

Meat Tenderness Categories and How to Cook Them

Most tender: Roasts - Tenderloin, Prime Rib or Rib Eye.

Steaks – Porterhouse, T-bones, Rib Eye, Strip Loin, Top Sirloin.

Cooking: Season then BBQ or oven roast to rare or medium rare. See recipes following

Medium Tender : Roasts – Inside Round, Top Sirloin, Eye of Round, Cross Rib, Chuck Tender, Outside Round. **Steaks** – Flank, Flat Iron, Sirloin Tip Medallion, Eye of Round, Top Round, Minute Steaks (pounded) & Kabobs.

Cooking: Most can simply be seasoned and then BBQ or oven roast to rare or medium rare. Some cuts may benefit from marinating or simmering in sauces. See recipes following

Less Tender : Roasts– Chuck or Hump. **Other Cuts** – Ribs, Brisket. Trim from around bones & other cuts is made into stewing meat & ground meat & ground products like patties & sausages.

Cooking: These cuts are delicious and tender if browned first, then braised (slow cooked in liquid) for 3 – 4 hours until fork tender and flavors intensify. Many are even better the second day as leftovers. Ground meat can be used in any recipes were ground meat is used. Sausages come either smoked and ready to eat warm or cold, or fresh/frozen and must be cooked before eating. Cold cuts are ready to eat.

BBQ Bison Steaks - Thoroughly delectable

Thaw Tenderloin, Rib Eye, Strip Loin or Top Sirloin steaks in fridge.

SEASONING - IF DESIRED

fresh garlic or garlic powder (not garlic salt)

fresh ground pepper

fresh or dried rosemary &/or thyme &/or oregano

or use 4 Peppercorn Steak Spice

On a dinner plate or container, pour enough cooking oil sufficient to slightly coat the thawed steaks. Sprinkle garlic powder, fresh ground pepper and freshly cut or dried herbs into the oil. Dip steaks in oil mixture to lightly coat each side.

Place steaks on hot grill. Bison steaks will cook faster than beef.

Try 2 to 3 minutes per side less than you would cook beef steaks.

BBQ to rare or medium rare. DO NOT OVERCOOK. Salt to taste after cooking. Enjoy the rich full flavor.

BBQ Bison Roast – Try this one!

Thaw selected roast in fridge.

Seasoning if desired - garlic powder (not garlic salt), fresh ground pepper, fresh or dried rosemary

On a hot grill, seer thawed roast on all sides till nicely browned. Place roast on aluminum foil slightly coated on cooking oil with fresh garlic, pepper and chopped rosemary. Wrap roast in foil and place on upper shelf of BBQ grill. Turn BBQ to low. Using meat thermometer, BBQ to rare or medium rare (140°F – 145°F) approximately 40 minutes per Kg. Remove from grill and let sit in foil for 10 minutes. Roast will continue to cook. Slice and serve, enjoying the rich, full flavor.

Bison Oven Roast – Pink, tender and delicious

1 bison roast – Prime Rib or Rib Eye, Inside Round, Sirloin Tip, Cross Rib or Eye of Round
fresh rosemary, thyme, oregano, garlic (or use Italian seasoning with these herbs) or 4 peppercorn steak spice

Thaw roast in fridge. Place roast on foil on rack of roasting pan and season. Put water in bottom of roasting pan to keep roast moist. Place roast in 500 F oven (we use our small countertop oven frequently) for 15 minutes, uncovered, to sear in juices. Turn oven down to 275° F and cook to rare to medium rare(140° - 145° F, approximately 40 minutes per kilogram). We keep the meat thermometer in the roast during cooking and just look through the window. Remove from oven. Cover with foil and let stand 10 minutes to set in flavors. Roast will still cook slightly through this time. Slice and serve with your favorite potatoes and vegetables. Salt to taste on plate.

