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## The Best of Bison

D. Deerthardt

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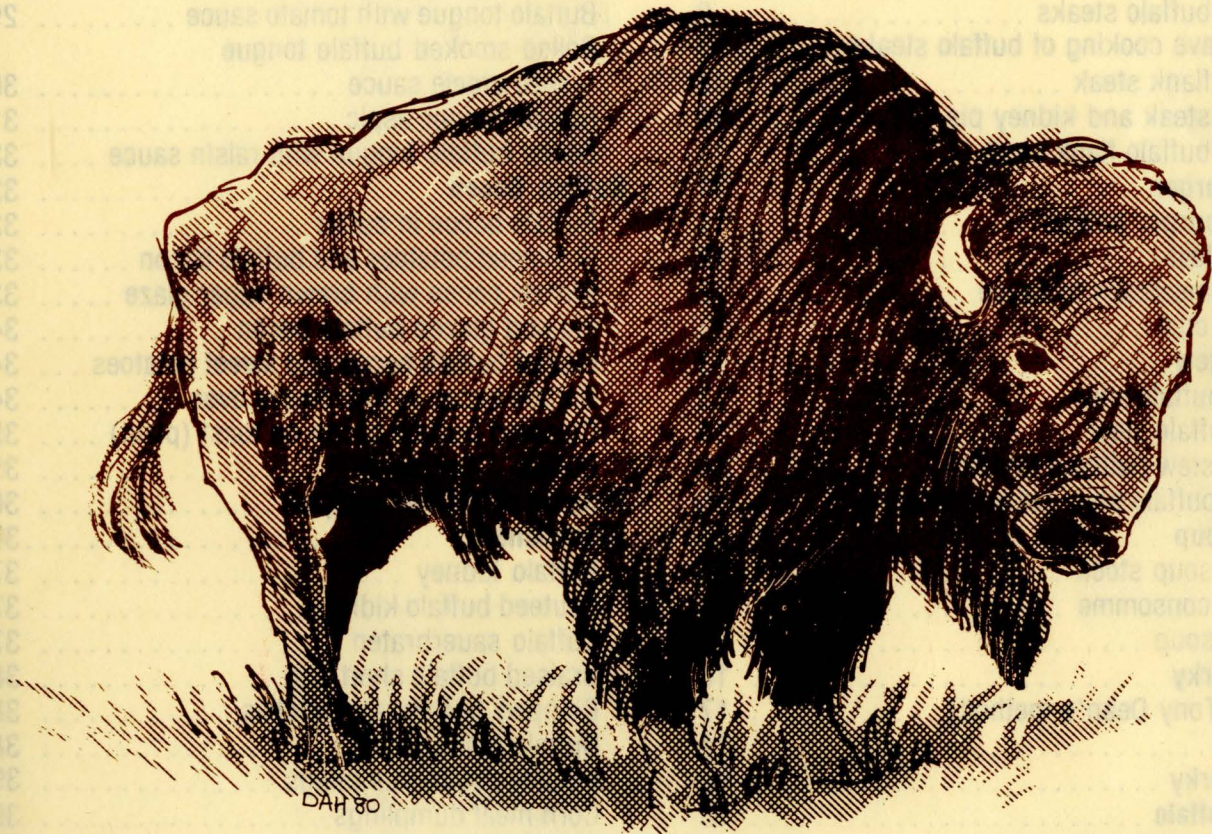
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# The Best of Bison



Agricultural Experiment Station • South Dakota State University • Brookings, South Dakota 57007



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# The Best of Bison

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The North American bison once populated the prairies, providing Plains Indians with food, shelter, and clothing.

An estimated 60 million bison inhabited North America when Columbus discovered it in 1492. In 1850, 20 million still roamed the plains. At the turn of the century, the dusty, brownish-black animals were nearly extinct; only 22 could be found in 1900.

The "big hunts" of the late 1800's, when the white man killed for only the hide and tongue, were the greatest deliberate threat to buffalo herds. Almost too late, a few ranchers took action to save the species.

Today, the National Buffalo Association estimates over 15,000 bison inhabit the United States. Many belong to individuals, the rest are found in zoos and federal and state controlled areas.

The American bison is a bovine ruminant related to the true ox. It has light and slender hind quarters, densely shaggy foreparts with a large head, short horns, and a large, fleshy hump.

Buffalo meat is similar to beef and is cooked in much the same way. The taste is often indistinguishable from beef, although buffalo tends to have a fuller, richer flavor. The animals graze on native grasses, and may or may not be given additional feed to "finish off" for prime meat. It is becoming easier to obtain buffalo meat for home cooking.

## American Bison (Buffalo)

Nutrient analysis of buffalo meats (Table 1) shows the differences as compared to beef.

The protein analysis shows a good distribution of amino acids, meaning a more complete protein in buffalo meat. Buffalo meat is low in fat, with a fatty acid distribution of small amounts in many long chain fatty acids, as compared to domestic meats. This is characteristic of most wildlife.

There is some variation in the amount of the major minerals present in the two meats; this may have some effect on the color of fresh cut buffalo meat.

Table 1. Nutritive values of beef versus buffalo (a composite of cooked samples representing the whole animal).

	Water %	Protein %	Fat %	Minerals mg/100gm				Vitamins mg/100gm	
				Calcium	Phosphorus	Iron	Sodium	Potassium	Thiamin
Beef <sup>(a)</sup>	44	24	27.9	10	178	0.31	54	24	.062
Buffalo	63	35	2.8	10	174	0.43	78	37	.050

(a) Calculated from Nutritive value of American foods, Ag Handbook No 456, USDA.

## Buffalo Roasts

There is no such thing as tough buffalo meat. However, if cooked improperly, buffalo will become tough and undesirable.

Researchers at the South Dakota Experiment Station tested different cuts of buffalo roasts cooked at different temperatures and with different methods. Taste panels then evaluated the roasts according to texture, juiciness, and tenderness.

In the first set of tests, buffalo roasts were cooked in the oven using an uncovered roasting pan. In general, as the oven temperature increased and the internal temperature of the roast rose to well done, texture, juiciness, and tenderness scores went down.

The most acceptable meat was produced when cooked in a slow oven (275 F or 135 C) to a rare internal temperature. A medium cooked roast was best cooked at 275 F (135 C) or 300 F (149 C). A well done roast came out best when cooked at 275 F (135 C).\*

Another series of tests determined best cooking methods. Roasts (similar cuts, cooked medium at 170 F, 77 C internal temperature) were cooked four different ways--open pan, plastic bag, tight aluminum wrap, brown bag. No seasonings were used.

The open pan method scored next to highest in flavor, but because it was very dry, the tenderness score went down.

The plastic bag method is a form of steaming which draws out juices. Cooking loss is great and the juiciness of the meat is low. This method produces a lot of good juices for gravy.

The tight, aluminum foil wrapped roast cooked at high temperature (425 F-218 C) was also tender and juicy by objective measurements. It cooked in a relatively short time.

