

Entrée: Bison Vindaloo Curry on Rice Pilaf (East Indian)

(Yield: 4 x 250 g portions)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Stewing Bison Steak	750 g	<ol style="list-style-type: none">1. Cut steak into 5cm (2-inch) squares.2. Heat ghee in sauté pan.3. Gently fry onions, ginger and garlic until just beginning to turn golden.4. Add curry powder, turmeric, and fry on low heat for 2 - 3 minutes.5. Add salt and vinegar and stir well.6. Add steak and fry, stirring to coat meat well.7. Add chilies, tomatoes, tomato juice and Vindaloo paste. Cover pan and simmer on very low heat for about 3 hours or braise in 165°C (330°F) oven for 2 – 3 hours until meat is tender.8. Serve on Rice Pilaf. May be accompanied with Mango Chutney and crisp poppadums.
* Ghee or vegetable oil	20 mL (4 tsp)	
Onion (finely chopped)	1 large	
Fresh Ginger (grated)	2.5 mL (1/2 tsp)	
Garlic Cloves (finely chopped)	2 only	
Curry Powder	30 mL (2 Tbsp)	
Ground Turmeric	2.5 mL (1/2 tsp)	
Salt	5 mL (1 tsp)	
Vinegar	10 mL (2 tsp)	
Fresh Red Chilies (seeded and chopped)	1 only	
Tomatoes (peeled and chopped)	2 only	
Tomato Juice	190 mL (3/4 cup)	
** Vindaloo Paste	5 mL (1 tsp)	

Comments: * *Ghee* is an East Indian term for clarified butter.

** *Vindaloo paste, chutney, and poppadoms* can be found at your local Asian store or super market.

Appetizer: Bison Paté Maison with Saskatoon Sauce

(Yield: 8 x 150 g portions) – Page 1

“Bison Paté Maison”

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Bison Trim (Lean) or Lean Ground Bison	150 g	<ol style="list-style-type: none"> 1. Grind the bison, pork trim and ground pork fat using a fine blade. 2. Mix the egg, flour, spice blend, salt, pepper and garlic powder with the meat mixture and refrigerate. 3. Fry the diced pork fat till golden brown. Remove from pan and cool (discard rendered fat). 4. Combine cooked cubes of fat, cubed bison, cubed ham, red peppers and pistachios with ground meat mixture. 5. Check seasoning of meat mixture (forcemeat) by cooking a small quantity in microwave or sauté pan– adjust if necessary. 6. Line a small loaf pan with bacon slices. Spoon forcemeat into the pan and press compactly into place (lay the bacon ends overtop of the forcemeat). 7. Bake Paté in a 175°C (350°F) oven using a ** water bath. Bake the Paté until it reaches an *** internal temperature of 70°C(160°F). 8. Allow to cool 15 minutes. 9. Tip Paté out of loaf pan onto a draining rack and refrigerate.
Pork Trim (Lean) or Lean Ground Pork	150 g	
Pork Fat or Ground Pork Fat	200 g	
Egg	1	
Flour	60 mL (1/4 cup)	
* Spice Blend	5 mL (1 tsp)	
Salt	10 mL (2 tsp)	
Ground Black Pepper	5 mL (1 tsp)	
Garlic Powder	2.5 mL (1/2 tsp)	
Pork Fat (1cm diced)	150 g	
Bison Sirloin or Striploin (1cm diced)	75 g (approx. 125 mL or ½ cup)	
Ham (1 cm diced)	75 g (approx. 125 mL or ½ cup)	
Red Pepper – (very small dice)	½ small	
Pistachios – whole (shelled and skinned)	125 mL (1/2 cup)	
Sliced Bacon	8 pieces	

Comments:

* *Spice blend is equal parts of ground ginger, paprika, nutmeg, basil, thyme, marjoram, allspice, white pepper, garlic powder.*

** *Water bath – Place loaf pan in a larger shallow pan of warm water.*

*** *Internal temperature is checked with an instant read thermometer.*

Appetizer: Bison Paté Maison with Saskatoon Sauce

(Yield: 8 x 30 mL portions) - Page 2

“Saskatoon Sauce”

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Saskatoon Berries (fresh or frozen)	125 mL (1/2 cup)	10. Combine Saskatoons, red wine & lemon juice. Bring to a simmer. Mix cornstarch and apple juice together to make a slurry and slowly add mixture into the simmering berry mixture. Cook 2 minutes stirring constantly. Remove from heat and cool.
Red Wine	60 mL (1/4 cup)	
Lemon Juice	10 mL (2 tsp)	
Cornstarch	5 mL (1 tsp)	
Apple Juice	60 mL (1/4 cup)	
		11. Slice Paté thinly and serve with Saskatoon sauce. Often accompanied with some sort of crisp bread (i.e. toast points) and sometimes a fruity green Salad (i.e. mesclun salad in a citrus vinaigrette).

