



Canadian Rocky Mountain Ranch™

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COOKING GUIDE FOR BISON AND ELK MEATS

Canadian Rocky Mountain Ranch bison and elk meats are ideally suited to today's light cuisine including grilling, broiling, stir-frying, stews, etc. Elk and/or bison may be substituted in most beef recipes. Ground elk or bison is an excellent choice for meat sauces, lasagna, tacos, and meat loaf due to its flavor and low fat and only minimal shrinkage occurs during cooking. Bison and elk meats cook more quickly than beef due to the lower fat and we recommend reducing cooking times by about one third. As a lean, dark red meat, it should be cooked either quickly on high heat or slow and low. Pot roasting or slow cooking, with liquid, of more inexpensive roasts and cuts for at least 3 to 4 hours enhances the flavor and increases the tenderness of bison and elk meats. Preheat the oven or grill prior to cooking to help sear the meat to lock in moisture and flavor. Remove any visible external fat and silver skin from the meat before cooking. A little light oil may be rubbed on the steaks or roasts before cooking or barbecuing. Season the meat with salt and pepper or spices of your choice. Bison and elk meats are best when cooked to medium. While cooking beyond medium will not reduce the great flavor, it will reduce the natural moisture in the meat. Resting bison and elk meats after cooking and before serving will allow the natural juices to disperse evenly, enhancing its succulence. Remove from the grill or oven and cover with foil for 5 to 10 minutes.

Cooking to Finish

Steaks should be cut $\frac{3}{4}$ to 1 inch thick and cooked 4 to 5 minutes per side. Roasts should be cooked at 350 to 375 F after searing in a hot pan or at 500 F for about 20- 30 minutes to 145 F or 63 C to medium rare and removed from the oven and rested before slicing. Burgers should be seared on one side for 2 or 3 minutes and turned to sear the other side when small beads of reddish fluid appear on the surface. Finish cooking on the second side for another 2 or 3 minutes until the pink color just disappears.

Reduction Sauces

The flavor of elk and bison steaks and roasts is nicely enhanced with a reduction sauce. Simple sauces can be made in the pan after searing the meats by adding chopped shallots or onions, combined with other ingredients such as mushrooms, berries, peppercorns, etc. and sautéing until tender. Then add wine or game stock and simmer until the desired flavor and consistency is reached. For richer sauces, cream can be added at the end. Fruit jams or jellies can be added in moderation to increase the fruit flavor and add a little sweetness to the sauce. Drizzle over the meat and on the plate before serving.

Marinating

To increase tenderness, marinate sirloin, round and flank steaks for 8 to 24 hours before cooking. Marinates can be made from any source of acidity such as a lemon or lime juice, wine, or a small amount of balsamic or red wine vinegar. Mix the acidic liquid with 3 or 4 parts of oil, seasonings such as onion powder, garlic cloves or powder, pepper or peppercorns, soya sauce and pour over the meat. Placing the steaks in a plastic zip lock bag with the marinade reduces the amount of marinade required. Place in the refrigerator and turn a couple of times before cooking

Slow Cooker Ribs.

Bison and elk short ribs and back ribs are an excellent choice for slow cooking because they are lower in fat and have great flavor. The easiest way to cook mouthwatering ribs is to place thawed short ribs or back ribs in the slow cooker or crock pot, pour about 8 oz. or so of your favorite BBQ sauce over them and add 1 to 1 1/2 cups of liquid such as beef broth, game stock, wine or fruit juice in some combination and cook on high for 4 or 5 hours or on low setting for 6 hours or more. Ribs may also be easily braised in an oven in a covered baking dish or pan, with the above preparation, at 325 to 350 F for 2 to 3 hours. Enjoy!!