



Buffalo (Bison) Preparation Instructions

Bison is very lean red meat. The flavor is unique; however, it more resembles beef than any other red meat. Bison can be used as a substitute in any recipe calling for red meat. However, since bison is a very lean meat, we must make mention that the proper cooking techniques must be followed in order not to overcook the meat. The general rule with bison is to cook LOW and SLOW. If you do not overcook the meat, you will LOVE IT!

Preparing Steaks and Burgers

We suggest cooking to medium rare or medium at the most. Bison will cook faster than beef steaks and burger because it does not contain as much fat. Rub your favorite cut of steak with a combination of garlic salt, cooking oil, pepper and lemon juice. Do not use a fork to turn steaks, this punctures the meat, allowing the juices to escape.

Note: well-done bison steaks and burger are not recommended. Due to the leanness of the meat, bison has a tendency to become dry when overcooked.

Preparing Roasts

The most acceptable cooking methods for preparing the perfect bison roast are low temperature and high moisture. We suggest cooking in a slow oven in a covered roaster (275 ° F) or crock-pot. Use whatever liquid you desire such as water, beef broth, tomato juice, wine, etc. We usually add onions, mushrooms and garlic cloves. Cook until the roast is tender. You can plan on the roast being done in about the same amount of time as with a comparable size beef roast.

Preparing Ribs

We suggest simmering in a Dutch oven until almost tender. While simmering, prepare your barbecue sauce. Drain ribs, and finish on the grill, brushing with barbecue sauce and turning every few minutes. Ribs may also be finished in the oven. Simply place ribs in an open pan, brush with barbecue sauce and bake about 30 minutes @ 350 ° F.

Preparing Hot Dogs and Bratwurst

Our Hot Dogs and Brats are the best you can buy. Both the Hot Dogs and Bratwurst contain some pork. They are fully cooked, so you will only need to heat them through. Throw them on the grill, boil them or even put them in the microwave.

Call us at 231-947-6091 or visit our web site at www.olesonsfoods.com

Business Office

P.O. Box 72 Traverse City, MI 49685-0072 • (231)-947-6091 • FAX (231)-947-6548

Visit us at www.olesonsfoods.com

E-mail: info@olesonsfoods.com