



*Cooking with*

# SayersBrook

WITH OVER 20 PROTEIN RICH RECIPES TO MAKE YOUR BODY'S HAPPY



*Cooking with*

# Sayersbrook

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You may share this cookbook.



A wide variety of recipes  
and cooking tips  
tasty, interesting and easy enough.

# Cooking with Bison & Elk

**B**ison and elk meat, though similar to beef, needs to be handled and cooked a little bit differently. You will find you can interchange bison and elk meat with all your favourite beef recipes, if you follow a few basic tips.

Fat is an insulator, and heat must first penetrate this insulation before the cooking process begins. Bison and elk with its low fat content, does not have this insulation, and therefore does not need to be cooked as long with as high a temperature to get the job done. Turn the temperature down by about 50 degrees, and the meat will be done in the same amount of time as beef would be; as we say, “less heat to reach the same doneness.” Rare to medium rare is best for tender cuts. Very slow, moist heat works especially well with the less tender cuts.

Really watch the cooking process the first time you try bison; note the amount of time it takes to cook your the meat and what the result was. Bison and elk better with marinade than beef is, as there is only meat to soak up the marinade. If you use a sauce normally on the beef cut while you cook, by all means use sauce on bison or elk. With a little practice, these meats can be as easy to cook with as beef.

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## COOKING TIPS

The inherent tenderness of individual cuts depends upon matching the correct method of cooking to inherent tenderness

- For Most Tender Cuts Use Dry Heat
- For Medium Tender Cuts Use A Combination Of Dry And Moist Heat
- For Less Tender Cuts Use Moist Heat
- Use Low Cooking Temperatures
- Do Not Cook Past Medium Done Stage
- Cook Less Tender Cuts Until Fork Goes In Easily



# Cooking Tips for Bison, Elk and Wild Boar

*Bison, wild boar and other wild game meats are lower in fat and higher in moisture than beef or pork. This means these meats will cook more quickly than beef. Since muscle on wild game and bison has no marbling, do not cook steaks and roasts past medium done stage.*

<p><b>LOW TEMPERATURE ROASTING FOR MOST TENDER CUTS</b></p>	<p><b>TENDERLOIN TOP SIRLOIN BUTT PRIME RIB SHORT LOIN STRIPLOIN RIB-EYE WILD BOAR RIB RACK</b></p>	<ul style="list-style-type: none"> <li>-Rub desired seasoning onto surface of meat</li> <li>-Place roast fat side up on rack so roast doesn't sit in juice while cooking</li> <li>-Use open roasting pan, no lid. Brown roast at high oven temperature for brief period</li> <li>-Do not add liquid. Roast at 120°C (250°F) - 135°C (275°F)</li> <li>-Use a meat thermometer to assess degree of doneness.</li> <li>-Remove from oven when thermometer reads 3-10 degrees below desired doneness</li> <li>-Let stand for 20-30 minutes before carving</li> </ul>
<p><b>BROILING, PAN BROIL GRILL, GRIDDLE FRYING, PAN FRYING, CHAR BROIL, BBQ, STIR FRY FOR MOST TENDER CUTS</b></p>	<p><b>TENDERLOIN STEAK STRIPLOIN STEAK T-BONE STEAK RIB STEAK TOP SIRLOIN STEAK GROUND MEAT BROCHETTE MEDALLIONS GROUND PATTIES WILD BOAR LOIN</b></p>	<ul style="list-style-type: none"> <li>-Season as desired, but do not salt</li> <li>-Preheat source</li> <li>-Cook to desired doneness, very rare 55°C (130°F) to medium 70°C (160°F)</li> <li>-Salt steak after cooking.</li> <li>-Thinner steaks can be pan-broiled 2-3 minutes per side</li> <li>-Cook ground bison to medium well 73°C (165°F) or until brown in center and juices run clear.</li> </ul>
<p><b>LOW TEMPERATURE ROASTING FOR MEDIUM TENDER CUTS</b></p>	<p><b>SIRLOIN TIP (KNUCKLE) BACK RIB INSIDE ROUND (BOTTOM) FLAT EYE OF ROUND BAVETTE</b></p>	<ul style="list-style-type: none"> <li>-Brown roast at 260°C (500°F) for 30 minutes to sear for color and flavor</li> <li>-Reduce heat to 140°C (275°F) add 250-500 ml (1-2 cups) liquid to pan</li> <li>-Cover pan or cover roast with foil.</li> <li>-Slice roast at right angles to the grain, or with thin roasts, cut diagonally across the grain</li> </ul>
<p><b>BROILING, BBQ, PAN FRYING, STIR FRYING FOR MEDIUM TENDER CUTS</b></p>	<p><b>SIRLOIN STEAK SKIRT STEAK HANGER STEAK OSSO BUCCO WILD BOAR SHOULDER</b></p>	<ul style="list-style-type: none"> <li>-For cooking steaks marinate for 6 to 8 hours or needle to tenderize. Alternative: thinly slice partially</li> <li>-Frozen steaks across grain and marinate 6 to 8 hours for use in stir fry/satay.</li> <li>-Preheat heat source</li> <li>-Cook to desired doneness.</li> </ul>
<p><b>BRAISING, STEWING, POT ROASTING FOR LESS TENDER CUTS</b></p>	<p><b>BRAISING STEAK STEW CUBES BRISKET SHORT RIBS CHUCK ROLL SHOULDER CLOD FLANK STEAK</b></p>	<ul style="list-style-type: none"> <li>-Season cube/roasts as desired and brown/sear for color and flavor.</li> <li>-Add liquid to cover and cook at 120°C (250°F) to 160°C (325°F) until fork goes into meat easily.</li> <li>-Add more liquid if necessary during the cooking period.</li> </ul>

# NUTRITIONAL BENEFITS

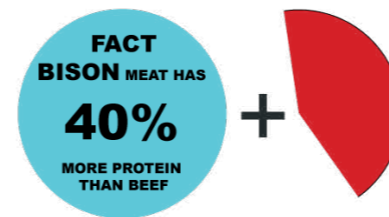
## BISON

**NORTH AMERICAN BISON - 97% FAT FREE - 100% NATURAL**

For anyone who is concerned about his or her diet, bison is truly the healthy alternative. It has less calories, less fat, and less cholesterol than beef. Not only that - it has more protein than beef and more delicious flavor than just about anything. Bison allows people on some restrictive diets to enjoy red meat, real red meat. Of course, you should consult your physician before deviating from from this recommendations.

