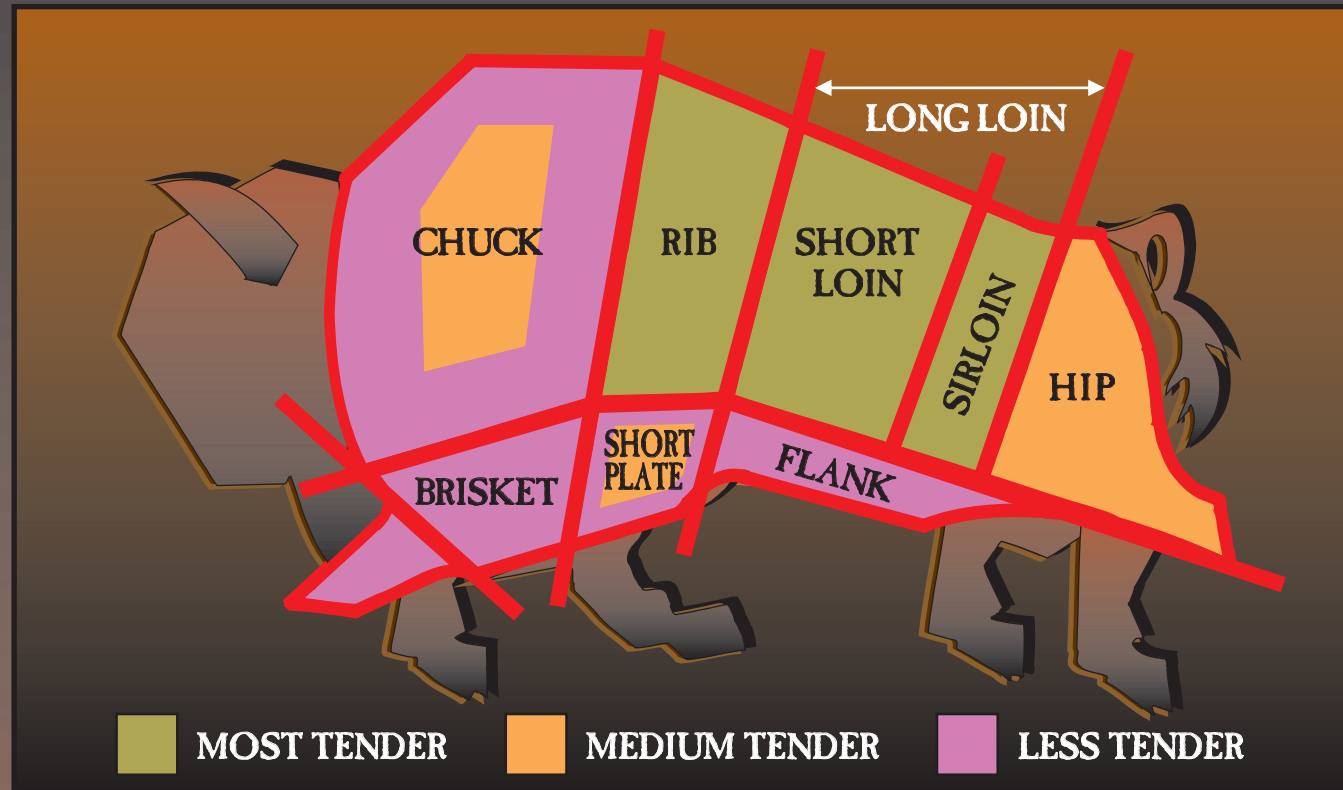




CANADIAN BISON

food service cuts



THE INHERENT TENDERNESS OF INDIVIDUAL CUTS DEPENDS ON TWO FACTORS

1. LOCATION OF THE MUSCLE (active muscles have more connective tissue).
2. MATURITY OF THE CARCASS (older animals have more connective tissue).

Match the correct method of cooking to inherent tenderness, and you will have tender bison every time.

DRY HEAT: for Most Tender cuts.

A COMBINATION OF DRY & MOIST HEAT: for Medium Tender cuts.

MOIST HEAT: for Less Tender cuts.

Bison meat is lower in fat and higher in moisture than its cousin beef. This means bison will cook more quickly than beef. Since bison muscle has little or no marbling, do not cook steaks & roasts past medium done stage.

- USE LOW COOKING TEMPERATURES
- COOK SLOWLY
- COOK LESS TENDER CUTS UNTIL FORK GOES IN EASILY
- DO NOT COOK PAST MEDIUM DONE STAGE



TENDERLOIN, full, trimmed of fat, wing or side muscle left on. 189A



STRIP LOIN, boneless 180



STRIP LOIN STEAK, boneless, strip loin. 1180



BISON RIB, bone in, roast ready 109



RIBEYE, lip-on 112A



RIBEYE, boneless steak 1112



TOP SIRLOIN BUTT, boneless 184



TOP SIRLOIN BUTT STEAK, boneless. 1184



KABOB MEAT 135B



GROUND PATTIES 1136



BACK RIBS 124



BOTTOM SIRLOIN TRI-TIP 185C



SKIRT STEAKS 121C/121D



SIRLOIN TIP (peeled knuckle) 167A



INSIDE ROUND (top round) 168



OUTSIDE ROUND (bottom round) 170A



OUTSIDE ROUND, flat (bottom flat) 171B



EYE OF THE ROUND 171C



SHOULDER CLOD 114



CHUCK ROLL 116



FLANK STEAK 193



BRISKET 120



SHORT RIBS 123



STEW MEAT 135

COOKING BISON TO TENDER PERFECTION

LOW TEMPERATURE ROASTING

1. Rub desired seasonings onto bison surface.
2. Place Roast fat side up on rack so roast doesn't sit in juices while cooking.
3. Use an open roasting pan, no lid.
4. Do not add liquid.
5. Roast at 120°C(250°F)-135°C (275°F).
6. Use a meat thermometer to assess degree of doneness.
7. Do not cook beyond medium 70°C (160°F).
8. Let stand for 20-30 minutes before carving.