Entrée: Bison Cabbage Rolls with Tangy Tomato Sauce

(Yield: 500 ml) - Page 2

“Tangy Tomato Sauce”

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Onion (diced)	1 small	1. *Sweat the onion and garlic in the olive oil on low heat for 10 minutes.
Garlic (peeled and minced)	2 Cloves	
Olive Oil	45 mL (3 Tbsp.)	2. Add tomatoes and stew until completely soft.
Crushed tomatoes (canned - including juice)	500 mL	
Cilantro (fresh chopped)	60 mL (1/4 cup)	3. Add cilantro, basil, oregano and simmer 5 – 10 minutes.
Basil (fresh or dry)	Dry 30 mL (2 Tbsp)	
Oregano (fresh or dry)	Dry 30 mL (2 Tbsp)	4. Season to taste with salt and pepper.
Salt	To taste	
Pepper	To taste	

Comments: * *Sweat – To fry lightly without coloring until translucent.*

Entrée: Bison Cabbage Rolls with Tangy Tomato Sauce

(Yield: 16 Cabbage Rolls, 8 portions, 2 each) - Page 1

“Cabbage Rolls”

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Vegetable Oil	60 mL (1/4 cup)	<ol style="list-style-type: none">1. Heat oil in sauté pan.2. Add onions, garlic, parsley and celery to hot oil and fry until onions are transparent. Cool.3. Cook rice according to package directions and cool.4. Place bison, pork, cooled vegetables, breadcrumbs, eggs, milk, cooled rice and seasonings in a bowl; mix well and refrigerate.5. Remove cabbage core and peel 16 outer leaves.6. Blanch cabbage leaves in boiling salted water (for approximate 5 minutes) to tenderize.7. Cool under cold running water.8. Divide meat mixture into 16 portions. Wrap each portion tightly with 1 blanched cabbage leaf.9. Place cabbage rolls in baking dish. Cover with tomato sauce (page 2) and bake covered in a preheated oven at 150°C (300°F) for 2 hours.
Onions (diced)	1 large	
Garlic (minced)	5 cloves	
Parsley (minced)	30 mL (2 Tbsp)	
Celery (diced)	6 ribs	
Rice (long grain)	250 mL (1 cup)	
Ground Bison	500 g	
Ground Pork	500 g	
Bread Crumbs	250 mL (1 cup)	
Eggs (beaten)	2	
Milk	125 mL (1/2 cup)	
Pepper	5 mL (1 tsp)	
Salt	5 mL (1 tsp)	
Paprika	5 mL (1 tsp)	
Cabbage	1 head	

Entrée: Ginger Bison

(Yield: 5 x 200 g portions)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Bison Stir Fry Meat (thin strips)	500 g	1. Marinate meat with soy sauce, ginger and garlic powder for 10 – 15 minutes. 2. Dredge meat in cornstarch. Deep fry meat at 175°C (350°F) for 3 – 4 minutes. Allow to cool on paper towel.
Soy Sauce	45 mL (3 Tbsp)	
Ginger Powder	5 mL (1 tsp)	
Garlic Powder	5 mL (1 tsp)	
Cornstarch	190 mL (¾ cup)	
Vegetable Oil	For Deep Frying	
<i>Sauce:</i>		
Vegetable Oil	10 mL (2 tsp)	
Ginger Root (julienne)	30 mL (1 Tbsp)	
Garlic (minced)	1 clove	
White Vinegar	60 mL (1/4 cup)	
Red Wine Vinegar	10 mL (2 tsp)	
Sugar	125 mL (1/2 cup)	
Salt	Pinch	
Soy Sauce	10 mL (2 tsp)	
* Ketjap Manis	20 mL (4 tsp)	
Crushed Chilies	2.5 mL (1/2 tsp)	
White Pepper	Pinch	5. Dissolve cornstarch in cold water and add to simmering liquid to thicken. Set aside.
Cornstarch	15 mL (1 Tbsp)	
Cold Water	30 mL (2 Tbsp)	
Vegetable Oil	15 mL (1 Tbsp)	6. Heat 15 mL oil in a sauté pan. Sauté carrot, onion and celery briefly. Add meat and sauce.
Carrot (peeled and cut julienne**)	1 only	
Onion (julienne)	½ only	
Celery (julienne)	2 ribs	7. Server on steamed oriental noodles.

