

BRAISED BUFFALO WITH PAN SAUCE

This buffalo recipe was a part of a program exploring North American Cuisine with a focus on Great Lakes Indigenous Foods. Enjoy this hearty entree along with Beans, Corn & Squash and Wild Rice Pilaf.

Chef Rob Trufant, Kellogg Catering

Featured Food: Buffalo

Yield: 6-8

Ingredients

2 lbs Bison 1-2 Stalks Celery, large dice
Salt to taste 1 Onion, large dice
2 Sprigs Rosemary 4 oz. Tomato Paste
1 Carrot, large dice 1 qt Beef Stock

Preparation

1. Wash & prepare produce as listed in ingredient details .
2. Season and pan sear bison on stove top.
3. Remove and transfer to roasting pan.
4. In the same pan, sautee carrots until starting to brown at edges. Add onion & cook until browned. Finally, add celery and cook until translucent.
5. Add tomato paste to vegetables, mix thoroughly and cook until fragrant.
6. De-glaze pan with beef stock.
7. Pour stock & veggie mixture over bison in roasting pan. Cover with parchment and foil.
8. Place in 350 degree F oven for at least 4 hours or until fork tender.
9. Remove meat from oven and allow to rest.
0. Reserve liquid and reduce to rich tasting sauce on stove top.
11. Serve as main dish to corn, beans & squash along with wild rice pilaf. Enjoy!