### BISON FACTS

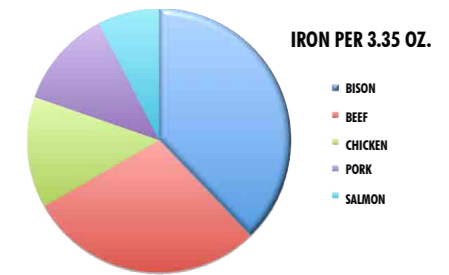
Bison, probably the reddest meat you'll ever see, is really good for you. A portion of roast buffalo has far less fat than other roast meats. When you compare the protein, bison meat wins hands down.



## GROUND BISON OR ELK CAN BE SUBSTITUTED FOR ANY RECIPE CALLING FOR BEEF

Order bison ground to enrich your cooking with the natural savor of America's wild heritage. Every dish, from burgers to lasagna to spaghetti & meatballs, tastes better with all natural ground bison, and we have the customer feedback to prove it!

Now, you can make all your favorite recipes with a red meat that is over 90% lean. Enjoy!



Don't focus on how much you eat.  
Focus on what you eat.

	100g	Calories	Fat	Cholesterol
Nutritional information	BISON	143	2.42g	82mg
	Beef	211	9.28g	86mg
	Pork	212	9.66	86mg
	Chicken*	190	7.41g	89mg
USDA Handbook 8-5:8-10:8-13:8-17		177	7.7g	77mg

\*Skinless

# Bison Cooking & Handling Tips for Best Results

*You will find that you can interchange buffalo meat for many of your favorite beef recipes, just by following a few simple instructions. The taste is many times indistinguishable from beef, although bison has a richer, fuller flavor.*

Buffalo is not wild or “gamey” tasting. The main thing to remember when cooking buffalo meat is that because there is less fat content, it will cook faster.

Because fat is an insulator, heat must first penetrate this insulation before the cooking process can begin.

Marbling, which is fat within the muscle, slows down the cooking process. Because buffalo meat lacks marbling, the meat will cook more rapidly, so extra care must be taken to avoid drying it out through overcooking.

Buffalo/Bison steaks and burgers are at their very best when done rare or medium (with a pink center).

## **OVEN BROILING BISON MEAT**

If you oven broil your buffalo/bison, try moving the oven rack a notch lower than you

normally would and check on their progress a few minutes sooner than you normally would. You’ll be rewarded with a juicier piece of meat.

## **GRILLING BISON MEAT**

If you grill your buffalo/bison, we suggest doing so over medium hot coals at a distance of from four to six inches. Again, a little extra care will reward you with a much juicier meal.

## **ROASTING BISON MEAT**

When roasting buffalo/bison, we suggest that you follow the creed “lower and slower.” Lower your oven temperature to cook the meat more slowly. It will shrink less, thereby retaining more natural juice.

To be sure that it is done to your liking, we suggest using a meat thermometer - it’s an inexpensive reusable insurance policy.

Rare or medium rare

Is the best way to eat steak

# Grilling steaks on the Barbecue

*The rich red color of the buffalo/bison meat is indicative of the higher levels of iron and the lack of marbling (fat). Both of these are GOOD things and are probably among the reasons that you purchased buffalo/bison meat in the first place.*

*TIP! Using a fork to turn the steaks punctures the meat, Use tongs or a spatula instead*

BISON STEAK COOKING GUIDELINE			
PREHEATED GAS OR CHARCOAL GRILL			
THICKNESS	DONENESS	SIDE 1	SIDE 2
3/4 inch	RARE	4 MINUTES	2 MINUTES
	MEDIUM-RARE	5 MINUTES	3 MINUTES
	MEDIUM	6 MINUTES	5 MINUTES
	WELL	8 MINUTES	6 MINUTES
1 inch	RARE	5 MINUTES	3 MINUTES
	MEDIUM-RARE	5 MINUTES	6 MINUTES
	MEDIUM	6 MINUTES	7 MINUTES
	WELL	8 MINUTES	8 MINUTES
1 1/2 inch	RARE	6 MINUTES	4 MINUTES
	MEDIUM-RARE	7 MINUTES	6 MINUTES
	MEDIUM	8 MINUTES	7 MINUTES
	WELL	10 MINUTES	7 MINUTES

**REMOVE THE STEAKS FROM THE FRIDGE ONE HOUR BEFORE BARBECUING.**

The best way to barbecue a bison steak is as simple as possible – sea salt and ground pepper with a spray of olive oil and voila you have a masterpiece. Even pepper is optional. For charcoal barbecuing, use briquettes arranging them on one side of the grill. There should be no direct charcoal heat coming from the other side of the BBQ. When the coals are covered in a grey ash, the steaks are ready for grilling.

**FOR A GAS GRILL:**

preheat one side of the gas barbecue on high heat for at least 15 minutes. It has to be hot 475° – 500°F. It's easier to get the heat from a charcoal grill but many of us like the convenience of the gas grill. Brush the grill grate with oil. Once the steaks are cooked let them rest for 5 minutes. The steak continues to cook after it is removed from the heat so consider this when grilling for a rare steak.

Healthy food for your family  
and your friends



# Bison cooking on the Stove or in the oven

IN THE OVEN BROILER			
RECOMMENDED COOKING TIME IN MINUTES			
THICKNESS	DONENESS	FIRST SIDE	OTHER SIDE
3/4 inch	RARE	5 MINUTES	2 MINUTES
	MEDIUM-RARE	7 MINUTES	5 MINUTES
	MEDIUM	8 MINUTES	6 MINUTES
	WELL	10 MINUTES	7 MINUTES
1 inch	RARE	6 MINUTES	5 MINUTES
	MEDIUM-RARE	8 MINUTES	6 MINUTES
	MEDIUM	9 MINUTES	7 MINUTES
	WELL	11 MINUTES	8 MINUTES
1 1/2 inch	RARE	7 MINUTES	6 MINUTES
	MEDIUM-RARE	9 MINUTES	7 MINUTES
	MEDIUM	10 MINUTES	8 MINUTES
	WELL	13 MINUTES	11 MINUTES

*Bison steaks taste best when grilled to rare or medium (still pink in the centre) so avoid overcooking. This meat is high in iron, giving it a great taste but overcooking will make it taste like liver and you don't want that.*

## **PREPARING BISON STEAKS TO FRY IS VERY EASY.**

Before cooking remove the steaks from the fridge and let them sit for about an hour at room temperature. Just remember that they need less cooking time than beef because they are very lean. When frying up bison steak, watch the minutes. Better yet, use a timer. A rare to medium-rare cooked meat is delicious, succulent and juicy. A well done steak is not! If you follow these easy

directions you will have a perfect steak every time. Heat oil in a skillet over medium-high heat for a few minutes, See the chart for exact time for each size and cut of meat. Once you have fried the meat for the allotted time. Remove to a plate and let it rest for a few minutes. The steak continues to cook during this time. It is important to let it sit for at least 5 minutes. Then...eat! Follow the cooking times depending on your steaks thickness.