The brown bag method received the highest score by the taste panel. It had the most juice and produced one of the most tender of the roasts, but cooking time was longer.

\* Geraldine Morrison, 1973, Buffalo roasts. As partial fulfillment of special problem in Nutrition and Food Science, College of Home Economics, SDSU.

In spite of the above findings, the recipes given here are for the most commonly used methods.

Each cook has his or her own special blend of seasonings and methods of cooking, but regardless of the method used, **do not overcook.**

### **Buffalo roast in foil**

6 servings

3-4 lb buffalo roast  
½ envelope dry onion soup

Preheat oven to 425 F (218 C). Place roast on an ample piece of heavy duty aluminum foil. Sprinkle a half envelope of dry onion soup over the meat. Bring edges of foil together and seal tightly using a "drugstore wrap."\* Place in shallow roasting pan and bake 1½-2 hr. Ample juices collect within the aluminum foil; this may be thickened for gravy.

\*Drugstore wrap: Bring edges of foil together, fold over to three quarters of an inch, continue to fold down to make a tight wrap around the meat. End of foil may be folded up and over in a similar manner.

### **Buffalo roast in plastic baking bag**

6-8 servings

3-4 lb buffalo roast  
2 tbsp flour  
½ c red wine vinegar and ½ c water  
salt  
1 bay leaf  
8 whole cloves  
1 medium onion, diced  
1 tsp thyme

Preheat oven to 325 F (163 C). Place flour in small (10 x 16 inches) plastic baking bag and shake until bag is well coated. Place bag in 2-inch deep roasting pan. Pour vinegar into bag and stir until well mixed with flour. Rub roast with salt, and put into bag. Add bay leaf, cloves, onion and thyme around meat. Close bag with twist tie. If using a meat thermometer, insert thermometer through bag into center of meat. Make six ½-inch slits in top of bag near the twist tie. Cook 2-2½ hrs, or until internal temperature reaches 170 F (77 C) or meat is tender. The liquid in the bag is ready to use as gravy, or thicken it with flour. Meat will not be especially juicy.

### **Buffalo roast in brown bag**

6-8 servings

3-4 lb buffalo roast  
seasonings as desired

Place meat in a shallow roasting pan. Add seasonings as desired. Slide pan and meat into a large brown paper bag. Secure end by folding over and fastening with paper clips. Bake in a 350 F (177 C) oven until internal temperature reaches 170 F (77 C) or approximately 2½-3 hrs. **Do not overcook.**



## Buffalo roast

6-8 servings

3-4 lb buffalo roast  
1 slice bacon, cut into small pieces  
2 cloves garlic, crushed  
salt and pepper  
1 bay leaf  
2 cloves  
1 c orange juice

Cut slits in meat and insert small pieces of bacon and garlic. Salt and pepper well. Sear meat on all sides. Put meat in roaster and place bay leaf and cloves on top. Baste with orange juice. Roast in 325 F (163 C) oven, 25 min to the lb or to internal temperature of 170 F (77 C), basting frequently with orange juice.

---

## Left-overs

A buffalo roast is like any other meat roast--it is usually more than needed for one meal.

Left-over buffalo meat may be substituted in almost any recipe for a beef hot dish. It may be sliced, cubed, diced, or ground as specified in the recipe. Plain roast buffalo is delicious if sliced thin and served cold.

## Buffalo stroganoff

4-5 servings

4 c roasted buffalo meat strips, cut 1/2 inch thick  
1/3 c all-purpose flour  
1 tsp salt  
1/2 c finely chopped onion  
1/2 lb mushrooms, cut in quarters (or 2 to 4 oz bits and pieces)  
1 clove garlic, finely chopped  
2 tbsp butter  
6 tbsp salad oil (divided)  
1 c beef broth  
2 tbsp worcestershire sauce  
1 c sour cream  
buttered rice or noodles  
chopped parsley

Dust meat strips in a bag of flour and salt. Saute onion, mushrooms, and garlic in 2 tbsp each of butter and oil in a large frying pan. Remove vegetables from pan. Add remaining oil to pan; brown meat quickly in heated oil, then remove from pan. Combine remaining flour mixture with drippings. Stir in broth and worcestershire, cook until thickened. Blend in sour cream and heat slowly. Add meat and vegetables and heat but do not boil. Serve over rice or noodles, sprinkle with parsley.

## Buffalo hash

4 servings

- 2 c ground cooked buffalo
- 1 c ground raw potato
- ½ c ground onion
- 2 tbsp horseradish (less if sharp) or 1 tbsp prepared mustard
- 1 tsp salt
- 1½ c milk (approximate)
- 2 tbsp butter

Grind buffalo meat, potato, and onion. Add horseradish and salt. Mix thoroughly. Melt butter in a heavy skillet. Add meat mixture and enough milk so that it shows at the side of the pan but does not cover the mixture. Brown at medium heat, turning often to keep from burning. Allow 30 min cooking time (or until milk is absorbed and the hash is brown and crusty).

## Buffalo pie

3-4 servings

- 1 c cubed cooked buffalo
- ⅔ c diced carrots
- ⅔ c diced potatoes
- ½ c sliced onion
- ½ tsp salt
- 1½ c gravy (1 c beef bouillon, ½ c vegetable liquid, 2 tbsp flour, 2 tbsp butter)
- 1 recipe of rich biscuit dough (p 41)

Cook vegetables in boiling salted water until almost tender. Drain, saving ½ c liquid. Make gravy with butter, flour, vegetable liquid, and bouillon; add meat and vegetables. Heat to boiling. Pour into buttered baking dish. Cut biscuits and arrange on top. Bake in a hot oven (425 F, 218 C) 15 to 20 min depending on the thickness of the biscuits.

## Curried buffalo

4 servings

- 2 c chopped cooked buffalo
- ½ c chopped celery
- ½ c finely chopped onion
- 3 tbsp butter
- 1 c brown gravy (or 1 c broth or 1 c beef bouillon and 2 tbs flour)
- 1 tsp curry powder
- ¼ tsp salt

Saute celery and onion in butter. Add meat, gravy, and seasonings. Heat, stirring to keep from sticking. If broth or bouillon is used, add meat to celery and onion, then stir in the flour before adding the liquid. Heat to boiling, then simmer a few minutes to cook the gravy. Serve on rice, noodles, or whole wheat.



### Buffalo sandwich filling

4 sandwiches

1 c ground cooked buffalo  
1 tbsp minced onion  
1 tbsp pickle relish  
1 tbsp lemon juice  
2 tbsp salad dressing  
½ tsp salt  
1/8 tsp black pepper  
softened butter  
8 slices bread

Combine the first seven ingredients; if too dry to stick together, add a bit of cream or evaporated milk. Spread bread slices with softened butter and divide filling for four sandwiches.

**Variation:** 1 or 2 finely chopped hard cooked eggs adds interest to the filling.

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## Buffalo Steaks

Experiment station researchers studied four different ways of cooking buffalo steak—oven broiling, pan broiling, microwave cooking, and braising.

Pan broiled T-bone and sirloin steaks were scored by taste panel evaluators over the oven broiled steaks (see appendix for definitions).

