

## SUGGESTIONS FOR COOKING PREMIUM BISON MEAT:

Thaw the meat out naturally – do not use the microwave!

Bison is very lean meat and because of its leanness it will stick to the grill. We recommend a light coat of olive oil or spray with Pam before you put it on the grill.



**DO NOT OVERCOOK!!** You will lose the moisture and the tenderness if you overcook it. Because bison is lean it will cook faster than beef. We recommend that you experiment with cooking your first cuts of meat. You will learn quickly by your own trial and error.

The high level of iron in bison meat gives the appearance of a rich darker red color. It has 69% more iron and a high content of a protein called myoglobin that carries oxygen to the blood. Because of the myoglobin, when bison is cooked to medium, it will look like rare beef.

**BURGER:** Eat bison burger like a steak, eat it in a bun, in tacos, meatloaf, chili or anyway you would use burger.

For grilling a burger our suggestions are: 1. Have a very hot grill. 2. Spray a light coat of Pam on each side of the burger. 3. Cook until the burger begins to “sweat” then turn. 4. Turn again when this side begins to “sweat”. 5. Now, if you want, you may put on a light coat of barbecue sauce on the first cooked side. (We love the Cattlemen’s brand barbecue.) 6. Repeat turning as it “sweats” and add a light coat of sauce. Two times on each side makes a great burger that we eat like steaks.

**STEAKS:** Remember that bison cooks faster than beef. On a hot grill we, recommend that you cook 3 minutes, 3 minutes – 2 minutes, 2 minutes – etc. until it is done the way you want it. Again watch for it to “sweat” and turn it sooner if it “sweats”. Do not overcook! Experiment and you’ll learn to cook it the way you like it. Sauce can be added.

**ROASTS:** Cooking a bison roast is much like cooking a beef roast only the bison will cook faster at the same temperature. If you cook beef at 325 degrees then cook bison at 275 degrees for the same time. Crock pots, dutch ovens, etc. do well with bison. Remember, pink color is cooked. We recommend using a meat thermometer just as you would for beef.

ENJOY THE GREAT TASTE OF BISON,

THE DUTSON FAMILIES OF LAKE BONNEVILLE BISON RANCH, LC