

COOKING BISON 101

Cooking bison is relatively easy and similar to cooking beef, lamb, chicken or pork. They all benefit from the same few things. Bison likes to be seasoned (lightly). It needs to be cooked at the **proper temperature** for the **proper amount of time** and cooked to the **proper doneness**. It’s that simple. Bison meat is naturally lean and dense with very little marbling. Marbled meats take longer to cook because the heat must penetrate the fat before it reaches the meat. Go easy, pay attention and you’ll do just fine.

Bison doesn’t taste wild or gamy at all. **It’s tender, juicy and slightly sweet with a rich delicious flavor**. You can adapt any recipe that calls for beef with bison very easily. As more bison finds its way into the hands of chefs and into people’s kitchens, numerous great recipes are abundant online and in book stores**. Have** **fun, experiment and enjoy…Your taste buds and body will thank you!**

1. **LESS TIME**

A general rule of thumb is **to aim for 1/3 less cooking time** you would normally use for beef. The last thing you want to do is overcook it. Use a **reliable meat thermometer** along the way to check the internal temperature. This will take the guesswork out of cooking and will ensure you achieve incredible results.

1. **LESS IS MORE WHEN IT COMES TO STEAK**

Go easy on the seasonings, we want you taste how good the meat is. A light rub of olive oil, good pepper and just a pinch of sea salt is all you need. Lightly salt the meat just before cooking or while it’s resting when done cooking.

1. **WAYS TO COOK BISON STEAK - ROAST - BURGERS**

Sear in a cast-iron skillet, sauté pan or wok on a cook top. Grill it or rotisserie it over charcoal or gas the same way you would any other meat. Broil in the oven one level lower then you do with beef. Cook in the oven just as you would with any other roast. Low and slow in the smoker or use a Sous vide cooker as well. Less tender cuts also do well in a slow cooker, insta-pot and oven.

1. **TEMPERATURE - TIME – DONENESS**

Bison is best cooked to **rare or medium rare and not past medium**. The internal temp for bison is the same as it is for beef. I encourage those who like their meat well done to try bison just once at medium. We think you will be pleasantly pleased.

The amount of time depends on the **cut of meat, thickness and the heat of pan, grill or oven**. Remember all types of meat will dry out if over cooked. Trust your meat thermometer and not your eyes if you’re not quite sure of the internal doneness.

1. **ALWAYS LET MEAT REST AFTER COOKING**

Steak (10min) Roast (minimum 20 min & up) depending on the weight, larger roasts need more time. Two things are happening during this time. A covered steaks internal temperature will rise an additional 5 degrees and a covered roast will rise an additional 10 degrees. Remember to factor this in when selecting the internal temperature that suits your taste and cut of meat your cooking.

As meat cools down the muscle fibers begin to relax, allowing the juices to redistribute throughout the meat. Cutting into the meat to early will have you losing those delicious juices all over your plate. Meat that is cooked to well done also benefits during this resting time.

1. **MEAT TEMPERATURES**

Cooking anything to perfection requires knowing when it reaches your ideal internal temperature before and after resting. There are so many conflicting guidelines out there. Government recommendations and some pre-programed meat thermometers are conservatively 5 to 15 degrees higher for food safety concerns. These temperatures are ideal peak temperatures. **Meat should be removed from heat several degrees lower, depending on thickness and allowed to rise during resting**. If prefer your meat done a little more or less adjust the temperature to suit your taste.

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|  | Chef- Recommended Temps |  |  |
| Rare | cold red center, soft | 120–130°F | 49–54°C |
| Medium rare | warm red center, firmer | 130–135°F | 54–57°C |
| Medium | pink, firm | 135–145°F | 57–63°C |
| Medium well | small amount of pink in center, firm | 145–155°F | 63–68°C |
| Well done | Grey-brown throughout (no pink), firm | >155°F-up | >68°C |