Comments: * *Ketjap Manis* – A sweet type of soy sauce available at Asian supermarkets.

** *Julienne* – To cut into thin strips (like matches).

Entrée: Bison Bratwurst with Sauerkraut and Mustard

(Yield: 4 x 120 g portions)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Bison Trim or Lean Ground Bison	400 g	1. Grind bison and pork together using a fine blade. 2. Combine ground meat with seasonings and bread-crumbs; mix until well blended. 3. Stuff into hog casing or form into 4 patties. 4. Fry at a moderate heat, uncovered, in a nonstick sauté pan for 8 - 10 minutes or until well done (cut into sausage to ensure that juices are running clear and there is no pink). 5. Add sauerkraut to pan and cook until hot. 6. Serve on a bun with German Style Mustard.
Pork Fat or Ground Pork Fat	100 g	
Ground Sage	2.5 mL (1/2 tsp)	
Ground Caraway	2.5 mL (1/2 tsp)	
Granulated Garlic	2.5 mL (1/2 tsp)	
Ground Ginger	2.5 mL (1/2 tsp)	
Ground Black Pepper	2.5 mL (1/2 tsp)	
Salt	5 mL (1 tsp)	
Dry Bread Crumbs	60 mL (1/4 cup)	
Hog Casings (optional)	8	
Sauerkraut	250 mL (1 cup)	

Entrée: Bison Curried Meatballs on Basamati Rice (Malaysian)

(Yield: 4 x 4 Meatballs or 175 g portions)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Ground Bison	500 g	<ol style="list-style-type: none"> 1. Mix the bison, potato, onions, egg, salt and pepper together and roll into 16 even shaped meatballs. 2. Lay meatballs on a baking tray and bake in a 175°C (350°F) oven until fully cooked. 3. Set aside.
Boiled Potato (mashed)	150 g	
Green Onions (diced fine)	125 mL (1/2 cup)	
Egg (lightly beaten)	1	
Salt	To taste	
Pepper	To taste	
<i>Curry Paste:</i>		
Shallots (peeled)	6	
Garlic (peeled)	3 Cloves	
Ginger Root	4 slices	
Curry Powder	60 mL (1/4 cup)	<ol style="list-style-type: none"> 4. In processor, blend shallots, garlic, ginger and curry powder to a paste. (You may need to add some of the coconut milk to help the blending process) 5. Heat oil in sauce pot, and fry cinnamon, cloves, cardamom, star anise until fragrant. 6. Stir in the curry paste and fry about one minute. Add ketchup and coconut milk. Let simmer. 7. Add Bison meat balls and simmer for approximately 10 minutes (until meatballs are well heated). 8. Season to taste with salt. 9. Serve on steamed Basmati rice.
Vegetable Oil	60 mL (1/4 cup)	
Cinnamon	1 pinch	
Ground Cloves	2 pinches	
Ground Cardamom	3 pinches	
Star Anise	1	
Ketchup	125 mL (1/2 cup)	
Coconut Milk	1 can (398mL)	
Salt	To taste	

Entrée: Bison Liver and Onions

(Yield: 4 x 150 g portions or 2 slices each)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Bacon (chopped)	4 slices	1. Fry bacon in sauté pan until crisp. Add onions and sauté until golden brown.
Onions (sliced in strips)	1 large	
Brown Stock	125 mL (1/2 cup)	2. Add brown stock and simmer for 3 minutes. Set aside in a warm area.
Sliced Bison Liver (skinned and deveined, approx. ¼" [6mm] thick)	8 slices (approx. 600 g)	
Salt	As needed	3. Lightly season liver on both sides with salt & pepper. 4. Heat oil in a sauté pan. Dip seasoned liver slices in flour and pan fry till golden brown over moderate heat approximately 3 minutes per side. (Do not overcook.)
Black Pepper	As needed	
Vegetable Oil	As needed	
Flour	As needed	5. Reheat onions and serve on top of liver.

