

A large, succulent piece of roasted bison meat, likely a brisket, is the central focus. It is covered in a dark, rich sauce and garnished with several large, caramelized onion slices and scattered nuts. The meat is presented on a white background.

STANGEL BISON RANCH



COOKING TIPS

PERSONAL TIPS

"For steaks I like to use very high heat to sear the steaks to seal in the juices. Pan frying works well with olive oil to the point of almost smoking. Cook to the point of searing, possibly showing caramelization, turn and sear the second side. If further cooking is desired turn the heat way down and partially cover so as not to steam, but hold heat on the first side as well as the bottom side. Remove before reaching the desired doneness as it will continue to cook some after removal from heat. Be careful to not over cook. Letting the steak "rest" for a short period allows the juices to redistribute throughout the steak. For best results bison should be cooked rare to medium. Well-done can cause dryness and toughness." BOB STANGEL

"I feel that the best tasting bison is served medium rare to medium. As grass fed bison is so lean it is easy to over cook, and like other lean meats, deer or elk for example, it gets pretty tough or dry if it is over cooked. And no one is going to enjoy a dry tough steak. So, my personal advice is to not over cook it, error on the side of too rare than too done. You can always throw it back on the heat if you need to, you can't un-cook it." THERESA STANGEL

BASIC INFORMATION

"There is no such thing as tough bison meat, just inexperienced or improperly instructed cooks," says Bob Stangel. Bison are broken down exactly like beef, and cuts off a bison will have the same characteristics as the same respective cuts from beef. With little adjustment (may need to adjust cooking time- bison tends to cook quicker than other higher fat content meats) you can use bison in your favorite beef and some pork recipes. The primary issue that people face when cooking bison is overcooking, which will result in a tough, dry, unenjoyable piece of meat. Bison is naturally lean, even more so when 100% grass fed, and, as mentioned above, tends to cook quicker than higher fat content meats- pay attention to temperature. So, a good general rule when cooking bison is slow and low, unless you are making a dish that requires caramelization. In that case, we suggest a quick sear with a high temperature, then right back to low and slow. You may cook your bison to the same doneness as you prefer your beef, we recommend medium rare to medium- no guarantees on an enjoyable dish when cooked to well-done.

COOKING TECHNIQUES

PAN FRYING, PAN BROILING OR BRAISING

First and foremost, turn the heat down. You can use a standard beef or pork recipe, but you may need to adjust cooking time as bison tends to cook quicker, pay attention to the temperature of the meat to prevent overcooking. High heat can be used with bison, but use it only for a very short time, such as for searing.

CROCK POT/INSTA POT/PRESSURE COOKING

Moist heat works especially well with the less tender cuts of meat. Standard crockpot, slow cooker, or Instapot recipes can be used.

Grilling

Keep the temperature on the grill down, remember low and slow is key. Do not put bison meat in the flame. If you are grilling a piece of meat that needs a long time to cook, keep the temperature low and use a marinade, BBQ sauce, or other basting liquid. You may need to baste frequently to keep moisture in the meat.

BROILING

Move your broiler rack farther away from the heat than you would for beef, about two to five inches. Broil as you would your beef but shorten the cooking time and pay attention to your meat temperature.

COOKING BY CUT

GROUND BISON/BISON BURGER

Ground bison is naturally lean. Browning ground bison will give caramelization but should produce little to no fat to drain off. ALL STANGEL BISON IS 100% BISON and approximately 95%+ lean- we do not add beef tallow or any other fat product to our ground.

ROASTS

The best oven temperature is 275-325. To insure the desired results use a quality meat thermometer. In general, you can plan on the roast taking approximately the same time, or a little less, than beef or pork would at a higher temperature. Bison, with no fat, cooks more quickly, so check on it. Roasts are also a great cut to use in a crock pot or pressure cooker.

STEAKS

Bison steaks can be cooked similarly to beef steaks, just keep an eye on the cooking time and doneness of the meat. We enjoy using a cast-iron skillet to sear the meat (high temperature for a short period of time you cause caramelization and lock in juices), then finish cooking at a lower temperature on the stove, in the oven, or on the grill.

SHORT RIBS

Unlike beef and pork ribs, bison ribs are lean and if not prepared correctly can be extremely tough. We highly suggest either marinating the ribs using a recipe that helps tenderize prior to cooking or using a moist-heat method (braising, crock pot, pressure cooker, etc.).

PLEASE CHECK OUT OUR WEBSITE FOR MORE COOKING TIPS ON SPECIFIC CUTS
AND OUR SUGGESTED/FAVORITE DISHES



C O N T A C T

WEBSITE

stangelbisonranch.com

EMAIL

stangelbison@gmail.com

PHONE

Office: 541-426-4919

Bob: 541-398-0594

Theresa: 541-398-0595

Marta: 541-398-0593