



Cooking Recommendations

always bring meat to room temp prior to cooking

Ground Bison Meat: if using to make tacos, sloppy joes or chili use a bit of oil in the pan when frying up in order to maintain the moisture in this low-fat meat. If grilling as burgers, make the patty and season as normal, place on hot grill and after 60-90 seconds flip burger over and turn grill down to low-med cooking burger on second side for remainder of time. If your burgers are not pink in the middle, you have overcooked and they will be dry. NEVER SQUISH THE BURGER WITH THE SPATULA.

Bison Steaks: we recommend grilling as best option, get grill to 350-375 and place steak on grill for 90 seconds, flip over and turn grill temperature down to 275-300 for remainder of cooking time- steaks taste best the less you cook and will be dry or tough if “well done”-at least keep them pink in middle!

Bison Roasts: rump, shoulder, round steaks, chuck roasts are all excellent in the crock pot and should first be seared briefly in hot oil to seal in the juices. After searing, place in crock pot with broth or water plus seasoning and cook for 10+hrs- this will insure tenderness.

Bison Short Ribs: Either 3-5 hours in covered pan with liquid in 300 degree oven, or 8 hours crock pot with liquid for fall-off-the-bone goodness. Follow with grilling, seasoning rub or BBQ for your favorite flavor.

Bison Soup Bones: Are great for making bone broth for eating or freezing for use later in soups or to cook roasts in.