

Sadie's Pan Fried Bison Burgers

by Heather Ostern

Ingredients:

1 lb. ground bison
1 piece of bread torn up
1 tablespoon Worcestershire sauce
½ cup shredded parmesan cheese
½ teaspoon sea salt or coarse salt (large grain salt – NOT fine, table salt)
¼ teaspoon pepper
2 eggs
2 Tablespoons of unsalted butter

Directions:

Mix the ground bison, torn bread, Worcestershire sauce, cheese, salt, pepper, and eggs together. Gently make bison patties, leaving a small indentation in the middle with your thumb. Do not overwork bison meat. Cover patties with Saran wrap and place in the refrigerator for at least 1 hour to firm up.

Heat frying pan, adding 1 tablespoon of *unsalted* butter. Too much salt in bison meat can make it a little tough. Keep the burner on low. You want to cook bison meat “slow and low” since it doesn’t have much fat. Add extra tablespoons of unsalted butter as needed if the pan seems to be drying up (I usually need 1 or 2 tablespoons of unsalted butter).

Flip bison burgers when they brown on the bottom. If you are worried about them drying out, you can use a Ted Turner trick and place the lid of the frying pan on in order to retain moisture. Just keep an eye on them and remember that bison doesn’t need to be cooked as long as beef. A little pink is okay and the flavor is wonderful! The eggs and cheese in this recipe help to add a little fat back into the meat and make a tasty burger that even big kids adore!

