



COOKING WITH

Bison

Central Plains
Bison INC

Welcome



Thank you for joining our email newsletter! We are happy you're here and have chosen to receive our newsletter. This allows us to stay connected with you should social media happen to not be available to us one day.

My name is Bobbie and together with my husband, Jamie, and our three daughters, we are the proud owners of Central Plains Bison Inc. We are first generation farmers who both work off the farm in addition to farming.

Our meat business brings us great joy as we love providing premium quality bison meat to people. I made this cookbook myself and I hope that you enjoy some of our favourite recipes as much as we do!

A handwritten signature in black ink that reads "Bobbie". The signature is written in a cursive, flowing style with a large initial 'B'.



Bison Lasagna

INGREDIENTS

- 1.5 lbs ground bison
- 9 lasagna noodles
- grated cheese
- 1 onion, chopped
- 1 jar pasta sauce
- Italian spices
- Salt + pepper

DIRECTIONS

1. Cook ground bison with chopped onion. Add salt + pepper, to taste.
2. Boil lasagna noodles.
3. Mix pasta sauce + Italian spices into cooked meat.
4. Alternate noodles and meat sauce. *Add shredded cheese to each layer to prevent slipping when cutting.
5. Stop $\frac{1}{4}$ inch from the top of the 9x13 pan.
6. Sprinkle cheese on top.
7. Cook at 350F, until bubbly.

NOTES

If you plan to freeze your lasagna, omit step 7. Thaw before cooking and then place in the oven and cook at 300F for approximately 1 hour, or until bubbly.



Bison Meatballs

INGREDIENTS

2 lbs ground bison

1 egg

1 pouch onion soup mix

1/4 cup breadcrumbs

splash of milk

DIRECTIONS

1. Gently mix all ingredients into a bowl. Handle with care as over-mixing will make your meatballs tough.
2. Using a small ice cream scoop, form your meatballs and place on a cookie sheet.
3. Bake in the oven at 350F for 8-10 minutes, or until meatballs reach an internal temperature of 165F.
4. Remove from oven and cover in your choice of sauce.

NOTES

You can freeze the meatballs once they are cooked, or you can freeze them without cooking and just cook the day you need them.



Bison Steak

INGREDIENTS

Your choice of bison
steak

*pictured here are
bison ribeyes

DIRECTIONS

1. Season your steaks to your liking.
2. When grilling steaks, place 4-6 inches above a medium-hot heat source.
3. Turn only once.
4. Rare: 6-8 minutes; Medium: 8-10 minutes

Internal Temperatures

Rare: 135F Medium Rare: 145F Do not cook beyond 155F

NOTES

YFor best grilling results, let steaks rest at room temperature for at least 30 minutes prior to cooking.



Bison Smokie Burnt Ends

INGREDIENTS

- 8 Bison Smokies
- Yellow Mustard
- Meat rub of your choice
- 1/4 cup Honey
- 1/2 cup BBQ sauce

DIRECTIONS

1. Cut up smokies into bite-size pieces.
2. Coat the smokies in a thin layer of yellow mustard. This will help the seasonings adhere to the meat.
3. Sprinkle your favourite meat rub all over the smokies. Our favourite is Honey Hog BBQ Rub from Meat Church.
4. Place on the smoker at 250F for about 45 minutes.
5. Mix honey + BBQ sauce together and pour it all over the smokies.
6. Let them simmer on the smoker for another 30min or so until the sauce is thick and bubbly.

NOTES



Bison Chili

INGREDIENTS

- 1 lb ground bison
- 1 onion, chopped
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 can kidney beans
- 1 can tomato soup
- 1 can pork + beans
- 1 can diced tomatoes
- 1 can sliced mushrooms
 - 1 can water
- 6 hot dogs, cut

DIRECTIONS

1. Brown ground bison, onion, chili powder, and garlic powder in a pan and then add to slow-cooker.
2. Add the remaining ingredients to the slow-cooker. Mix and let simmer.

