



Thank you for buying our Bison Meat  
welcome to the exciting world of Bison!

Bison is higher than beef in protein, iron and zinc and provides much of your daily requirements in a single serving. It will also provide your body with the antioxidant selenium which it requires to stay healthy.

### **Some tips and tricks.**

Firstly, we get asked all the time “do I cook bison the same as beef” the answer to this is yes and no. Yes, you can use it the same way and cook the same meals, by just replacing the beef with bison, so your lasagnes, stews, meatballs, Sunday roasts etc. can now be a bison meal.

However, due to its lower fat content, bison meat cooks very quickly. It is extremely important to cook bison meat low and slow. Bison meat tastes best served at medium rare 145°F (62°C) or rare 135°F (57°C). For best results, always use a meat thermometer.

#### **❖ Steaks (Grill, Broil, or Pan-Broil)**

Use steak ¾ to 1 inch thick

Place in lightly oiled skillet and use medium heat on stove top

Place bison on BBQ or 6 inches from the heat source in broiler

Cook 4 – 5 minutes per side

To increase tenderness, marinate sirloin tip and inside round steaks for 8- 24 hours

#### **❖ Roasts (Sirloin Tip, Inside Round)**

Sear roast in oven at 500°F (260°C) or on stove in a hot pan

Season roast, add ¼ cup (50 mL) of liquid (water or red wine)

Roast at 325°F (165°C) in covered pan or place in slow cooker

Cook roast to medium rare 145°F (63°C)

#### **❖ Burger**

Cook ground meats to 160°F (70°C) internal temperature

Make sure all patties sit flat on grill for entire cooking time.

Cooking equipment should maintain temperature of 375°F (190°C) even when loading continuously with frozen patties

Ground bison should always be cooked until no pink remains.

**For more information, check out our Questions and Answers section at [www.bisonguy.ca](http://www.bisonguy.ca)**