

Tips on Preparing your Bison

There is no such thing as tough Bison meat, only improperly instructed cooks. You can interchange Bison with almost any beef recipe if a few simple instructions are followed. The golden rule is "do not overcook". Since Bison meat is so lean you're not cooking fat, as a result, it cooks quicker and you are able to cook at a lower temperature.

Roasting

Set oven temperature to 250-275 degrees and use a meat thermometer to check for doneness at 110-120 degrees. At this lower temperature your roast should take the same amount of time as beef that is cooked at a higher temperature. An even better way is to put it in a crock pot on low the night before your meal. The meat will fall apart!

Pan Frying, Pan Broil

High heat only for searing! Then turn the heat down. Remember Bison cooks faster than beef, don't overcook that steak! Watch your cooking time.

Braising

After searing, low and slow and plenty of moisture. Since Bison is so lean, you'll need to keep it moist. It's a good idea to marinate these cuts of meat first, and make sure that the meat is basted frequently.

Broiling/Grilling

Move your rack further away from the heat source. Broil as with beef, but shorten the cooking time. Turn the steaks a few minutes sooner and check for doneness.

Following these few simple guidelines will ensure a tasty, mouth-watering product that you will want to serve again and again.

Enjoy your Bison!!



Montana Mountain Bison, Inc