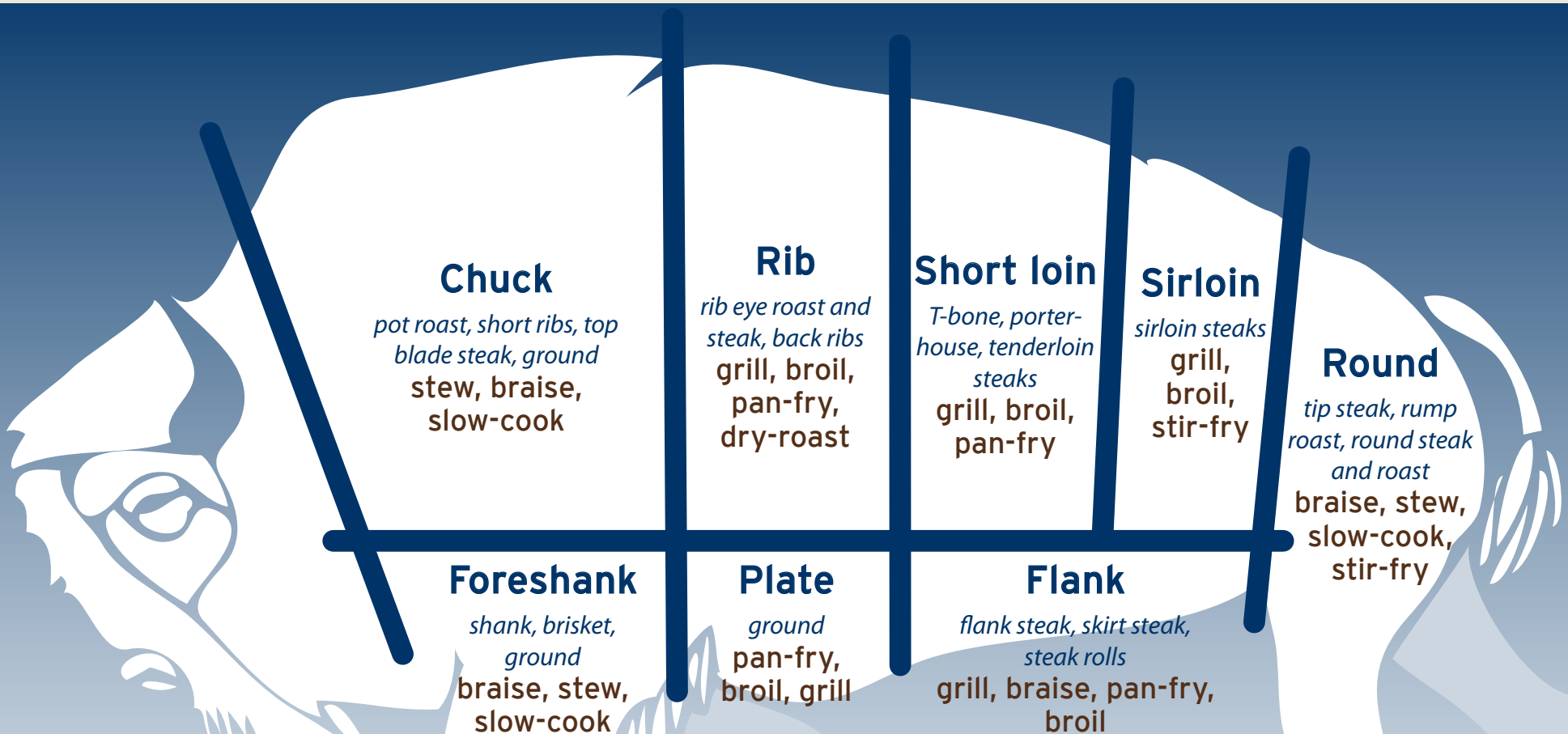


Bison Cuts and How to Cook Them



Although bison is similar to beef, it needs to be cooked differently because it is lower in fat. You can use bison in your favorite beef recipes if you make a few simple changes in your cooking methods.

The key to cooking bison is low and slow. Because bison meat is so lean, it will cook faster than other meats. It should not be cooked

past an internal temperature of 160 degrees.

Ground bison can be used interchangeably with ground beef, but the cooking time will be shorter.

Dry-heat cooking methods, such as grilling, broiling, pan-searing, and dry-roasting, can be used for the **most-tender cuts** (such as rib and loin). These

are best cooked rare to medium. Bison is typically roasted at 275 degrees.

Dry- and moist-heat cooking combined can be used for the **medium-tender cuts** (such as round). Use marinades to enhance tenderness and flavor. These cuts can be braised—browned, then cooked in a little

liquid in a tightly covered pot on top of the stove, in the oven, or in a slow-cooker.

Moist-heat cooking methods should be used for the **least-tender cuts** (such as chuck, shank, brisket, plate, and flank steaks). Long, slow cooking, barely covering the meat with liquid, will tenderize these cuts.