Bison Stroganoff

1 – 1.5 lbs bison top sirloin, sirloin tip, round steak or stir fry strips
1 cup sliced mushrooms 4 tbsp butter
1 cup beef stock or consume ¼ cup sour cream
1 medium onion, sliced ¼ tsp pepper
2 tbsp flour 1 tsp Dijon mustard
Salt to taste

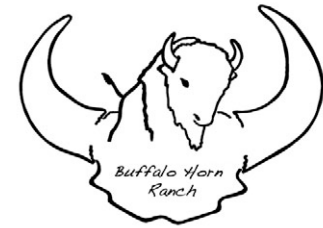
Slice bison into thin strips about 2” x ½”. Spread out on platter, sprinkle with pepper and cover with sliced onions and let stand for 2 hours. Melt 2 tbsp butter in a large skillet over moderate heat and blend in flour. Mix in stock and heat, stirring 3 – 5 minutes until thickened. Blend in mustard and salt to taste. Remove from heat. In a second pan, brown the meat, onions and mushrooms in butter. Add this to the sauce and simmer for 10 – 15 minutes, stirring occasionally. Remove from heat, stir in the sour cream and serve over egg noodles or rice. Serves 4

Ginger Bison Stir Fry

500 grams bison stir fry strip or bison steak cut into 1/8th inch strips
2 cups vegetables: bok choy, bean sprouts, carrots, celery
1 large onion cubed 2 cloves garlic crushed or diced
¼ cup fresh grated ginger 1 red & yellow pepper - cubed
1 tbsp soy sauce 1/8 cup canola or olive oil

Marinate the stir fry strips in soy sauce, garlic and pepper for about 30 minutes. Heat oil in wok or skillet and stir fry meat until browned. Remove from heat and keep warm. Stir fry vegetables in oil and add ginger. When vegetables are still crisp, add the bison meat and stir together, seasoning with salt and pepper to taste. Serve with steamed rice or Shanghai noodles. Don't be afraid to experiment with different seasoning, sauces and vegetables for a different taste treat. Our stir fries are never the same twice.

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Bison Kabobs – a scrumptious, colorful meal

500 grams bison meat cubes
Cherry tomatoes, onions, mushrooms, zucchini, and peppers – a variety of colors

Marinate bison cubes 4 - 12 hours in fridge if desired (see Marinades) or simply skewer meat and cubed vegetables alternately onto metal or soaked wooden skewers. Vegetables may be brushed with fresh marinade or salad dressing before cooking. Preheat BBQ and place kabobs on medium heat, turning occasionally. Cook for 5 to 8 minutes until the meat is medium rare. Serve with roasted potatoes or steamed rice. Serves 3 to 4.

Marinades - A variety of marinades may be used for kabobs or marinating steaks. A quick and easy way is to simply use your favorite Italian, Greek or herbal vinaigrette salad dressing (discard marinades after use) or try the recipe below. Place bison kabob cubes in marinade and marinate 4 – 12 hours in fridge.

¼ cup Vinegar (try balsamic or red wine vinegar) Pepper to taste
¼ cup olive or canola oil 1 tbsp fresh chopped rosemary
2 cloves garlic crushed or diced 1 tbsp fresh oregano or basil

Bison Piccata – quick, easy and flavorful

500 grams bison marinating steak sliced thin: minute steak, sirloin tip medallion, flat iron or eye of round steaks
½ cup flour 4 tbsp butter
2 tbsp lemon juice 2 tbsp olive oil
1 cup beef broth 2 tbsp fresh chopped parsley
2 tbsp capers Salt and pepper to taste
Place the bison steaks between two sheets of plastic wrap and pound gently with a meat pounder until they are thin and more tender or use bison minute steak (already pounded). Place the flour on a plate and season with salt and pepper. Coat the buffalo slices in the flour and shake off any excess. Heat the oil and half of the butter in a large skillet over high heat. Add the meat in batches if necessary and sauté, turning once, until golden on both sides, 2 – 3 minutes per side. Transfer to a warmed platter and keep warm. Pour of the excess butter and oil from the pan. Pour in the beef stock and bring to a boil over high heat. Deglaze the pan by stirring to dislodge the browned bits. Boil until the stock is reduced to half. Swirl in the lemon juice and capers and then swirl in the remaining half of the butter. Pour over the bison. Sprinkle with chopped parsley and serve at once. Great with rice or mashed potatoes. Serves 4. Preparation Time: 10 – 20 minutes
Cooking Time: 10 minutes