The steaks used for microwave cooking gave favorable results except for appearance.

Braising resulted in poor scoring; however, aroma was enhanced by the browning of the meat. The meat was dry and less tender. Braising is a method to be used with less tender cuts of meat that require slow cooking with a small amount of liquid.

### Buffalo swiss steak

4-6 servings

2 lb round steak (1-2 inches thick)  
seasoned flour (p 41)  
2-3 tsp shortening or drippings  
½-1 c chopped onion  
creamed mushroom or celery soup  
water

Thoroughly pound the steak with a meat mallet or edge of a small plate. Cut into serving pieces and roll in seasoned flour. Melt shortening in heavy skillet, brown meat pieces well. Add onion the last few minutes to brown. Spread soup over the meat, add enough water to cover the meat. Cover and simmer 1½ hr or until tender. Additional water may be needed. May be oven cooked at 350 F (177 C) for 1½-2 hr.

## Sauteed buffalo steaks and chops

Buffalo steaks or chops  
¼ c butter  
salt and pepper

Melt butter in a heavy skillet. Saute steaks or chops until nicely browned on both sides. Turn often as needed. Sprinkle with salt and pepper and serve immediately. These cuts are cooked best when the center of the meat is a light pink. Overcooking makes buffalo tough. Do not crowd pieces in the pan.

## Broiled buffalo steaks

3-4 servings

1-2 lb loins of buffalo steaks or rib steaks (¾-1 inch thick)  
2 tbsp melted butter  
salt and pepper

Trim off excess fat. Brush steaks with part of the melted butter. Preheat broiler. Place broiler tray and steaks 4 to 5 inches from source of heat. Broil for about 4 min, turn, brush with remaining butter and broil 3 to 4 min more. Season lightly with salt and pepper. Serve immediately. **Do not overcook.** Center of meat should be slightly pink.

## Microwave cooking of buffalo steaks

3-4 servings

1-2 lb buffalo steak (1 inch thick)  
salt and pepper  
garlic salt  
1 tbsp browning sauce  
1 tbsp water

Place steak in a shallow non-metallic baking dish. Sprinkle with salt, pepper, and garlic salt. Brush the steak with a mixture of browning sauce and water. Heat, uncovered, in a microwave oven. Turn steak after half the cooking time, season as above, cover with a paper towel and finish cooking.

Total cooking time:  
Rare 3 to 4 min  
Medium 4 to 5 min  
Well done 5 to 6 min

Avoid overcooking. Products from a microwave oven continue to cook for several minutes after being removed from the oven.

### Suggestions:

1. A browning dish may be used for steaks.
2. Steaks may be seared conventionally, then finished in the microwave oven (be sure to reduce cooking time).

## Buffalo flank steak

3-4 servings

1 well trimmed buffalo flank steak (1 lb)  
2 tbsp butter  
1-2 tbsp flour  
salt and pepper  
boiling water  
1 tsp parsley flakes or 2 tsp freshly chopped parsley

Melt butter in heavy frying pan. Dust steak with flour and brown well. Add enough boiling water to just cover the meat. Cook very slowly, covered, until fork tender. Remove to warm platter, season with salt and pepper. Sprinkle with parsley. Cut in thin slanted slices against the grain of the meat to improve tenderness of the slices.

**Variation:** After browning the flank steak, remove to a baking dish and bake in a slow oven (300F, 149C) for 1½ hr or until meat is tender. Watch carefully that it does not become dry.

## Buffalo steak and kidney pie

6-8 servings

This modified hearty old English dish is perfect for big appetites.

1½ lb buffalo round steak  
¾ lb buffalo kidney (beef kidney may be substituted)  
½ c seasoned flour (p 41 )  
2 tsp parsley flakes  
1/8 tsp thyme  
1/8 tsp rosemary  
¼ c butter or drippings  
3 or 4 carrots, cut in ½-inch slices  
1 large onion, sliced  
3 c stock or beef bouillon

Remove the white center and tubes from kidney and any gristle or connective tissue from round steak. Cut both in 1-inch cubes and dredge with seasoned flour. In heavy skillet or Dutch oven, brown slowly in hot butter. Do not crowd cubes in the bottom of the pan. Remove the meat when browned, place vegetables in pan and brown these also, adding parsley, thyme, and rosemary. Add bouillon or stock and stir vigorously, scraping the bottom of the pan to loosen all browned particles. Return meat to the pan, cover and simmer on very low heat until meat is nearly tender. Pour into large casserole or individual ones, top with pie crust (p 41 ), seal edges and cut gashes in the crust for steam to escape. Bake at 325 F (163 C) until crust is golden brown.

**Variations:** Top with mashed potatoes, whipped fluffy with an egg and bit of milk.



## Broiled buffalo flank steak

3-4 servings

Flank steak must be of top quality. If not sure of quality, braise flank steak or treat it with meat tenderizer.

1 buffalo flank steak (about 1 lb)  
1 clove garlic, peeled and split  
1 tbsp salad oil  
1 tbsp melted butter  
salt and pepper

If unsure of quality, sprinkle both sides of steak with tenderizer as directed. Rub garlic over both sides of the steak. Sprinkle with salad oil and put on broiler rack. Place in a preheated broiler, 1½ inches from heat. Broil 5 min, turn and broil 5 min on the other side. Remove to heated platter. Spread with melted butter and season with salt and pepper. To serve, cut in thin slanting slices against the grain of the meat.

The dictionary defines burger as "ground meat; fried or grilled patty of meat usually served in a sandwich." However, there are many more ways of using ground meat than in a "burger."

## Buffalo Burger

Ground buffalo meat may be used as a substitute for ground beef in most recipes.

Regardless of the cutting procedure of a meat carcass, there is always some meat that goes into ground meat, or burger, and buffalo is no exception.

### Buffaloburger patties

6 patties

¾ lb burger  
¼ tsp onion salt  
1 slice bacon, ground or cut fine  
½ c cracker crumbs, rolled fine  
¼ c milk  
1 egg  
1 tbsp flour  
2 tsp lemon juice  
dash garlic powder  
pepper  
2 tbsp melted butter

Combine all ingredients and mix well. Shape into patties, broil or fry until browned on both sides.

## Buffalo loaf

10-12 servings

2 lb ground buffalo  
1 c fine dry bread crumbs  
1 tsp salt  
¼ tsp black pepper  
½ tsp fine herbs (your choice)  
¼ tsp nutmeg  
3 eggs  
1 c milk  
1 c shredded carrots  
1 c finely chopped celery  
1 c finely chopped onion  
½ c hickory-flavored catsup or barbecue sauce

Beat eggs and milk together, add bread crumbs and seasonings. Mix well and let stand a few minutes. Add the meat and vegetables, blend thoroughly. Spread evenly in a 9 x 13-inch pan. Spread catsup over the meat mixture. Bake at 350 F (177 C) for 1 hr. Let stand about 5 min before cutting.

## Buffalo meatballs in sauce

8 servings

A one dish meal plus salad and rolls. Delicious!