Entrée: Bison Burger in Bannock Bun

(Yield: 8 x 180 g Burgers or 8 x 6 oz. Burgers)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Vegetable Oil	10 mL (2 tsp)	1. Heat oil and sauté vegetables and garlic until transparent. Cool. 2. Combine cooled vegetables, ground bison parsley, egg, seasoning and breadcrumbs. 3. Shape evenly into 8 patties. Sauté, griddle or barbecue until juices run clear.
Onion (diced small)	250 mL (1 cup)	
Celery (diced small)	125 mL (1/2 cup)	
Garlic (crushed)	2 cloves	
Ground Bison	1 Kg	
Parsley	20 mL (4 tsp)	
Eggs (beaten)	2	
Seasoning Salt or Steak Spice	20 mL (4 tsp)	
Bread Crumbs	250 mL (1 cup)	
<i>Bannock Buns:</i>		
Flour	750 ml (3 cups)	4. Combine dry ingredients in mixing bowl. Gradually mix in water to form a soft sticky dough. 5. Turn dough out onto a lightly floured surface. Divide into 8. Press each ball into a small pizza like circle no more than 1 cm thick. (Flour surface frequently.) Deep fry or pan fry in a moderate amount of oil on low heat for about 5 minutes on each side. Do not burn before center is cooked. 6. Allow buns to cool on paper towels. (This helps absorb excess fat.) 7. Slice buns and serve bison patties with toppings as desired.
Baking Powder	20 mL (4 tsp)	
Salt	2.5 mL (1/2 tsp)	
Ground Black Pepper	2.5 mL (1/2 tsp)	
Sage (ground dry or fresh chopped)	5 ml (1 tsp) dry 30 mL (2 Tbsp) fresh	
Water	375 mL (1½ cups)	
Vegetable Oil	As needed	

Entrée: Braised Bison Tongue in Madeira Sauce

(Yield: 4 x 200 – 250 g portions)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Fresh Bison Tongue	1 whole	<ol style="list-style-type: none"> 1. Cut tongue in half if too large (so as to fit braising pot). 2. Heat oil in sauté pan and brown tongue well on all sides. 3. Add vegetables and sweat*. 4. Add seasonings and place in braising pot or casserole dish. 5. Pour tomato sauce, brown stock and wine over tongue and vegetables. 6. Braise in 175°C (350°F) oven for approximately 3 hours. 7. When meat is tender, remove tongue from pan and set aside. Allow tongue to cool slightly. 8. In a small bowl, mix soft butter and flour together to form a paste. 9. Return braising liquid to heat and skim off any excess fat. Stir in butter paste and bring to a simmer. Season and adjust to taste if required. 10. Peel thick skin off of tongue. 11. Slice the tongue and serve with sauce. Accompany with potato dumplings, parsley potatoes or noodles.
Vegetable Oil	60 mL (1/4 cup)	
Carrots (fine dice)	150 g (1 cup)	
Onions (fine dice)	150 g (1 cup)	
Celery (fine dice)	150 g (1 cup)	
Salt	5 mL (1 tsp)	
Pepper	5 mL (1 tsp)	
Paprika	10 mL (2 tsp)	
Bay Leaf (whole)	2	
** Italian Mixed Herbs	5 mL (1 tsp)	
Tomato Sauce	190 mL (3/4 cup)	
Brown Stock or Water	1 Lt (4 cups)	
Madeira, Port or Red Wine	60 mL (1/4 cup)	
Butter (soft)	15 g (1 Tbsp)	
Flour	12 g (1 Tbsp)	

Comments: * *Sweat – To fry lightly without coloring until translucent.*

** *Italian Mixed Herbs. – Combination of oregano, basil, cilantro, etc.*

Entrée: Marinated BBQ Bison Rib Fingers

(Yield: 4 x 3 Rib portions)

<i>Ingredient</i>	<i>Quantity</i>	<i>Method</i>
Bison Rib Fingers	12 pieces	<ol style="list-style-type: none">1. Toss the rib fingers with garlic, mustard, chili, pepper & soy sauce. Cover and refrigerate overnight.2. Heat oil in skillet and brown the rib fingers well. Remove from pan and set aside.3. * Deglaze pan with stock. Place browned fingers in stock. Cover with tight fitting lid or aluminum foil and braise in a 175°C (350°F) oven for 2 hours.4. Remove rib fingers from pan and set aside. Skim any fat off the remaining liquid and simmer over medium heat till a syrupy glaze forms.5. Add brown sugar, and ribs and toss till well coated. Serve over rice or pasta.6. Season to taste with salt and pepper.
Garlic Cloves (minced)	10 mL (2 tsp)	
Dry Mustard	5 mL (1 tsp)	
Chili Powder	5 mL (1 tsp)	
Black Pepper	5 mL (1 tsp)	
Soy Sauce (light)	200 mL (3/4 cup)	
Vegetable Oil	60 mL (1/4 cup)	
Brown Stock or Water	1 Lt (4 cups)	
Brown Sugar (lightly packed)	250 mL (1 cup)	
Salt	To taste	
Pepper	To taste	

Comments: * Deglaze means to heat liquid in a pan and stir to loosen browned bits of food remaining in pan.