Slow Cooking Recipes

Bison Pot Roast

1 – 2 Kg bison hump, chuck , cross rib or other roast
2 – 3 medium onions cubed 2 – 3 cloves garlic chopped
1 tsp whole dried rosemary ½ tsp coarsely ground pepper
1 bay leaf 1 tsp oxo liquid
1 cup water or beer 4 tbsp canola oil
5 each- med potatoes, carrots, parsnips

In a heavy skillet, dutch oven or BBQ, brown the meat on all sides. Place in a dutch oven, covered roasting pan or slow cooker. Season with pepper, garlic, rosemary, and bay leaf. Add water or beer and onion. Place roasting pan or dutch oven in at 250° F oven (120° C). For slow cooker start on high and turn down once liquid is boiling. After 2 hours add potatoes, vegetables and more liquid if necessary. Cook until vegetables and meat is fork tender. Remove the meat and vegetables, and add salt to taste to the liquid. Thicken gravy with flour if desired. Oxo will give gravy a darker color.

Buffalo Horn Ranch Stew – “One of our favorite meals after a day outside, whether we are working buffalo in the corrals or cross country skiing.”

500 grams bison stewing meat, cubed
2 medium onions, cubed 3 cloves garlic, chopped
2 carrots chopped 4-6 medium potatoes cubed
1 can tomatoes 1 tsp dried mustard
½ tsp cumin & coriander 1 chili pepper, crushed
1 bottle dark ale 1 bay leaf
1 tsp rosemary 1 tsp molasses
Salt and fresh ground pepper to taste

In a heavy skillet, first brown meat in oil & transfer to slow cooker. Then brown vegetables & transfer to slow cooker. Spices may be added to meat and vegetables while browning to enhance flavor. Deglaze the hot skillet by adding canned tomatoes and ale to the skillet and transfer to the slow cooker when boiling. Add bay leaf, molasses, salt & pepper to taste. Simmer for 3 – 5 hours. Serve with hearty bread and a side salad. Serves 4

Bison Ribs and Sauce

1 Kg Bison Short or Back Ribs
3 cloves garlic, chopped 2 onions, chunks
1 - 19 oz can seasoned tomatoes ¼ cup BBQ sauce
salt and fresh ground pepper to taste flour for thickening

Brown ribs on all sides in a hot skillet or on BBQ grill. Place in slow cooker with other ingredients or use covered roasting pan in 250° F oven and simmer about 3 – 4 hours or until fork tender. Meat should almost fall off bones. Remove excess grease from top of juice and thicken with a flour/water mix added slowly to simmering sauce. Serve with rice or potatoes and your favorite vegetables.

Favorite Ground Meat Recipes

Bison Meatballs with Cranberry Sauce Glaze an excellent choice for a main dish or appetizer

1 – 2 lbs ground bison meat
1 – 16 oz can cranberries 1 tbsp Worcestershire sauce
1 clove minced garlic ½ tsp ground red pepper
1-2 eggs 3 tbsp horseradish
2 tbsp honey 1 tbsp lemon juice

Combine eggs with ground bison. Roll into meatballs. Drop into boiling water and simmer until cooked or fry to cook. Combine remaining ingredients and bring to boil. Simmer 5 minutes. Pour as much glaze as desired over hot meatballs and serve immediately. For appetizers, you may want to dip meatballs in hot sauce as required.

Note: Recipe makes plenty of sauce so either half recipe or refrigerate and use with other bison meat on the side like horseradish or chutney.