## **PREPARING STEAK IN THE OVEN.**

Preheat the oven to 500°F. Let them sit for about an hour at room temperature. After preparing the meat for cooking, put it in a roasting pan and roast the meat. Check the time chart for oven cooking. Browse through the many recipes on the Northfork Bison website. Cooking time is also affected by the amount of fat and connective tissue of the chosen cut of steak. Bone-in or bone-out is also a factor. Again, this is why bison needs less cooking time than a fattier cut of meat such as beef or pork.

## BISON STEAKS



### Bison Tenderloin

No prep needed for our thick premium succulent filets. Ultra tender, very lean. Just a bit of salt and pepper and grill!



### Bison Top Sirloin

Great for grilling broiling or simmering in a stew, any way you make it you will be please every time. It's boneless, low in cholesterol . Sure to please.

### T-Bone

The T-bone steak gets its name because it has a bone that is shaped like a "T". On one side of the bone is a strip steak. On the other is a piece of tenderloin filet. Hence, the T-bone is really two steaks in one.



### Bison Porterhouse

There is just a small difference between a T-bone and a Porterhouse steak. They are both cut from the short loin section and therefore are superior cuts of meat. This cut comes from the rear end of the short

loin and contains a larger portion of filet. While the T-bone is cut from the front end of the short loin which is the smaller filet.

### Bison Striploin

A strip steak without the bone is called a "New York Strip Steak". When a bone is left attached to the strip, it is either called a "Bone-in New York" or sometimes a "Kansas City Strip. Mostly the strip is known by its most popular name of New York Strip. But sometimes it's simply called a Strip Steak. It is a tasty option to the rib eye steak which has significantly more fat content. The strip is prized for its fine texture and buttery flavour. It is moderately tender and has good fat marbling.

### Bison Ribeye

This is a delicious cut of bison meat, Cut from the area next to the prime rib making it very tender and giving it a wonderful flavour. A great grilling favourite due to the marbling. The extra fat tends to melt off during cooking leaving just juicy meat behind.

The best steaks for grilling include: Top Sirloin, Rib-eye Stip loin, Porterhouse, T-bone, Filet mignon

# Cooking Tips For Elk Meat

TIPS AND GUIDELINES FOR COOKING ELK.

Elk is a healthy high protein and low fat alternative to beef. And because it is low fat, it has more connective tissue than beef so it should be cooked low and slow. Overcooking game meat, be it bison or elk will create a tough piece of meat and you will be disappointed.

## **OVER-COOKING IS A BIG NO.**

## **WHY LOW AND SLOW?**

Cooking the meat gently with a bit of liquid breaks down the connective tissues and infuses the meat with the flavors of the marinating liquids.

Cooking methods like stewing, braising, slow cooking are good

methods for tougher cuts like shoulder, neck, shanks, chuck, osso buco and stewing cubes.

Large roasts and ground elk can also benefit the long cooking process.

Elk ground makes for delicious stick to your ribs chilli and sloppy joes.

Investing in a slow cooker is a great idea for all large game, from elk, to wild boar, to bison. It is of course a good way to cook beef too.

Tender cuts, especially for the filet mignon (tenderloin) are best cooked hot and fast. Elk has very little natural fat, because of this it can be tough if overcooked. It will toughen and get dry.

**RULE OF THUMB FOR COOKING STEAKS: HOT AND FAST. COOK TO A RARE OR MEDIUM RARE. A STEAK WILL CONTINUE TO COOK A FEW MINUTES AFTER BEING TAKEN OFF THE GRILL.**

You might want to take a bite immediately from that awesome juicy steak you just took off the grill, but wait a few minutes. The juices will settle into the steak if you don't cut into it right away

## **COOKING AN ELK ROAST WITHOUT USING A SLOW COOKER**

Elk roasts and ground elk benefit from quick cooking too. You can cook a roast quickly in a hot oven to medium-rare or medium. Burgers from ground elk cook on the grill just like beef. So, if you like your burgers tender and juicy, cook them to medium or medium rare.

🕒 TOTAL TIME: 110 min

👤 PREP: 15min

☁️ LEVEL: easy

🍽️ YIELD: 6 servings

# Italian Meatloaf

## Delicious with Bison or Elk

*Most times a recipe using ground meat cautions you to drain it as part of the preparation instructions. This is because of the fat content of the meat. In addition to being unhealthy, what you are draining is uneconomical. You're pouring money down the drain, literally. With Ground Bison Meat from SayersBrook Bison Ranch, you won't have this problem. In fact, we recommend that you spray your fry pan or skillet with a non-stick spray. It's the good old American custom of getting what you pay for. Conveniently packaged in 1 lb units, Ground Bison Meat can be used in any recipe calling for beef.*

### Ingredients

1 c. boiling water  
 3/4 c. fresh basil, chopped  
 1/2 c. sun-dried tomatoes, packed without oil  
 1/2 c. shredded fat-free cheddar cheese  
 2 lg. egg whites  
 nonstick cooking spray  
 2 cloves garlic, minced  
 1/2 c. ketchup  
 1 lb. ground Bison  
 1 c. seasoned bread crumbs  
 1/3 c. ketchup  
 ketchup.

