



RECIPES

Bison Stroganoff

2 lbs bison fillet, or thin sliced tri-tip or clod roast

Pound slices thin and cut into strips about 1 inch wide. Melt in pan:

2 tablespoons unsalted butter

Sauté in butter about 2 minutes:

2 tablespoons grated red onion

Sauté bison in butter and onion about five minutes, until evenly browned. Remove from heat and keep hot. Add to the pan:

2 tablespoons unsalted butter

Stir in the butter:

1 lb. sliced crimini mushrooms

Drain and add the bison back to the pan. Season with Real Salt, cayenne pepper, a dash of freshly grated nutmeg, and ½ teaspoon dried basil.

Add and heat briefly:

¼ cup aged red wine

Then add: 1 ¼ cup warm heavy cream or cultured sour cream

Serve over brown rice or brown rice pasta.

2 lbs. ground bison (buffalo) meat may be substituted for fillets.