PRIME RIB ROAST
RIB EYE
TOP SIRLOIN BUTT
BOTTOM SIRLOIN BUTT
TENDERLOIN

BROILING / PAN FRY (PAN BROIL) / GRILL / GRIDDLE FRYING FRYING / CHAR BROIL / BARBECUE / STIR FRY

1. Season as desired but do not salt.
2. Preheat heat source.
3. Cook to just below desired doneness.
4. Salt after cooking.
5. Thinner steaks can be pan-broiled 2-3 minutes / side.
6. Cook ground bison to medium well 73°C (165°F) or until brown in center and juices run clear.

TENDERLOIN STEAKS
STRIP LOIN STEAKS
RIB STEAKS
TOP SIRLOIN STEAKS
GROUND BISON

FOLLOW INSTRUCTIONS FOR LOW TEMPERATURE ROASTING

INSIDE ROUND (TOP) / SIRLOIN TIP (KNUCKLE) / OUTSIDE ROUND FLAT (BOTTOM)
BONE-IN-HIP (PONDEROSA HIP) / EYE OF ROUND

MOIST OVEN ROASTING

1. Place roast on rack.
2. Sear Roast for flavour and colour.
3. Add liquid to cover bottom of pan.
4. Close oven vents or use tinfoil tent.
5. Roast at 120°C (250°F) -135°C (275°F).
6. Cook to no more than medium 70°C (160°F).

CHUCK TENDER / SHOULDER CLOD

BROILING / BARBECUING PAN FRYING (PAN BROIL) STIR FRY

1. Marinate steaks/strips at least 6-8 hours.
2. Drain marinade and preheat heat source.
3. Cook to no more than medium 70°C(160°F).

INSIDE ROUND STEAK / EYE OF ROUND STEAK

POT ROASTING

1. Sear roast for flavour and colour.
2. Add liquid to cover bottom of pan.
3. Season as desired.
4. Cover and cook at 120°C (250°F) to 160°C (325°F) until fork goes into meat easily. Add more liquid if necessary during cooking.

BRISKET / SHORT RIBS
CHUCK ROLL / CHUCK TENDER

BRAISING STEAKS

1. Season as desired.
2. Brown in lightly oiled pan.
3. Add liquid.
4. Cover and simmer until fork tender.

CHUCK TENDER STEAK / SHOULDER CLOD STEAK

STEWING

1. Brown cubes
2. Season as desired
3. Add liquid to cover.
4. Cook at simmer until fork tender.



GRADING & LABELLING OF CANADIAN BISON

Grading evaluates meat quality. Grading is voluntary and is a service for fee provided by the Canadian Beef Grading Agency. The government of Canada maintains the regulations and grade standards.

HOW BISON IS GRADED

Only carcasses that pass health & safety inspection may be graded. A certified grader assesses a carcass based on:

1. MATURITY (AGE)

Maturity of carcass is directly related to tenderness. Youthful carcasses are the most tender. Maturity is assessed by the amount of cartilage hardening (ossification) on the ends of 9, 10 and the 11th vertebrae.

2. CONFORMATION (MUSCLING)

Muscle development is related to meat yield.

3. FAT

Fat colour, thickness and firmness affect consumer acceptance and meat yield.

4. MEAT

Meat colour and texture affect consumer acceptance and shelf life.

Marbling descriptions are not part of the grading regulations because bison meat comes from animals that have little or no marbling in their muscle structure.

PROPOSED CANADIAN BISON GRADES

AGE	QUALITY FACTORS	A GRADE				B GRADE			D GRADE		
		A1	A2	A3	A4	B1	B2	B3	D1	D2	D3
Maturity Class I (YOUTHFUL) CAPS OSSIFIED 80% OR LESS	MUSCLING	EXCELLENT TO GOOD				EXCELLENT TO GOOD	EXCELLENT TO MEDIUM	DEFICIENT TO POINT OF EMACIATION			
	FAT COLOUR	WHITE TO AMBER & FIRM				WHITE TO AMBER & FIRM	WHITE TO YELLOW	NO REQUIREMENTS			
	MEAT COLOUR	BRIGHT RED & FIRM				BRIGHT RED & FIRM	BRIGHT TO DARK RED	NO REQUIREMENTS			
	FAT MEASURE	2 to 6 mm	7 to 12 mm	12 to 18 mm	> 18 mm	< 2 mm		NO REQUIREMENTS			
Maturity Class II (MATURE) CAPS OSSIFIED OVER 80%	MUSCLING								EXCELLENT TO MEDIUM	EXCELLENT TO MEDIUM	< MEDIUM
	FAT COLOUR								NO REQUIREMENTS		
	MEAT COLOUR								NO REQUIREMENTS		
	FAT MEASURE								2 to 6 mm	6+ mm	≤ 1 mm

INSPECTION AND LABELLING



CFIA INSPECTION
LEGEND



BISON GRADE
STAMP

The Federal Government requires that all meats that trade across provincial or national boundaries be inspected for food safety. The inspection is done under the supervision of the Canadian Food Inspection Agency (CFIA). CFIA also inspects meat products that are imported into Canada. The Canadian inspection stamp means the meat product has met the federal food safety standards and is in compliance with government safety assurance programs.

All graded bison from a federally or provincially inspected plant must have the grade clearly marked on the carcass. Grades are stamped in three places on the hind quarter and two places on the front quarter — ten per carcass.