### Directions

1. Combine boiling water and tomatoes in a bowl; let stand 30 minutes or until soft.
  2. Drain tomatoes, and finely chop. Preheat oven to 350°.
  3. Coat a broiler pan with cooking spray.
  4. In a large bowl, combine all ingredients except for 1/3 cup ketchup.
  5. Shape mixture into a 9 X 5 inch loaf on broiler pan. Spread remaining ketchup over top.
  6. Bake for 1 hour or until thermometer inserted in the centre registers 160°.
  7. Let stand 10 minutes before slicing.
  8. Cut into 12 slices.
- 6 servings



🕒 TOTAL TIME: 45 min

👉 PREP: 15 min

☁️ LEVEL: easy

🍽️ YIELD: 4 servings

# Zucchini Bison Wellington

Delicious with Bison or Elk

*Using our high quality bison meat makes this recipe super delicious.*

## Ingredients

- 1 lb. ground Bison
- 1/2 c. sour cream
- 1 med. onion, chopped
- 1 (8-oz.) pkg. mozzarella cheese, grated
- 2 zucchini about 12 inches long, sliced
- 1 pkg. crescent rolls
- 1 pkg. spaghetti sauce with mushrooms
- 2 T. butter or margarine
- 1 (8-oz.) can tomato sauce

## Directions

1. Brown ground Bison and onions.
2. Before completely done, add zucchini and sauté a few minutes.
3. Remove from heat, add spaghetti sauce and tomato sauce.
4. Put in 9X13 baking dish, spread sour cream over top.
5. Cover with mozzarella- spread rolls over entire top. Drizzle butter over rolls - sprinkle with parmesan.
6. Bake in preheated 350° oven for 30 minutes.

6 servings

🕒 TOTAL TIME: 40 min min    🍳 PREP: 15min  
☁️ LEVEL: easy                      🍽️ YIELD: 4 servings

# Bison Taco Casserole

Delicious with Bison or Elk

*Well, that was easy! this is a great meal to serve family and friends. Keep it frozen and pop in the oven when an unexpected hungry crowd shows up at your door. All we have to say about this dish is YUM!*

## Ingredients

1 lb. Bison meat  
1/4 cup Black Olives  
1 pkg. Taco Seasoning  
1 cup Cheddar Cheese  
1 (14.5-oz) can Tomatoes  
Green Onions (chopped)  
1 Zucchini (diced)  
Tortilla Chips (broken)  
1 (15-oz.) can Corn

## Directions

1. Brown, crumble and drain Bison Burger.
2. Stir in Taco Seasoning, Tomatoes, Zucchini, Corn and Black Olives.
3. Bring to a boil and simmer for 15 minutes stirring occasionally.
4. Layer bottom of a 2 quart casserole pan with broken Tortilla Chips.
5. Add meat mixture and top with chopped green onions and cheddar cheese.
6. Cover and bake @ 350° for 20 minutes.

 TOTAL TIME: 90 min PREP: 15min LEVEL: easy YIELD: 4 servings

# Super Easy Meat Sauce

Delicious with Bison or Elk

*This is a really easy meat sauce recipe but so tasty. It's so tasty I'm sure it will become a family favourite .*

## Ingredients

1 pound of bison ground meat  
1 small onion or a half a large onion diced  
3 cloves garlic smashed, or to taste (you can't ever have too much garlic)  
1 can of tomato sauce (use your favourite sauce)  
about 1 teaspoon of Salt or to taste (I don't like using too much salt)  
1 teaspoon of sugar

## Directions

1. Heat up a small amount of vegetable oil in a skillet about 2 tablespoons
2. Sauté the diced onions until they become translucent
3. Mix the bison meat into the hot skillet
4. Stir it to break up the meat so that there are no clumps
5. When the bison meat turns brown add the can of tomato sauce
6. Add the smashed garlic cloves and seasoning
7. Stir and cover on low heat for 1 hour
8. Taste and adjust seasonings
9. This meal is great the next day too, and is good to freeze. That's all there is to it.
10. Delicious with fresh garlic bread, a spinach salad and a glass of red wine. Perhaps A Chianti or a simple merlot

Makes 4 servings.

Double the recipe to make 8 servings



🕒 TOTAL TIME: 40min

👤 PREP: 15min

👤 LEVEL: easy

🍽️ YIELD: 4 servings

# Bison Chili

Delicious with Bison or Elk

*Our ground bison chili makes for richness and flavor. Create a thick, rich dish. Best served over white rice and/or with tortilla chips.*

## Ingredients

1 lb. ground Bison  
1 (15-oz.) can tomatoes  
1 med. chopped onion  
1 tsp. salt  
1 (15-oz.) can red beans-drained  
2 T. chili powder  
1 (15-oz.) can Brooks hot chili  
1 T. vinegar, cider  
beans-undrained  
1 T. sugar  
1 (15-oz.) can tomato sauce  
1 T. Worcestershire sauce  
1 (6-oz.) can tomato paste  
2 shakes Tobasco sauce

## Directions

1. Brown ground Bison, put meat into large pot saving juice.
2. Sauté onions in juice until transparent or tender.
3. Drain.
4. Mix all other ingredients in large pot except the drained red beans.
5. Simmer for about 1 1/2 hours.
6. Add red beans, heat and serve.



🕒 TOTAL TIME: 40min

👩‍🍳 PREP: 15min

👤 LEVEL: easy

🍽️ YIELD: 4 servings

# Bison Pot Roast

BUFFALO POT ROAST IT'S ABSOLUTELY DELICIOUS. MAKE IT THE CENTREPIECE OF YOUR TABLE.

*Our Bison Roast is a beautiful 3 lb piece of bottom round. Each roast is hand cut and hand trimmed to SayersBrook exacting specifications.*

## Ingredients

3 lb. Bison roast  
6 potatoes, peeled & quartered  
2 T. cooking oil  
1 stalk celery, chopped  
1 bay leaf  
1 c. apple juice  
1 tsp. salt  
1 c. water  
6 peppercorns  
1/2 tsp. pepper  
4 carrots, sliced  
1 T. cornstarch  
6 Spanish onions

## Directions

1. Pre-heat oven to 300°.
2. Heat oil in Dutch oven over medium heat.
3. Add Bison roast and brown well on all sides.
4. Add onions, carrots, celery, bay leaf, salt, pepper, apple juice and water.
5. Cover and place in preheated oven for 1 hour.
6. Remove from oven, add potatoes.
7. Cover and return to oven for 1 hour or until potatoes are fork tender.
8. Thicken gravy with cornstarch.