2 c grated raw potato  
1½ lb ground buffalo  
⅔ c chopped onion  
1 clove garlic, minced  
2 tsp salt  
½ tsp pepper  
¼ c milk  
2 eggs  
¼ c butter  
3 c water (divided)  
2-3 tbsp cornstarch  
2 c dairy sour cream  
1 tsp dill seeds  
1 (10 oz) pkg frozen peas, cooked

Combine first eight ingredients. Shape into 1½-inch balls and brown slowly in butter. Add ½ c water. Cover and simmer 20 min. Remove meatballs.

Stir in flour, then remaining water. Simmer to thicken. Reduce heat, stir in sour cream and dill, add meatballs and peas. Heat, do not boil.

## Buffalo chili

10-12 servings

- 2 lb buffalo burger
- 1½ large onions, chopped fine (1-1½ c)
- 1 clove garlic, minced
- 2 No 2 cans kidney beans
- 2 qt tomato juice
- 2 tbsp corn starch
- 1 tbsp sugar
- 1½ tbsp chili powder
- 1 tsp paprika
- 2 tsp salt

Brown buffalo burger, onions, and garlic. Add kidney beans and tomato juice, simmer. Mix together remaining ingredients; add to soup. Simmer 1 hr. Stir occasionally.

## Baked buffalo stew

6 servings

- 3 lb buffalo stew meat
- 2 c finely chopped onion
- 2 cloves garlic, finely chopped
- 2 bay leaves
- 1½ tsp each salt and monosodium glutamate
- ¼ tsp pepper
- ⅓ c salad oil
- ½ c unsifted flour or ¼ c corn starch
- ¾ c red cooking wine and 2 c water (½ c red wine vinegar and 2½ c water)
- 1 can (6 oz) tomato paste
- cooked noodles, rice, or whole wheat

Place buffalo meat, onion, garlic, and bay leaves in shallow baking pan; sprinkle with a mixture of salt, monosodium glutamate, and pepper. Bake uncovered in a hot oven (425 F, 218 C) for 10 min, reduce heat to slow (300 F, 149 C), and continue baking about 30 min longer until juices are released from meat.

Make sauce of flour or cornstarch, salad oil, red cooking wine, water, and tomato paste. Cook until smooth. Pour over meat, cover, and bake in slow oven (300 F, 149 C) about 1-1½ hr, or until meat is very tender but not dry. Serve hot over noodles, rice, or whole wheat.

## Buffalo Stew



## Plain buffalo stew

6 servings

2 lb cubed buffalo meat  
2 tbsp cooking oil  
1 onion, finely chopped (1 c)  
6 carrots, peeled and sliced  
3 medium potatoes, peeled and sliced (2-3 c)  
2 cans tomato sauce (6 oz)  
1 pkg frozen mixed vegetables  
2 tsp salt  
½ tsp pepper  
½ c water

Brown meat in small amount of oil in a large kettle or dutch oven, then add onion and cook until golden. Add tomato sauce, carrots, and seasonings and cover. Cook 1 hr. Add potatoes and ½ c water, if needed. Cover and cook ½ hr. Add mixed vegetables and cook ½ hr. Heat must be very low all the time.

**Variation:** Transfer mixture to a baking dish and top with rich biscuits (p 41 ) and place in a hot (425 F, 218 C) oven until biscuits are toasty brown.

## Buffalo stew (without tomato)

6-8 servings

2 lb buffalo stew meat  
4 oz diced pork (bacon or salt pork)  
2 c diced potatoes  
2 c chopped celery  
2 c chopped onion  
2 chopped green peppers  
1 tbsp chopped parsley  
1 large bay leaf  
1½ tsp salt  
½ tsp black pepper  
½ tsp spice of your choice (thyme, rosemary, or marjoram)  
3-4 c water (divided)  
2 tbsp cornstarch  
2 tbsp water

In a large skillet or electric fry pan, fry pork until crisp and remove from pan. Brown buffalo meat in pork fat; remove from pan. Cook the celery, onion, pepper, and parsley 2-3 min in the remaining fat. Return the meat to the pan and add 2 c water, bay leaf, and seasonings. Stir up brownings from bottom of pan. Cover and simmer until meat is tender, about 2 hr. Stir in crisp pork, potatoes and 1 c water (more if needed). When the potatoes are cooked, thicken juices with cornstarch blended with small amount of water. Serve at once.

## Hearty buffalo stew (slow cooker)

4-6 servings

- 2 lb buffalo stew meat, cut in 1-inch cubes
- 5 carrots, cut in 1-inch pieces
- 1 large onion, cut in chunks
- 3 stalks celery, sliced
- 1 (1 lb, 12 oz) can tomatoes
- ½ c quick-cooking tapioca
- ½ tsp ground cloves
- 2 bay leaves
- 1 tsp salt
- ½ tsp pepper

Trim all fat from meat. Put all ingredients in slow cooker. Mix thoroughly. Cover and cook on low for 12 hr (high: 5-6 hr).

---

## Buffalo soup stock

2 quarts

# Buffalo Soup

- 3 lb knuckle bones (shanks), neck bones or meat trimmings
- 4 c chopped or sliced vegetables such as:
  - onion
  - celery and leaves
  - carrots
  - or any left-over vegetables
  - parsnips
  - turnips
  - peas
- 1½ tbsp salt
- ¼ tsp thyme
- ¼ tsp mace or marjoram
- 1 tsp whole peppercorns
- 2-3 bay leaves

Part of the bones and meat trimmings may be browned in the oven for a richer color. In a large kettle with a lid, cover bones with cold water and bring to a boil slowly. Skim any foam that rises. Add vegetables and seasonings and simmer gently for several hours. Strain through a colander or sieve, cool, and remove fat that forms on top. Package and freeze. Makes about 2 qt of stock.

Meat from the bones may be used in various ways, in casseroles, gravies and sauces, or ground for sandwich filling. Stock is called for in many recipes.

## Buffalo consommé

1 quart

To clarify:

- 1 qt stock
- 1 egg white, slightly beaten, plus the crushed egg shell

Combine in a sauce pan to heat slowly, stirring constantly. Boil 3 min, then simmer slowly 20 min. Skim and strain through cheesecloth.

**Variation:** 1-2 tsp Worcestershire sauce may be added to 1 qt of consommé.

## Buffalo soup

4-6 servings

Knuckle bones (shanks), neck bones, and other bones  
2 medium sized onions, sliced  
2 carrots, cut in thin strips  
3 stalks celery, chopped  
2 bay leaves  
1 green pepper, sliced  
2 tbsp. lemon juice (divided)  
½ lb noodles  
1 tbsp chopped parsley  
salt  
pepper

Cover bones with cold water. Bring to a boil and simmer for 1 hr or longer. Skim off fat and scum. Add vegetables, bay leaves, and half the lemon juice. Simmer another hour or until meat is tender. Remove bay leaves and bones (there should be about 2 qt of liquid). Add noodles and boil 15 min. Remove from heat and add parsley and rest of the lemon juice. Meat from the bones may be returned to the soup for a more nutritious soup.

