

## **Bison Steak Guide**

**Tenderloin** – The ultimate steak and as the name implies the most tender. This melt in your mouth steak is best grilled. Or try our Tenderloin BBQ Roast, which is excellent for a couple of people or more, depending on the size. The Bison Tenderloin is the steak of choice served when heads of state meet in Canada. It was served to Queen Elizabeth II on her last visit to Canada and to the G-7 Summit Leaders in Kananaskis.

**Strip Loin (New York)** - Lean and tender is the best way to describe this top quality grilling steak.

**Rib Eye** – Our juiciest steak, the Rib Eye is packed with flavor and is very tender. These steaks have somewhat more fat than other bison steaks. They tend to be larger and one steak will often satisfy the bigger appetite or split it between two people.

**Porterhouse/T-Bone** – One of the finest steaks. These steaks include a bone that divides two cuts of meat, the tenderloin and the strip loin. The Porterhouse has a larger percentage of tenderloin and the T-bone has a smaller tenderloin portion. The T-bone Wing does not have the tenderloin portion but is really a bone-in strip loin.

**Top Sirloin** - This is a very lean and tender steak. Excellent for grilling.

**Flank**- A very lean steak best suited for London Broil. Season it and grill or fast fry on a very hot grill or pan. Cut into thin slices across the grain, it is often served on a salad.

**Flat Iron** - A new way of cutting steaks. This medium tender steak comes from the shoulder blade area of the bison. Grill or quick fry it lightly over high heat. Also good for simmering, brown the meat first then slow cook in wine or beer.

**Sirloin Tip Medallions** - A thin, medium tender steak great for marinating, quick fry or simmering. Cut it up for stir fry.

**Eye of Round** - A thicker, fine grained, medium tender steak great for marinating or simmering.

**Top Round** – A great steak for cutting into stroganoff or simmering.

**Minute Steak** – A mechanically tenderized steak that is easy to chew. Use it in schnitzels and piccatas.

**Marinated Steak** – Two flavors of economical steak ready for the grill or frying pan. Available in Rosemary Garlic and 3 Pepper flavors.

## **Grilling a Bison Steak**

Bison Steaks are cut similar to beef cuts, but because of their low fat content they cook faster than a beef steak. Also, with the lower fat content you do not want to over cook the meat as this will make it tough. It is best cooked rare to medium rare and never cook it past medium for those who do not like pink in their meat. Here are a few simple steps to help you prepare your steak to perfection.

-Preheat your grill to a very high temperature.

-Lightly coat the steak with cooking oil so that it doesn't stick to the grill.

-Season with a salt free steak spice (salt dries out the meat and makes it tough, so salt at the table). Bison needs less seasoning due to its richer flavor. Try pepper, garlic and rosemary.

-A rare steak needs about 3 minutes a side over high heat. For medium rare and medium steaks, sear the meat over high heat for about 2 minutes a side and then move to a lower temperature area of the grill for another 2 to 3 minutes a side.

-Cooking time varies depending on your grill. Adjust cooking time to your B-B-Q and remember to not overcook your bison steak.

-You can always put your steak back on the grill if it's too rare but once you overcook it, there's nothing that can be done, unless of course you really love your dog.

## **Marinating Bison Steaks**

The less tender bison steaks such as the sirloin tip, eye of round and top round steaks all benefit from marinating to increase the tenderness and flavor of the meat. The better grilling steaks do not need to be marinated, but a rub of cooking oil, combined with a salt free steak seasoning or a combination of pepper, garlic and rosemary will enhance the flavor. Rub the steaks with the mixture a few minutes or a few hours before grilling. Here is a delicious marinade from Jane Fonda's book, *Cooking for Healthy Living*.

¼ cup chopped fresh rosemary (or 1 tbsp dried)

¼ cup fresh parsley chopped

4 cloves garlic minced

2 shallots minced

2 tbsps soy sauce

1 tbsp grated lemon zest

½ cup beef broth

¼ cup lemon juice

½ tbsp fresh ground pepper

Combine the ingredients and marinate the bison steaks or kabobs in refrigerator for 4 to 24 hours. Remove from marinade and pat dry. Grill rare to medium, do not overcook. Salt at the table.