Bison Lasagna

500 grams ground bison 1 onion chopped
8 cloves garlic, minced 2 large tomatoes, chopped
¼ cup bison/beef broth 2 tbsp chopped rosemary
2 tbsp chopped oregano ¼ tsp ground pepper
2 cups ricotta cheese 1 cup chopped basil
½ c chopped sun-dried tomatoes 2 tbsp grated Parmesan cheese
9 dried lasagna noodles 1 1/2c grated mozzarella cheese

Saute onions, ground bison & ½ the garlic until meat is no longer pink. Stir in chopped tomatoes, broth, oregano, rosemary, & pepper. Bring to boil, reduce heat to low & simmer uncovered until sauce has thickened, about 10 minutes. Salt to taste. Blend ricotta cheese, basil, sun-dried tomatoes, parmesan cheese & remaining garlic until smooth. Boil noodles in separate pot until softened, about 10 minutes. In greased pan, layer 3 noodles, half the ricotta mixture, 1/3 of the meat mixture & 1/3 of the mozzarella. Repeat the layers, using 3 noodles, the remaining ricotta mixture, half of the remaining meat sauce and half of the remaining mozzarella. Top with the remaining noodles, meat sauce & mozzarella. Bake at 350° F, uncovered, until bubbly and golden on top, 35 – 45 minutes. Cool 10 minutes before slicing.

Bison Chili – Quick, easy and delicious

500 grams ground bison 2-3 cloves garlic, crushed
1 19 oz can kidney beans 1 12 oz can niblet corn
1 19 oz can tomatoes 1 onion- chopped
Salt & pepper to taste 1 – 2 tsp chili pepper
1 tsp Italian seasoning or oregano

Brown ground bison in oiled skillet until pink is gone. Add remaining ingredients and simmer ½ hour. Serve with warm bread, buns, toast, or scones.

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Buffalo Horn Ranch Natural Meats **Favorite Recipes**

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Quick Bison Meat Cooking Tips

- Bison meat is not more difficult to cook than other meats. It just requires different techniques.
- Remember, due to low fat levels, bison meat, especially roasts, should be cooked in moist heat at lower temperatures (275°F) for less time, approximately 40 minutes per kilogram. Searing in 500° F oven or in hot skillet or on the BBQ seals in flavorful juices. We enjoy our roasts rare (internal temperature of 140° F). See included roast recipes.
- Bison meat can be substituted for most beef recipes but be aware that cooking times and temperatures may need to be adjusted.
- Steaks will also cook faster. Cook 2 minutes less per side than regular beef steaks. Over cooking removes moisture and the meat will be dry. See included BBQ steak recipe.
- Even bison burgers should be cooked just until the pink is gone and then eaten. Do not leave them warming uncovered or the moisture leaves them.
- Check our package labels for ingredient lists and some cooking and storage instructions. If you have special dietary needs due to allergies, etc. Buffalo Horn Ranch Natural Meats may be able to do some custom ordering which may satisfy you or your family's needs. Just contact us and inquire.

Suggested Seasonings

- Bison meat (or buffalo) is so flavorful that seasoning is not necessary. Remember to salt steaks, roasts and burgers to taste after cooking. Salting prior to cooking removes flavorful juices and dries out meat. We suggest that you not use overpowering sauces. Sauces or chutneys with berries such as saskatoons, cranberries, and currants go great with bison. The following suggestions, however, will often enhance bison meat's natural flavor.
- We like to use Sea Salt .
 - Fresh herbs such as rosemary, thyme, sage, oregano, savory and basil are always nicest to use but not always on hand so substitute.
 - A blend of Italian seasonings containing the above mentioned herbs works well in bison soup, on steaks or roasts, on pizza, lazogna or in chilli.
 - try 4 Peppercorn Steak Spice by President's Choice. We use it frequently sprinkled on roasts, steaks or burgers. It's Great!!