**Variations:** ¼ c rice may be added in place of the noodles or 1 recipe of whole grain flour noodles (p. 41) or ¼ c pearl barley may be added with the vegetables.

## Slow cooker soup

Combine all ingredients but noodles in a slow cooker. Cover and cook on low 12-24 hr (high: 4-6 hr).

Remove bones, add noodles or rice, and cook at high heat for 20 to 30 min.

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## Buffalo Jerky

**Jerked Meat:** to cut meat into long slices or strips and dry in the sun. That method has been used for ages to preserve meat, and it was a favorite with American Indians. Today, jerked meat has become a popular snack food, and it can easily be made at home in the oven.

There are various ways of making jerked meat, but the following recipe of Tony Dean of the South Dakota Department of Game, Fish & Parks for venison applies nicely to buffalo meat (Wild country cuisine - Venison, B620).



## Jerky (Tony Dean's method)

1 lb meat, cut in strips  
1½ tsp Old Hickory smoked salt  
½ tsp garlic salt  
½ tsp onion salt

Most buffalo cuts may be used for jerky. This is a good use for flank. Remove all fat, gristle, and waste trimmings. Cut the meat in strips about 5-6 inches long, about ¼ inch thick and ¾ to 1 inch wide.

Place a layer of meat in a bowl or dish that can be covered. Sprinkle with part of the hickory smoked salt, garlic and onion salt mixture. Add another layer of meat strips and seasonings until all meat and seasonings are used. Cover the dish and place in refrigerator overnight.

The next morning, place the strips of seasoned meat on a cookie sheet. The pieces may touch, but not overlap. Put in a slow oven (175-200 F, 80-93 C) for 4-5 hr. The meat should be dry and will be black in color. After it cools, it is ready for use. Jerky may be stored in a tightly covered jar; it will keep for a long time.

## Jerky

Cut 1½-2 lb buffalo meat in strips (with the grain) 6 inches long, 1½ inch wide and ½ inch thick. Set aside. Mix together the following:

1 pkg instant meat marinade  
1¾ c cold water  
½ tsp liquid smoke  
¼ tsp garlic powder  
¼ tsp onion powder  
¼ tsp black pepper  
½ tsp tabasco sauce

Place meat in container and cover with marinade, piercing meat slices deeply with fork. Marinate overnight in a covered container in refrigerator. Remove meat strips, drain slightly, and place on rack making sure strips do not overlap. Place a cookie sheet under the rack in a 150-175 F (66-80 C) oven and bake 3-3½ hrs. Remove from oven, cool, and store in a covered container in refrigerator. These larger pieces are not dried long and will be soft. Refrigerate to protect from spoilage.

## Quick jerky

meat  
smoked flavored sugar cure  
liquid smoke or A-1 sauce

Remove fat from meat. Cut to any size strips, but not over ¼ - ½ inch thick. Rub sugar cure into each strip.

Place on rack in oven and set oven between 140 - 200 F (60-93 C). Leave door ajar so moisture can escape. Dry to taste. After the strips are dried you may paint them on each side with a liquid smoke or an A-1 sauce. This is a moister product than Tony Dean's method.

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## Corned Buffalo

Corning is a form of curing. The rather odd name comes from Europe where the pellets of salt rubbed into the meat were the size of kernels of grain; the word corn was used for any type of grain.

Boned brisket, neck meat, or boned chuck may be used for corning. The corning process keeps meat for a certain length of time in a brine solution. It's then cooked by simmering 4-5 hr, covered by water, until very tender.

Corned meat, sliced thin, makes delicious sandwiches, specially with rye bread, a bit of mustard, and pickle or sauerkraut. Or serve hot with cooked cabbage or other vegetables. Chunks of corned meat freeze well. It is a salty product, therefore **do not** keep in frozen storage too long, because seasoned products deteriorate rapidly.

The following recipes may easily be doubled for 4 to 5 lb pieces of meat, but increase the curing time by adding one day for each pound of meat used beyond the basic recipe.

### Corned buffalo with tomato

1 lb buffalo chuck or neck meat  
¼ c salt  
1 tbsp saltpeter  
1½ tbsp mixed pickling spices  
3 cloves garlic  
water  
tomato juice

Rub meat with the salt. Mix saltpeter, spices, and garlic in a little water. Put meat in an earthenware crock or enameled bowl, add the seasonings and add enough water to make a ½-inch layer around the meat. Cover and refrigerate. Turn the meat each day for 10 to 12 days.

Drain off brine. Wash meat thoroughly and cook slowly in tomato juice until tender (4-5 hr). Drain well and place the meat in a container and weight down the cover. Allow to stand overnight. Cut in chunks to freeze. Serve either cold or hot.

## **Corned buffalo I**

- 2 lb buffalo brisket or neck meat
- 2 qt water
- $\frac{3}{4}$  c salt
- 2 tsp sugar
- 1 tbsp pickling spices
- 2 tsp (8 gm) saltpeter
- 4 large bay leaves
- 4 cloves garlic, peeled
- 1 onion, peeled, sliced
- 1 stalk celery, sliced

Combine water, salt, sugar, pickling spice, saltpeter, and bay leaves. Bring to a boil and boil briskly for 5 min. Remove from heat and cool the brine to room temperature.

Place the meat in an enameled or earthenware crock. Pour in the brine and drop in the garlic. Weight down the meat to keep it immersed in the liquid, and cover the crock with cheesecloth.

Refrigerate 12 days. Turn the meat occasionally.

Remove meat from the brine, discard the brine. Wash meat thoroughly under cold running water and place it in a large kettle. Cover with cold water and bring to a boil. If water tastes salty, drain it off and cover again with fresh cold water. Bring back to a boil; skimming off any foam and scum that rises to the surface. Add onion and celery, cover and simmer 3 hr or until meat is fork tender. Cool in liquid and refrigerate, freeze, or serve hot.

## **Corned buffalo II (quick method)**

- 2 lb buffalo brisket or neck meat
- 2 qt water, divided
- 1 tsp saltpeter (4 gm)
- 1 bay leaf
- 6 peppercorns
- 1 clove garlic, minced
- 2 tsp pickling spices (5 gm)
- $1\frac{1}{2}$  c salt
- 3 tbsp sugar

Dissolve saltpeter in 1 c boiling water. Set aside.

Boil together 2 c water, bay leaves, peppercorns, pickling spices, and garlic for 5 min.

Put remaining 5 c water in an earthenware crock or enameled bowl; add the two solutions, and salt and sugar; mix thoroughly. Add the meat, cover with a plate, and weight down so meat is covered with the brine. Refrigerate 4 days, turn the meat once.

Remove meat from the brine and wash under cold running water. Discard brine. Place meat in a kettle and cover with cold water, bring to a boil, skim off foam and simmer 5 hr. Let cool in liquid, then drain and refrigerate or serve warm.