🕒 TOTAL TIME: 4 hours

👤 PREP: 15min

👤 LEVEL: easy

🍽️ YIELD: 4 servings

# Roast Elk in Beer Sauce

*It's just as easy to cook an elk or bison roast as it is to cook beef. A bison or wild game roast makes for an elegant presentation and is perfect when you have a small gathering. Note: Leftovers are delicious in sandwiches with BBQ sauce.*

## Ingredients

1 Elk roast or chuck 3 - 4 lbs  
1 onion sliced  
½ cup chili sauce  
2 c. tbs brown sugar  
1 or more cloves of garlic  
12 oz. beer, more if necessary  
Salt and pepper to taste

## Directions

1. Place the roast in a 9 x 13 dish.
2. Cover with onion rings.
3. In a bowl, combine chili sauce, brown sugar, garlic and beer, pour over meat.
4. Cover and bake at 350 ° F For 3 ½ to 4 hours.



🕒 TOTAL TIME: 40min

🍳 PREP: 15min

☁️ LEVEL: easy

🍴 YIELD: 4 servings

# Buffaritos

Delicious with Bison or Elk

*Buffritos are a play on buffalo and tortillas. A great way to use up leftover pot roast for an enjoyable next day meal.*

*Stock your pantry with ingredients that you can use to whip up a quick meal. A can of refried beans, canned cooked tomatoes, tortillas, green chilies. Guacamole is really easy to make from a ripened avocado, some chopped cucumber, tomatoes, onions and a bit of mayonnaise.*

## Ingredients

Bison roast  
 cooked tomatoes  
 1 can refried beans sour cream  
 Flour tortillas guacamole  
 Cheese green chilies  
 Lettuce  
 For the meatballs

## Directions

1. Prepare roast according to Bison Pot Roast recipe.
2. Shred or cube the cooked Bison roast.
3. In a large pan add meat and refried beans; cook at medium until heated.
4. Fill flour tortilla and roll.
5. Smother with other toppings and enjoy.

🕒 TOTAL TIME: 3 hours

👤 PREP: 30min

☁️ LEVEL: medium

🍽️ YIELD: 8 servings

# Five Spiced Braised Wild Game Roast

*This recipe can be used for elk chuck roast or bison chuck. Both recipes make a delicious tender meal*

## Ingredients

Bison or Elk Chuck Roast (about 5 pounds)  
1/4 cup Dark Soy Sauce  
2 cloves Garlic (crushed)  
1 tsp. Five-Spice Powder  
4 slices Ginger Root  
1 cup Sherry  
1 cup Scallions, sliced (white and green)  
1 cup Chicken Bouillon Stock (1 parts) Bouillon Cube)  
2 T. Bean Sauce  
4 T. Peanut Oil

## Directions

1. Mix bean sauce, soy sauce, five-spice powder, sherry and stock.
2. In a large Dutch oven or wok, heat 4 tablespoons peanut oil until very hot and brown roast well on all sides.
3. Remove meat and pour off oil, leaving about 1 tablespoon in the pot.
4. Turn heat to medium-low. Stir-fry garlic, ginger and scallions for 1 minute.
5. Place roast on top of garlic, ginger and scallions.
6. Pour the combined sauces, powder, sherry and stock over the roast and bring to a boil.
7. Cover and turn heat to low. Simmer for about 3 hours or until tender.
8. While roast is simmering baste every 30 minutes.
9. Make sure there is always enough liquid and that the roast isn't sticking to the bottom of the pot.
10. When roast is tender, remove liquid and de-fat. Pour liquid back into pot and boil down juice over medium-high heat until it forms a thick syrupy glaze.
11. Place roast on serving platter and pour the glaze over the meat.

🕒 TOTAL TIME: minutes

👤 PREP: 15min

🌫️ LEVEL: moderate

🍴 YIELD: 2-4 servings

# Double Bison Sirloin

## MICHAEL JORDAN'S STYLE

### Ingredients

Bison strip steaks  
 1 cup (250 ml) rich dark veal stock  
 (or beef stock)  
 3 oz. (90 g) sliced shallots  
 2 oz. (60 ml) white truffle oil  
 4 sprigs fresh thyme

1 tbsp, (15 ml) whole butter  
 2 sprigs fresh rosemary  
 Salt and coarsely ground pepper  
 1 head roasted garlic  
 4 medium Yukon potatoes (thinly  
 sliced and roasted until tender)

### Sauce Preparation

1. Bring dark veal stock to a boil in a small sauce pot and top it with 1 tbsp. (15 ml) of whole butter.
2. Next, add the white truffle oil and pour this over the sliced bison strip steak.

### Directions

1. Season bison generously with salt and black pepper.
2. Grill the strip steak over very high heat for about 6-8 minutes on each side. (This is to get a very nice char on the bison.)
3. When the strip has cooked, remove from the high heat and allow to cook for an additional 6-8 minutes over medium-low heat.
4. Using a meat thermometer, probe the bison steak to find the internal temperature. The desired temperature is 115°F (60°C) Allow the bison steak to rest on a plate for 3-5 minutes before slicing.
5. When rested, slice the bison into ¼-½" (6 mm. - 12 mm.) slices.
6. Put the roasted Yukon potatoes on the bottom of the ovenproof serving dish and place the sliced bison sirloin on top.
7. Top bison with the fresh herbs and the sliced shallots and set aside.
8. Place the sliced bison into a 450°F (230°C) oven for 3-5 minutes until warm. Place a slice of the bison and a few of the Yukon potatoes on a warm dinner plate.

*This recipe has been produced by the Canadian Bison Association, and sponsored by Agri-Food Trade 2000.*

*Provided by David Walzog - Michael Jordan's Steakhouse NYC*



🕒 TOTAL TIME: 2-4 min

👤 PREP: 15min

☁️ LEVEL: easy

🍴 YIELD: 4 servings

# Lemon-Herbed Elk Filet and Vegetables

*This meal is quick and easy! Your family will love this delicious alternative to beef. Seasoning with lemon and thyme turns mixed vegetables and grilled elk steak into a contemporary, convenient choice that satisfies every time. Total prep time 30 minutes!*

## Ingredients

4-4 oz. Elk Filets  
 2 tablespoons butter, melted  
 1 tablespoon fresh lemon juice  
 Salt  
 1 package (1 lb. ) frozen vegetable mixture (broccoli, cauliflower and carrots)  
 2 cloves garlic, minced  
 2 teaspoons grated lemon peel  
 1 teaspoon dried thyme leaves  
 1/4 teaspoon pepper

