



WILD. NATURAL. SUSTAINABLE.

Bison Stew with Root Vegetables

Prep Time: 2 hours 15 minutes • Yields: 2-4 servings

Ingredients:

2 pkgs. Fossil Farms' Bison Stew Meat, 1lb.
¼ cup canola oil
1 large white onion, diced
1 cup carrot, peeled and diced
1 cup parsnip, peeled and diced
1 cup turnip, peeled and diced
1 cup celery root, peeled and diced
3 garlic cloves, minced
½ cup tomato paste
3 cup red wine
4 cup beef stock or broth
1 tbsp. thyme leaves chopped
¼ cup unsalted butter
Salt & black pepper, to taste

Optional:
1 cup Yukon potatoes, diced
1 package egg noodles
1 baguette

Method:

1. Dice the onion, carrot, parsnip, turnip, and celery root into bite sized pieces. Set aside in a large bowl.
2. Heat oil in a large sauce pot over medium-high heat until almost smoking.
3. Brown Bison stew meat in the hot oil until golden brown. Remove from the pan and set aside on a plate.
4. In the same pot, add diced onion, carrot, parsnip, turnip, celery root, and minced garlic. Sweat for about 5 minutes, stirring constantly.
5. Add tomato paste and stir well, lightly cooking for 1 minute. Then, add red wine and reduce by 1/3.
6. Pour in beef stock, then return the browned Bison to the pot. Reduce the heat to simmer.
7. Continue cooking for about 1 to 1.5 hours. The total liquid should reduce by half, and the Bison stew meat should be fork-tender. Season with salt & pepper to taste.
8. To finish, stir in fresh herbs and butter, then remove from heat.
9. Serve by itself or over egg noodles, rice, couscous, or a toasted baguette for dipping. If using potatoes can be added at the same time as the other root vegetables.
10. Serve and enjoy!

Equipment:

Stove
Large sauce pot
Fork
Knife
Cutting board
Measuring cups and spoons
Large ladle
Serving bowls

