

BISON



CANADIAN
BISON



Healthy eating never tasted so good!

Bison Red Wine Roast

(Sirloin Tip, Cross Rib, Inside Round)

3 ½ pound bison roast

2 - 4 tablespoons (30-60 ml) oil

1 cup (250 ml) diced onion

1 cup (250 ml) diced carrots

½ cup (125 ml) diced celery

1 large tomato

2 ½ cups (600 ml) beef broth

2 cups (470 ml) red wine (Bordeaux)

2-3 teaspoons (10 ml) flour

½ cup (120 ml) table cream

Salt & pepper to taste

Method:

Season roast with salt and pepper. In heavy casserole, quickly sear meat on all sides in hot oil. Remove from pot. Dice onions, carrots, celery and tomatoes and brown lightly. Add beef broth and red wine. Return roast to pot, cover, place on middle oven rack and cook at 275°F (140°C) for 3-3 ½ hours or until bison is tender.

Turn roast every hour and remove cover for last ½ hour of cooking. Remove roast from pot. Puree vegetables in broth. Mix flour with table cream and slowly add to vegetable broth, stirring constantly. Bring to boil and cook until thickened. If desired, season with salt, pepper and red wine to taste.

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Cooking BISON

GENERAL *Guidelines*

Cook it slowly at low temperature.

Don't cook past medium.

Here are some tips for different cuts.

Steaks

(GRILL, BROIL, OR PAN-BROIL)

- Use steak $\frac{3}{4}$ to 1 inch thick
- Place in lightly oiled skillet and use medium heat on stove top
- Place buffalo on BBQ or 6 inches from the heat source in broiler
- Cook 4 - 5 minutes per side
- To increase tenderness, marinate sirloin tip and inside round steaks for 8- 24 hours

Roasts

(SIRLOIN TIP, INSIDE ROUND)

- Sear roast in oven at 500°F (260°C) or on stove in a hot pan
- Season roast, add $\frac{1}{4}$ cup (50 ml) of liquid (water or red wine)
- Roast at 325°F (165°C) in covered pan or place in slow cooker
- Cook roast to medium rare 145°F (63°C)

Roasts

(RIB, LOIN AND TENDERLOIN)

- Use uncovered pan with rack
- Season as desired to taste
- Cook at 275°F (135°C)
- Do not cook past medium 155°F (68°C)

Burgers







- Cook ground meats to 160°F (70°C) internal temperature
- Make sure all patties sit flat on grill for entire cooking time
- Cooking equipment should maintain temperature of 375°F (190°C) even when loading continuously with frozen patties
- Ground bison should always be cooked until no pink remains



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NUTRIENT *Comparisons*

Per 100 gram serving of cooked lean meat.

SPECIES	Fat GRAMS	Calories KCAL	Cholesterol MG	Iron MG	Vitamin B-12 MCG
 <i>Bison</i>	2.42	143	82	3.42	2.86
 Beef (<i>Choice</i>)	10.15	219	86	2.99	2.65
 Beef (<i>Select</i>)	8.09	201	86	2.99	2.64
 Pork	9.66	212	86	1.1	0.75
 Chicken (<i>Skinless</i>)	7.41	190	89	1.21	0.33
 Sockeye Salmon	10.97	216	87	0.55	5.80

Source: Canadian Nutrient File, 2001b.