## Directions

1. In small bowl, combine seasoning ingredients; mix well. Remove 1 tablespoon seasoning; press evenly into both sides of venison filets.
2. Stir butter, lemon juice and 1/4 teaspoon salt into remaining seasoning in bowl; set aside.
3. Place filets on grill over medium coals. Grill, uncovered, 2-3 minutes per side turning once. Since elk is naturally low in fat, it is best not to overcook as it tends to dry out.
4. Meanwhile, prepare vegetables according to package directions. Combine vegetables and reserved butter mixture; toss to coat.
5. Carve filets crosswise into thick slices; season with salt as desired. Serve with vegetables.
6. 4 Servings



🕒 TOTAL TIME: 2hrs

👤 PREP: 15min

☁️ LEVEL: moderate

🍴 YIELD: 4 servings

# Bison or elk medallions with cranberries.

*Holiday meal planning using elk and bison medallions. So delicious.*

## Ingredients

4 Bison or Elk medallions  
250 ml (1 cup) light white wine  
1 shallots , chopped  
1 stalk of thyme  
Salt and pepper freshly ground  
Butter and oil

### Sauce

250 ml (1 cup) de chicken, veal or beef stock (elk, or bison stock is even better)  
60 ml (¼ cup) dried cranberries  
60 ml (¼ cup) 35 % cream  
Salt and pepper to taste

## Directions

1. Marinate the medallions in the wine and shallots for 2 hours
2. Remove the elk or bison medallions (reserve some of the marinade), dry the medallions and saute them in the oil and butter mixture
3. Cook 3 - 5 minutes per side. Place on a plate and cover
4. Pour the reserved marinade into the saucepan, and heat on high heat.
5. add the stock and cranberries and reduce the liquid by half. Add the cream, bring the sauce to the desired consistency and correct the seasoning to your taste.

# Smokey Bison Back Ribs

*This Smokey Bison Back Ribs Recipe is a simple and basic way to prepare perfectly tender bison back ribs. (Good with wild boar too). This is a simple and basic way to prepare perfectly tender bison back ribs. You can switch up this recipe with different spice rubs and glazing sauces, but the cooking process is always the same. From start to finish, dinner is on the table in about 3 hours.*

## Ingredients

4 lbs. bison back ribs (fully thawed)

1 cup of water

### For Spice Rub

2 tbsp. lemon pepper

2 tbsp. garlic salt

2 tsp. cayenne

1 tsp. ground rosemary

1/2 tsp. ground thyme

### For Glazing Sauce

2 cups chopped onions

1 clove minced garlic

1 cup ketchup

1/4 cup firmly packed brown sugar

1 tsp. salt

1/4 tsp. coarse ground pepper

2 tbsp. balsamic vinegar

1 tbsp. Worcestershire sauce

1 tbsp. grainy mustard

*Note: Glaze can be made in larger batches ahead of time and refrigerated in a sealed container fridge for 2 days.*

## Directions

1. Combine all ingredients in a small saucepan.
2. Cover and simmer for 10 minutes.
3. For the Back Ribs
4. Cook the bison back rib racks whole to retain meat juices. Carve into individual pieces to serve.
5. Combine all spices into a small bowl and blend well.
6. Generously season rib racks on both sides with the rub.
7. Grill on both sides under the broiler of your oven on high heat until crust forms (3-5 minutes a side).
8. Turn the oven down to 250°F.
9. Transfer bone side down to an oiled grate inside a roasting pan. Add 1 cup of water.
10. Cover and cook for 1½ hour. Turn over and cook for another 45 minutes until meat is tender. Remove and let stand 10 minutes for the juices to settle.
11. Place the ribs bone side down on a cookie sheet lined with parchment paper or onto the oiled grill of the BBQ set to medium low heat.
12. Brush glazing sauce on the meat and cook for another 15 minutes until caramelized.

# Bison London Broil Stew

Delicious with Bison or Elk

*Bison London Broil Stew Chock Full Of Unique And Tasty Ingredients.*

## Ingredients

3 lbs. Bison London broil, 1" cubed  
 3 T. dried basil  
 6 T. all-purpose flour  
 1 1/2 T. dried oregano  
 7 T. virgin olive oil  
 1 1/2 T. dried thyme  
 2 lg. Vidalia onions, 1" slices/  
 wedges  
 3 bay leaves  
 6 cloves garlic, coarsely chopped  
 salt & pepper to taste  
 2 c. celery, coarsely chopped  
 20 oz. button mushrooms,  
 quartered  
 3 c. red Burgundy wine  
 2 (14-oz.) cans artichoke hearts,  
 drain  
 2 (14-oz.) cans beef broth and  
 quarter  
 2 (11.5-oz) cans V-8 vegetable juice  
 2 lbs. fresh asparagus, 1 inch  
 pieces  
 1 (15-oz.) can tomato sauce

## Directions

1. Place bison cubes in a large plastic bag with flour.
2. Seal bag and shake well to thoroughly coat meat.
3. In an 8 1/2 quart sauce pan, heat 4 tablespoons olive oil over medium-high heat.
4. Brown meat cubes on all sides, turning frequently.
5. Remove browned meat from pan.
6. Add 2 tablespoons olive oil to pan. Add garlic, onion, and celery to pan and saute over medium-high heat until golden brown.
7. Return meat to pan. Add 1 1/2 cups wine, beef stock and V-8 juice, scraping the crusting bits from the bottom of the pan.
8. Stir in the tomato sauce, basil, oregano, thyme, bay leaves, pinch of salt & pepper. Blend well, bring to boil over high heat and simmer gently (uncovered) for 1 hour; stirring about each 15 minutes to scrape up bottom of pan.
9. Stir in remaining wine, mushrooms, artichoke hearts and asparagus. Simmer for about an hour.
10. Remove bay leaves and taste for seasoning.

Note: This stew freezes well, as long as veggies are covered by "sauce".



🕒 TOTAL TIME: 1 hr

👤 PREP: 15min

☁️ LEVEL: easy

🍲 YIELD: 4 servings

# Bison Stew with Biscuits

Delicious with Bison or Elk

*Bison stew with biscuits. Biscuits are delicious for dipping into the hearty stew.*

## Ingredients

2 lbs. Bison or Elk meat, cubed  
2 T. cooking oil  
3 med. potatoes, peeled & cubed  
2 onions, chopped  
6 carrots, peeled & sliced  
1/2 tsp. pepper  
1 (8-oz.) can peeled tomatoes  
2 tsp. salt  
2 (6-oz.) cans tomato sauce  
1/2 c. water

## Directions

1. Brown meat in small amount of oil in large kettle or Dutch oven
2. Add onions and cook until golden.
3. Add tomato sauce, carrots, peeled tomatoes, seasonings and cover.
4. Cook 1 hour over very low heat.
5. Add potatoes and 1/2 cup water, if needed.
6. Cover and cook 1/2 hour over very low heat.