# Buffalo Mincemeat

Another use for ground buffalo or buffalo burger is in mincemeat. Mincemeat is thought to be the modern version of the Indian pemmican made of dried buffalo meat and ground berries. With the arrival of spices, apples, and modern preservation, the more moist product, mincemeat, was developed. Spices may be varied to suit your family's taste.

## Buffalo mincemeat

7 pints

1½ lb ground buffalo (burger)  
1 c boiling water  
1 c finely ground suet (either buffalo or beef)  
3 lb apples (12 medium)  
1 lb raisins  
½ lb currants  
2 c brown sugar  
2 c white sugar  
1½ tsp salt  
2 tsp cinnamon  
¾ tsp clove  
¾ tsp allspice  
¾ tsp nutmeg  
1 qt apple cider  
¼ c vinegar

Cook buffalo in water 1½ hr in a covered kettle. Peel, core, and grind or finely chop the apples and add with the suet to the meat. Simmer 45 min. Add remaining ingredients, simmer until thick. Stir often to avoid scorched spots on bottom of kettle. Seal in hot sterilized jars, or put in freezer containers, cool and freeze.

### Variations:

1-1½ lb of cooked ground buffalo meat may be substituted for the burger. Simmer neck bones or other meat bones and scrap pieces 2-3 hr until meat is easily removed from the bone. Let cool to congeal fat and discard it. Pick meat from the bones. Grind meat through a 3/8-inch or less orifice or medium blade on a home grinder. Combine all ingredients, including some of the broth as needed; simmer until apples are done and the mincemeat is desired thickness.

## Buffalo mincemeat pie

8-inch pie or 5 servings

1 pt mincemeat (1¾ c)  
pastry for a 2-crust pie

Fill unbaked 8-inch pastry shell with mincemeat. Top with pastry. Sprinkle lightly with sugar. Bake at 425 F (218 C) 15 min. Reduce heat to 350 F (177C) and bake ½ hr longer.

**Variation:** 9-inch pie or 6 servings. Add 1-2 c chopped tart apples to the mincemeat. Proceed as above.

## Buffalo mincemeat - apple crisp

6-8 servings

- 1 pt (1 3/4 c) buffalo mincemeat
- 4 medium apples
- 1/2 c brown sugar
- 1/3 c all-purpose flour
- 1 tsp cinnamon
- 1/4 c butter

Peel and slice apples. Place half the apple slices in buttered 8 x 1 1/2 inch round baking dish. Top with half the mincemeat; repeat layers of apple and mincemeat.

Combine dry ingredients, cut in butter until crumbly. Sprinkle over top. Bake at 350 F (177 C) about 45 min. Serve while still warm (reheats well).

## Buffalo mincemeat bread

1 large loaf or 2 small loaves

- 1/3 c bran buds
- 1/2 c milk
- 1/4 c shortening
- 1/2 c brown sugar
- 1 egg, well beaten
- 1 1/4 c buffalo mincemeat
- 1/2 c walnuts, chopped
- 2 c sifted all-purpose flour (divided)
- 3 tsp baking powder
- 1/2 tsp salt

Soak bran buds in milk. Cream shortening and sugar together. Blend in egg. Add 1/2 c flour, mix thoroughly. Add mincemeat and nuts. Stir in bran mixture. Add remaining flour sifted with baking powder and salt. Blend thoroughly. Pour into a well greased (9 1/2 x 5 1/4 x 2 3/4 inch) loaf pan or two (7 5/8 x 3 3/4 x 2 1/4 inch) loaf pans. Bake in moderate oven (350 F, 177 C) 1 1/4 hr for large loaf or 45 min for small loaves, or until an inserted toothpick comes out clean. Carefully remove from pan and let cool on rack. Store in cool place.

### Variations:

Use 2/3 c wheat germ or whole wheat flour in place of bran buds. Add with the mincemeat and nuts.

For centuries, pemmican was a nourishing staple among Plains Indians. Wherever hunters roamed, they carried supplies of this early K-ration in leather pouches. Whole tribes ate it during winter months when other foods were scarce. The original recipe was wild game meat dried and pounded to powder, melted fat and acid berries (either buffaloberries or chokecherries).

## Pemmican

## Pemmican

1 lb buffalo meat, well trimmed  
1/2 c raisins  
3 dates  
2 tbsp melted suet  
2 tbsp melted vegetable shortening  
1 tbsp lemon juice

Cut buffalo meat into thin slices and dry as for jerky in a slow oven 175-200 F (80-93 C) 4 to 5 hr. Put the dried meat through a coarse grinder, then pulverize it to fine powder. Grind the raisins and dates together and work into the meat with a fork or fingers until thoroughly mixed. Combine the melted suet, shortening, and lemon juice. Pour over the meat/fruit mixture and blend with a fork. Then work it with your fingers until the mixture will hold together. Shape into small patties. The Indian pemmican patty was about 3 inches in diameter and a half inch thick, but smaller patties may be made. This is nourishing and keeps without refrigeration.

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## Buffalo Tongue

Buffalo tongue was considered a delicacy by early hunters, who killed the animals for the tongue, hump, and hide. The tongue is a muscle which naturally receives considerable exercise throughout the life of the animal, therefore it needs long slow cooking to make it tender.

### General Cooking Directions

The most commonly used and best flavored tongue is plain boiled, boiled with seasonings, smoked, or pickled.

Wash the tongue well. If it is heavily salted during smoking, you may wish to parboil for 10 minutes or soak in cold water for 12 hr. Drain, put in a large kettle and cover with cold water. Bring quickly to a boil and simmer, covered, 2-4 hr or until tender (this will depend on the size of the tongue).

To serve the tongue hot, drain it from the hot water, let cool or plunge into cold water for a moment until it can be handled. Skin it and trim by removing any fat, bone, or gristle at the base of the tongue. It may be returned to the hot liquid to reheat before serving.

To serve the tongue cold, proceed as above, but let the trimmed tongue cool in the liquid before slicing. It's best to refrigerate before slicing and serving.

To carve the tongue, cut through at the hump, parallel to the base and slice as desired. At the tip, better looking slices can be made if the cut is diagonal.

Number of servings will vary depending on size of the tongue. The average tongue is 2-3 lb and will yield 6-8 servings.



## Buffalo tongue - slow cooker

6-8 servings

- 1 buffalo tongue (fresh or smoked)
- 2 tbsp salt (omit for smoked tongue)
- 1½ c water
- 1 bay leaf
- ¼ c lemon juice
- 6 peppercorns

Place washed tongue in slow cooker. Add all remaining ingredients. Cover and cook on low overnight (or 7-9 hr). Serve plain, hot or cold as desired.

## Canned buffalo tongue

Place cleaned tongue in pressure cooker with enough water to cover. Exhaust cooker 10 min, cook 20 min at 10 lb pressure. Release steam slowly until indicator returns to zero.

Cool tongue enough to remove skin. Slice as desired. Pack in clean, hot jars. Add ½ tsp salt to each pint. Cover with boiling liquid in which tongue was cooked. Adjust lids.

