

Cook it Right

Use lower cooking temperatures for cooking bison because bison is extra-lean. Bison will cook to desired doneness more quickly than other red meats.

For best results cook steaks and roasts to Rare 135°F, (57°C) or Medium Rare 145°F, (62°C).

Do not cook beyond Medium 155°F, (68°C)

Per/100g raw, trimmed of visible fat

	Fat	Protein
Bison/Average of 4 cuts*	2.42 g	22.1 g

*North Dakota State University 1998



Steaks

(Grill, Broil or Pan Broil)

- Cut steaks 3/4 to 1 inch thick (2-2.5 cm)
 - Place in lightly oiled skillet and use medium heat on stove top or
 - Place bison 6 inches (15 cm) from the source of heat in broiler or BBQ
 - Cook 4-5 minutes per side
- Tip: Marinate Sirloin Tip and Inside Round Steaks for 8-24 hours in refrigerator to increase tenderness



Roasts

(Sirloin Tip, Inside Round)

- Sear roast in oven at 500°F (260°C) or on stove in a hot pan
- Season roast, add 1/4 cup (60 mL) of water or red wine
- Roast at 325°F (165°C) in covered pan
- Use thermometer and roast to medium rare 145°F (62°C) or no more than medium 155°F (68°C)
- Slice thinly at right angles to grain



Roasts

(Rib, Loin and Tenderloin)

- Use uncovered pan with rack
- Season as desired
- Cook at 275°F (135°C) until desired doneness
- Do not cook past 155°F (68°C)



Pot Roasts & Braising

- Use pan with cover to create moist heat to cook roasts, steaks and cubes that come from the shoulder, brisket, outside round and short ribs
- Brown bison in small amount of oil
- Cook at a simmer on top of the stove or
- Cook at simmer in 300°F (150°C) oven
- Cook until fork goes into meat easily



Roasts

(Barbecue)

- Pre-heat BBQ and turn off burner on one side of grill (or use rotisserie burner)
- Place roast on grill above burner which is turned off (pan is optional)
- Use a meat thermometer and cook to rare 135°F (57°C) or medium rare 145°F (62°C)

For best results when roasting Bison, always use a meat thermometer.
Cook to Rare 135°F (57°C) or Medium Rare 145°F (62°C).
Do not cook beyond 155°F (68°C)



**Bison
Producers
of Alberta**

For more delicious recipes and information about this NEW red meat, visit our website.

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