6 Servings

*Note: For a variation: transfer mixture to a baking dish and top with biscuits. Place in hot oven at 425 degrees until biscuits are toasty brown.*



🕒 TOTAL TIME: 5 hrs

👤 PREP: 15min

☁️ LEVEL: easy

🍲 YIELD: 4 servings

# Sherried Bison Stew

Delicious with Bison or Elk

*Loaded with fresh vegetables, filled with tender chunks of choice bison meat, awash in a hearty bison stock, this is a wholesome food with a capital "W." Serve this stew with fresh baked cornbread, but biscuits, dumplings, or a loaf of crusty bread will serve equally well to make this a delicious, convenient, satisfying home-on-the-range meal.*

## Ingredients

- 2 lbs. cubed Bison stew meat
- 2 T. garlic, crushed
- 1 c. celery, sliced
- 3 T. tapioca
- 1 c. carrots, sliced
- 1 T. sugar
- 2 med. Yukon gold potatoes, 1" cubes
- 1 T. salt
- 2 1/2 1 lb. stewed tomatoes
- 3 T. sherry
- 3/4 c. water or vegetable stock

## Directions

1. Preheat oven to 300°.
2. Combine all ingredients in large pan, cover
3. bake for 5 hours.
4. Add 2 T. sherry (optional) into stew just before serving.

4 Servings



🕒 TOTAL TIME: 5 hrs

🍳 PREP: 15min

☁️ LEVEL: easy

🍲 YIELD: 4 servings

# Easy Bison Stew

Delicious with Bison or Elk

*When we mean easy – trust us – it’s easy! Easy oven stew. If you have no time to make it try some of our ready prepared meals made with the healthy goodness of our fresh bison meat.*

## Ingredients

1 1/2 lbs. Bison stew meat  
4 carrots, halved lengthwise & crosswise  
1 tsp. garlic salt  
2 onions, 1/2 inch slices  
1 tsp. onion powder  
1 (10-oz.) c. condensed tomato soup  
1 tsp. pepper  
1/2 soup can of water  
1/2 tsp. basil leaves  
3 potatoes, peeled and cubed  
2 stalks celery, cut diagonally

## Directions

1. Place Bison (no need to brown it) in a 3 quart casserole dish.
2. Sprinkle with seasonings.
3. Top with celery, carrots and onion. Combine soup and water, and pour over meat and vegetables, coating all pieces.
4. Cover tightly and bake in slow oven at 300° for 3 hours.
5. Add potatoes and bake for additional 45 minutes.
6. Serve with slaw and crusty bread.

4 Servings

# Wild Boar

## THE BAD BOY COMES HOME

Who would have thought to start seeing this non-traditional meat making its way onto the menus at your favourite restaurants?

People are choosing healthier lifestyles. Many of the less-conventional, “specialty” meats such as wild boar are gaining popularity for good reason. It’s lower in fat and higher in protein than the American favourite-beef. This meat has delicious flavour but little fat, making it a hit with health conscious individuals.

While wild boar may be ugly and have a bad reputation for their wild behaviour, they’re making their way onto our plates because of their excellent nutritional profile. Yes, this is a very healthy meat. Much more so than its cousin the pig.



- High in iron
- Low in sodium
- High in niacin
- High in selenium
- High in thiamin
- High in vitamin B6
- High in zinc

### THE TASTE OF WILD BOAR

If you think the taste of wild boar is similar to pork, guess again. Although the wild boar is related to the domestic pig, they do not taste the same. Wild boar tastes like a cross between pork and beef, with a unique juicy succulence. The meat is a bit darker, perhaps due to the healthy iron content. With a rich and nutty flavour wild boar offers something unique. You will definitely want to pair your boar with a red wine of your choice. This regal meat stands up well to a heartier red. You can use boar meat in all recipes calling for beef or game. This meat is lower in fat and higher in moisture than pork. This means wild boar will cook more quickly than pork. Since wild boar muscle has more marbling, do not cook steaks and roasts past medium done stage.

**UNLIKE THE ELK AND BISON, WILD BOAR MEAT NEEDS TO BE FULLY COOKED BEFORE EATING.**

### WILD BOAR STEW MEAT

Try it in stews or on the BBQ. Stuff them in a pita with tomatoes onions and lots of tzitzki sauce. It’s a great summer treat.

### WILD BOAR SHOULDER ROAST

Shoulder roast is a marvellous dinner idea for family and friends. A great and easy way to impress your guests. The best way to cook boar is low and slow because this breaks down the connective tissue and results in fork tender meat. Roasts can be cooked at 275-300 F (135-150 C).

### WILD BOAR RIBS

Each order of baby back ribs totals approximately 1.5 – 2 pounds of pure awesomeness. As this is a wild product, packages vary in size. Frozen at time of processing. Our wild boar back ribs are vacuum sealed and shipped frozen in a box with dry ice.

### WILD BOAR STEAKS

Wild Boar medallions, steaks and strip loin are all very scrumptious. Wrap them in bacon and fry them in a sauce pan. Steak can be cooked on the stove or on the bbq. Tenderize the boar by marinating it for a few hours.

### WILD BOAR GROUND

Try it ground in burgers, meat sauce, shepherd’s pie and tourtiere. You can use boar meat anywhere. Meatballs really benefit from the extra flavour and kick of wild meat. Surprise everyone with spaghetti and boar meatballs. Amazing.

### BENEFITS – TASTE & NUTRITION

Taste the difference of wild boar. This meat is a flavourful alternative to domestic pork. Big on flavour low on fat, this meat is incredibly lean. This means that the meat should be carefully watched during cooking as it cooks faster than pork. It is as delicious as it is nutritious – low in fat and cholesterol with a nutty, sweet and rich flavour.