NOTES

For best results, prepare this meal a day ahead of when you plan to serve it.



Bison Roast

INGREDIENTS

- 3-4 lb bison roast
- 1 pkg ranch seasoning
- 1 pkg brown gravy mix
- 1/2 cup Zesty Italian salad dressing

DIRECTIONS

1. Place your frozen bison roast in the slow-cooker.
2. Add water so that at least half to 3/4 of your roast is covered in water.
3. Pour the Italian dressing on to the roast.
4. Add the ranch seasoning and brown gravy package to the roast as well.
5. Cover and simmer on low for 6-8 hours.
6. Your roast should pull apart easily. Pair with mashed potatoes and carrots.

NOTES



Bacon Wrapped Smoked Bison Meatloaf

INGREDIENTS

- 1 lb ground bison
- 1 lb bacon
- 1 pkg onion soup mix
- Yellow mustard
- Worcestershire sauce
- 1 egg
- Breadcrumbs
- Splash of milk

DIRECTIONS

1. Line a breadpan with tinfoil. Place the bacon so that the bottom of the pan and all sides are covered.
2. In a bowl, combine the ground bison, onion soup mix, dollop of yellow mustard, 1 tbsp Worcestershire sauce, egg, 1/4 cup breadcrumbs and a splash of milk. Gently combine.
3. Add the meat mixture to the breadpan.
4. Carefully pull the meat + tinfoil out of the breadpan.
5. Wrap bacon around the meat, making sure all of the burger is covered.
6. Season with your favourite rub. We like Meat Church's Holy Gospel.
7. Put on the smoker at 250F and smoke until it reaches an internal temperature of 165F.
8. Turn up the heat to 350F to crisp up the bacon.
9. Glaze with your favourite BBQ sauce and let rest for 15 minutes.
10. Total cook time, approximately 2.5 hours.



Bison Salisbury Steak

INGREDIENTS

- 2 lbs ground bison
- 1 egg
- 1 pouch onion soup mix
- 1/4 cup breadcrumbs
- splash of milk
- 1 onion, sliced
- Gravy
- Mushrooms, optional

DIRECTIONS

1. In a bowl, gently mix the first 5 ingredients together.
2. Divide the burger into 8 portions and make your burger patties.
3. In a frying pan, cook your burgers.
4. Once the burgers are cooked, place them in the slow cooker.
5. In the frying pan, cook up your sliced onions. Add to slow cooker.
6. Pour gravy over the burgers and onions
7. Simmer on low for 1 hour.

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Bison Stew

INGREDIENTS

- 1 lb bison stew meat
- 1 pkg ranch seasoning
- 1 pkg brown gravy mix
- 1/2 cup Zesty Italian salad dressing
- 4 potatoes, cubed
- 2 carrots, chopped
- 1 onion, chopped
- peas, optional

DIRECTIONS

1. Place your frozen bison stew meat in the slow-cooker.
2. Pour the italian dressing on to the roast.
3. Add the ranch seasoning and brown gravy package to the roast as well.
4. Add potatoes, carrots and peas.
5. Add water so that at least half to 3/4 of your meat + vegetables are covered in water.
6. Cover and simmer on low for 6-8 hours.

NOTES



Bison Bolognese

INGREDIENTS

- 1 lb ground bison
- 1 jar pasta sauce
- 1 onion, chopped
- 1 green pepper,
chopped
- 1 tsp Italian seasoning
- Salt + pepper
- Pasta of your choice

DIRECTIONS

1. Bring water to a boil and cook your favourite pasta.
2. In a frying pan, brown the ground bison, onion, and green pepper together. Add Italian seasonings and salt + pepper.
3. Once cooked, add your jar of pasta sauce to the meat mixture. Simmer until bubbly.
4. Pour over your pasta and top with parmesan cheese.

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