Process at 10 lb, pints for 75 min; half pints for 60 min. Cool away from draft, check seal, label, and store in cool, dark place.

## Buffalo tongue - pressure sauce pan

6-8 servings

- 1 buffalo tongue
- 1 onion, quartered
- 1 tbsp salt
- ¾ tsp black pepper
- 2 bay leaves
- 6 whole cloves
- 2 c water

Wash tongue well. Place tongue and other ingredients in pressure sauce pan on rack with water. Close cover securely and place pressure control weight on vent pipe. Cook 45 min at 15 lb pressure. Let indicator return to zero. Remove skin and roots while tongue is hot, and use as desired. Keep tongue in liquid to avoid drying out.

## **Buffalo tongue and chicken salad**

6 servings

### **Dressing**

2 eggs, lightly beaten  
1/2 c cider vinegar  
2 tsp sugar  
1/4 tsp dry mustard  
1/2 tsp salt  
1/8 tsp black pepper  
1 tbsp butter

### **Salad**

2 c diced cooked chicken  
1 1/2 c chopped celery  
3 tbsp chopped parsley  
1 tsp finely grated onion  
2 tbsp mayonnaise  
1/2 tsp salt  
1/8 tsp black pepper

### **Gelatin Mixture**

1 envelope (1 tbsp) unflavored gelatin  
2 tbsp cold water  
1 c boiling chicken broth  
1/2 c tongue broth or beef bouillon  
1 tbsp lemon juice  
1/4 tsp worcestershire sauce

12 1/8-inch thick slices of cooked tongue  
salad greens

Combine eggs, vinegar, sugar, mustard, salt, and pepper in top of double boiler. Cook over hot water, stirring until mixture thickens. Do not allow to boil. Stir in butter and cool.

Mix together chicken, celery, parsley, onion, mayonnaise, seasonings, and cooled salad dressing.

Soften gelatin in the cold water. Add the boiling broth and stir to dissolve gelatin. Add the tongue broth, lemon juice, and worcestershire sauce. Cool mixture until it starts to thicken.

Dip the tongue slices in the gelatin mixture and line the bottom and sides of a lightly oiled loaf pan. Add remaining gelatin mixture to the chicken salad and spoon into the pan. Chill well.

Unmold on a bed of salad greens.

## Smoked buffalo tongue salad

4-5 servings

- 2 c smoked buffalo tongue, cut in julienne strips
- 1 onion, thinly sliced rings
- 1 c pitted ripe olives
- ½ c oil
- ½ c cider vinegar
- ½ tsp oregano
- 1/8 tsp black pepper

Place tongue in a kettle, cover with water, bring to a boil and simmer gently until tender, 2 - 3 hr. Allow tongue to cool in the liquid. When cold, skin and slice desired amount. Combine the remaining ingredients, add tongue, and mix well. Chill 3 hr, stirring often. Serve in lettuce cups.

## Braised buffalo tongue with mushroom sauce

8 servings

- 1-4 lb fresh buffalo tongue
- 2 tbsp olive oil
- 2 small whole onions, peeled
- ½ tsp lemon juice
- 1 small bay leaf
- 1 tsp salt
- ½ tsp whole black peppercorns
- ¼ c soy sauce
- 4 tbsp butter
- 1 lb fresh mushrooms or canned caps
- 3 tbsp flour or 1½ tbsp cornstarch
- ½ c white cooking wine
- 1 tbsp worcestershire sauce
- 1½ c cooking broth

Put the tongue and enough cold water to cover in a large kettle. Bring to a boil and simmer, covered, for 2 hr. Remove and reserve 6 c of the cooking liquid. Skin tongue with a small sharp knife, cutting away fat, bones, and gristle.

Clean and dry the kettle. Add oil, and heat over moderate heat. Add tongue and brown all sides, turning with tongs. Add cooking liquid, onions, lemon juice, bay leaf, salt, and peppercorns. Bring to a boil and simmer 30 min. Pierce the tongue in three or four places and add soy sauce. Turn tongue often while simmering, 1 hr more. Keep covered.

Remove tongue to a heated platter, strain cooking liquid. Melt butter in a skillet and saute mushroom caps 4-6 min. Stir in flour, cooking wine, worcestershire sauce, and 1½ c of cooking broth. Boil to thicken.

Carve the tongue crosswise into ¼-inch thick diagonal slices, starting at the tip. Arrange the slices on a platter and pour sauce over them. Serve at once.



## Braised buffalo tongue

4-6 servings

- 1 buffalo tongue
- ¼ c olive oil
- 4 tbsp butter
- 1 c finely chopped onions
- ½ c finely chopped carrots
- ½ c finely chopped celery
- ½ c red cooking wine
- 2 c tongue stock
- 2 parsely sprigs
- 1 bay leaf

Cover the tongue with cold water in a large kettle. Bring to a boil and simmer 2 hr. Remove tongue, skin and trim away fat, bones, and gristle.

In a heavy 10-12-inch skillet, heat the oil and brown the tongue on all sides. Melt butter in an ovenproof dutch oven, saute onions, carrots, and celery, and cook 8-10 min. Add cooking wine and boil briskly for a few minutes. Place tongue on top of vegetables, add tongue stock, parsely, and bay leaf. Bring to a boil, cover and place in a preheated oven (350 F, 177 C) for 1½ hr or until tongue is tender. Transfer tongue to a heated platter, slice thin, and serve with the braising liquid that has been strained.

## Buffalo tongue hors d'oeuvre

- thinly sliced cooked buffalo tongue, cut crosswise
- 1 package cream cheese (3 oz)
- 1 tsp horseradish, mustard, or chives
- 1 tbsp chopped nut meats

Slice plain or smoked buffalo tongue very thin. Spread with cream cheese beaten with horseradish (mustard or chives), add chopped nuts.

Roll up slices from root end. Chill. Cut each roll into two or three pieces, depending on the size of the tongue slices. Serve with green stuffed olives and/or watermelon pickles. Use cocktail picks.

## Buffalo tongue in sweet and sour sauce

4-6 servings

- 1 buffalo tongue
- 4 tbsp vegetable oil
- 2 c finely chopped onions
- 10 gingersnaps, pulverized in a blender or crushed with a rolling pin ( $\frac{1}{2}$  c)
- 2 tbsp slivered almonds
- 7 tbsp cider vinegar
- $\frac{1}{4}$  c seedless raisins
- 2 tsp salt
- 5 tbsp brown sugar
- $\frac{1}{2}$  lemon, thinly sliced
- 4 c tongue broth

Place tongue in large kettle and cover with cold water 2 inches above the tongue. Bring to boil and simmer, covered, 3-3 $\frac{1}{2}$  hr or until fork tender.

Remove the tongue to a cutting board. When cool enough to handle, skin and trim away fat, bones, and gristle. Slice crosswise into  $\frac{1}{2}$ -inch-thick slices. Strain broth and reserve 4 c.

In a heavy skillet (10-12-inch), heat the oil, saute the onion until golden color. Stir in the gingersnaps and broth. Add almonds, vinegar, raisins, salt, and brown sugar, and bring to a boil. Add tongue slices, turning to coat them thoroughly. Top with lemon slices.