🕒 TOTAL TIME: 1 hour

👉 PREP: 15min

☁️ LEVEL: easy

🍲 YIELD: 8 servings

# Wild Boar Stew With Artichokes

*Suitable methods for cooking filets and steaks include pan-frying, sautéing, grilling, broiling, baking, and stir-frying. It is best to use a non stick pan and/or cooking spray. Special care should be taken not to overcook the meat. An internal temperature of 145 degrees is recommended for filets and steaks and 160 degrees for ground wild boar.*

## Ingredients

20 oz. wild boar cubes  
1 cup oil  
2 tbs. butter  
1 cup ketchup or chili sauce  
1 leek sliced  
2 carrots cut in slices  
3 cups stock or broth  
2 cups potatoes cut in pieces  
1 bay leaf  
1 tbs. dried thyme  
12 artichoke hearts cut in two  
1 diced tomato  
salt and freshly ground black pepper  
1 to 2 teaspoons potato or corn starch (optional) for thickening sauce

## Directions

1. In a saucepan, heat oil, melt butter, Brown cubes on all sides
2. Add vegetables, continue cooking 3 to 4 minutes.
3. Add stock or broth, potatoes, bay leaf and thyme, Season to taste and cook on low heat, covered 15 to 20 minutes or until cubes are tender.
4. Add artichoke hearts and continue cooking another 10 minutes.
5. Add diced tomatoes, season to taste and serve immediately with fresh bread.

# Smoked Wild Boar Shoulder Roast

*Prepare a fire in the smoker with wood or briquettes to create average burning embers. Move the glowing coals to one end of the grill and add more charcoal briquettes gradually to keep the coals burning. Add briquettes as needed throughout the cooking.*

## Ingredients

2.2 kg (4 lbs) wild boar shoulder  
 1/4 cup Worcestershire sauce  
 1/4 cup soy sauce  
 2 tsps minced garlic  
 1/2 tsp dry mustard  
 1/4 cup olive oil  
 1/2 cup red wine  
 juice of 1 lime  
 juice of 1 lemon  
 1/2 cups orange juice  
 1 tsp cracked black pepper  
 2 sprigs rosemary (or 1 tsp chopped)  
 1 tsp chopped sage  
 1 tsp chopped cilantro  
 6 juniper berries (optional)  
 salt and freshly ground black pepper to taste  
 2 to 3 cups full-bodied red wine, such as Burgundy, Spanish Rioja, or Merlot  
 1 tablespoon red wine vinegar  
 4 tablespoons (1/2 stick) unsalted butter  
 2 tablespoons vegetable oil  
 1/2 cup Cognac (optional)  
 1 to 2 tablespoons red currant or grape jelly  
 Cilantro, for garnish

*Before smoking the meat, it's important to marinate the wild boar roast for a few hours in the refrigerator.*

## Directions

- Mix all ingredients except for the wild boar in a bowl. Place boar shoulder in a large pan and cover with the marinade, or use a ziplock bag instead of a pan.
- Cover and refrigerate 4-6 hours.
- Remove meat from marinade, reserving marinade.
- Prepare a smoking pit or electric smoker to a temperature of 250°F-300°F or according to manufacturer's directions, using Mesquite and Pecan wood.
- Smoke the wild boar shoulder for 3-4 hours or until internal temperature reaches 165°F, basting every 30 minutes with reserved marinade. When done, the meat should pull away from the bone easily.
- Slice and serve the wild boar.
- Take the pot off the heat, carefully flambé the roast with the Cognac.
- Add the marinade and all the ingredients in it.
- Simmer, partially covered, over low heat until the meat is tender, about 1 hour.
- Transfer the meat to a cutting board and let rest for 10 minutes before slicing. (It is still cooking as it rests). Strain the cooking liquid through a sieve, reserving the vegetables. Discard the bouquet garni.
- Return the cooking liquid to the Dutch oven and boil it, uncovered, over high heat to reduce by one third, 5 to 7 minutes.

### For the sauce:

- Puree the vegetables and cooking liquid in a blender to a smooth consistency. You should have a thick, full-flavored sauce.
- Return it to the pan and reheat it.
- Add the jelly and whisk until well blended.
- Taste and adjust the seasoning.
- To thicken the sauce you can add a little bit of potato or corn starch dissolved in 1 tablespoon water or wine or water.
- Whisk in the remaining 2 tablespoons butter.
- Do not boil the sauce beyond this point.
- Slice the meat and arrange on a platter. Spoon some of the sauce over the sliced meat and pass the rest in a sauceboat.



🕒 TOTAL TIME: 20 min

👤 PREP 15 min

☁️ LEVEL: easy

🍴 YIELD: 4 servings

# Grilled Wild Boar Chops

## Ingredients

- 4 wild boar chops
- 3 lemons, juiced
- 1 cup olive oil
- 1/4 cup fresh rosemary, chopped
- 1 tablespoon garlic, minced
- 1 teaspoon salt, kosher
- 1 teaspoon black pepper fresh ground
- 2 tbs. olive oil for frying pan

Mix together the above ingredients (except for the wild boar chops) Marinade the wild boar chops in the marinade for between 2 to 4 hours in the refrigerator.

## Directions

1. Salt and pepper the chops.
2. Prepare grill for direct heat on high.
3. Sear chops on both side for 2 minutes. Turn heat down or place chops on cooler part of grill for remaining cooking. Close lid and cook about (5) minutes on each side for medium steak.
4. Let chops rest at room temp for (5) minutes before serving.

### Fry method

1. Heat a roomy frying pan on high with about 2 tbs. of olive oil
2. Salt and pepper the chops
3. Sear chops on both side for 2 minutes. Turn heat down. Close lid and cook about (5) minutes on each side for medium steak.
4. Let chops rest at room temp for (5) minutes before serving.

4 servings

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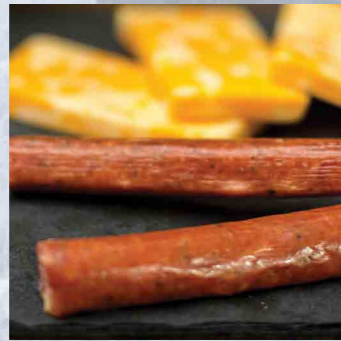


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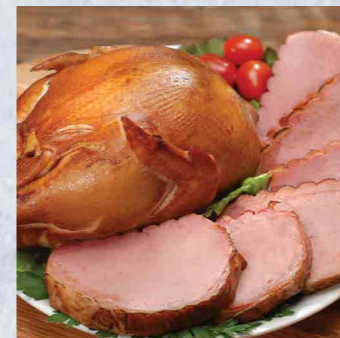
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