

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.