Cover the skillet and simmer 15-20 min, or until heated through and sauce is thick and smooth. Serve at once.

## **Thyme buffalo tongue (pickled)** 6-8 servings

1 buffalo tongue  
2 c distilled white vinegar  
1 c red cooking wine  
1 c brown sugar  
2 medium sized onions, quartered  
1 medium sized garlic clove, sliced  
1 tbsp dry mustard  
1 tsp crumbled dried thyme  
1 tbsp salt

Wash tongue and pierce completely through the tongue in a dozen places. Place in a bowl.

Combine the remaining ingredients in a 2-qt saucepan. Bring to a boil, stirring until sugar and mustard are dissolved. Pour over tongue. Refrigerate, uncovered, until cool. Cover and let set 24 hr, turning several times.

Preheat oven to 300 F (149 C). Transfer tongue and liquid to a baking dish. Bring tongue to a boil, cover securely with double thickness of foil under the lid. Bake 2½-3 hr or until tongue is tender.

To serve hot: Skin tongue and trim off fat, bone, and gristle. Slice thin and serve with the strained liquid. Taste for seasonings.

To serve cold: Skin and clean tongue, chill. Slice thin, arrange on chilled platter. Skim and strain cooking liquid and serve with the tongue. Nice compliment is pickled watermelon rind.



## Buffalo tongue with tomato sauce 4-6 servings

- 1 buffalo tongue
- ½ lemon
- 1 small onion, peeled
- 1 tsp salt

Place tongue in heavy kettle. Cover with cold water and bring to a boil. Skim if necessary. Add lemon, onion, and salt. Cover and simmer 2-3 hr or until tender. Transfer tongue to cutting board. Cool enough to skin and trim off fat, bone, and gristle. Strain the stock, press juices from lemon and onion. Set aside 1 c. Add sliced tongue (¼-inch thick slices) to remaining broth to keep moist.

### Tomato sauce

- 4 tbsp olive oil
- ½ c finely chopped onion
- 1 tsp finely chopped garlic
- 1 tbsp flour or ½ tsp cornstarch
- 1-lb can solid pack tomatoes, drained and coarsely chopped
- Reserved cup of broth
- 1 tsp salt
- ¼ tsp black pepper

Heat oil in heavy skillet (10-12 inch) or electric fry pan, saute the onion and garlic. Stir in flour, add tomatoes, the reserved cup of tongue stock, salt, and pepper. Bring to a boil, stirring constantly, then reduce heat. With a slotted spoon, transfer the tongue slices to the skillet. Simmer until heated through. Serve at once.

## **Boiled smoked buffalo tongue with creole sauce**

6-8 servings

- 1 smoked buffalo tongue
- 1 sliced or whole onion stuck with 3 cloves
- ½ c chopped celery with leaves
- 3 bay leaves
- 1 tsp peppercorns

If tongue is salty, cover with cold water and soak 12 hr or parboil 10-20 min. Drain. Cover smoked tongue with cold water, add vegetables and spices, bring to a boil. Simmer, covered, until fork tender, 3-3½ hr. Remove tongue, allow to cool until able to skin and trim fat, bone, and gristle. Slice and serve hot with creamed spinach or creole sauce.

### **Creole sauce**

2 c

- 2 tbsp butter
- ¼ c chopped onion
- 1 minced clove garlic
- 6 shredded green olives
- 1½ c canned tomatoes
- ½ chopped green pepper
- ½ bay leaf
- 1/8 tsp thyme
- 1 tsp chopped parsley
- 1 tsp brown sugar
- ⅓ tsp salt
- Few grains of cayenne pepper
- ¼ c chili sauce, 2 tbsp diced ham, or ½ c sliced mushrooms

Melt butter in small saucepan, saute onion, garlic, and olives. Add remaining ingredients and simmer until thick, about 50 min.

Place sliced tongue in a casserole, pour sauce over. Bake, covered, ½ hr in a 375 F (190 C) oven. Garnish with parsley.

## Buffalo tongue aspic

6-8 servings

2 c cubed cooked, smoked buffalo tongue

### Aspic

2 tbsp gelatin (2 envelopes)  
½ c cold beef stock (bouillon)  
2½ c boiling stock or broth  
¼ c lemon juice  
1 tbsp sugar  
(¼ tsp salt for plain tongue only)  
few drops of caramel coloring, optional  
1 tsp worcestershire sauce  
½ c chopped sweet-sour pickles  
1 c chopped celery  
½ c chopped green peppers

Soak gelatin in cold stock. Dissolve in boiling stock and add lemon juice, sugar, salt, and coloring. Chill until almost set. Stir in pickles, celery and peppers. Rinse a mold or bread pan with cold water. Place a small amount of aspic in the bottom of the mold. If desired, sliced carrots, diced beets, canned mushrooms, etc. may be set in this layer. Let set. Put the cubed smoked tongue or sliced smoked tongue into the mold and pour the remaining aspic around and over it. When well chilled, unmold the aspic on a platter and garnish with lettuce leaves, deviled eggs, parsley and/or lemon slices. Serve with mayonnaise or mayonnaise collie.

### Mayonnaise collie

2 tsp gelatin  
1½ to 2 tbsp cold water  
1 c mayonnaise

Soak gelatin in water and beat into mayonnaise. This may be used to coat or frost the aspic or decorate with pastry tube for fancy effect. Have aspic chilled before decorating and until time of serving.

## Boiled buffalo tongue with raisin sauce

6-8 servings

- 1 buffalo tongue
- 2 medium onions, peeled and chunked
- 1 large carrot, peeled and chunked
- 3 or more stalks of celery with leaves, chunked
- 6 sprigs of parsley
- 8 peppercorns

Place tongue in a large kettle, add remaining ingredients, cover with cold water, and bring to a boil. Simmer, covered, 2-3 hr or until fork tender. Remove tongue, allow to cool until it can be skinned and trimmed. Slice thinly and serve with mustard sauce, horseradish, capers, chopped pickles, or raisin sauce.

### Raisin sauce

- ½ c slivered almonds
- 2 c water
- ⅔ c seedless raisins
- 6 tbsp butter
- 3 tbsp flour
- 2-3 c tongue broth
- ¼ c crushed gingersnaps (4-5 snaps)
- 1 tsp grated lemon rind

Simmer almonds in water 20 min, add raisins and simmer ½ hr longer. Drain and reserve liquid. Melt butter, blend in flour. Gradually stir in reserved raisin and almond liquid and enough tongue stock to make 3 c, add gingersnaps. Cook until thick and smooth. Add almonds, raisins, and lemon rind. Serve at once.

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## Buffalo Bacon

Buffalo bacon can be made from a less desirable cut of the front quarter. The brisket has very little fat and often goes into ground meat, but it may be cured and smoked as bacon. The bacon may be used as sliced meat or cooked in chunks, plain, or "dressed up." Cooking times and temperatures are critical, due to the lack of fat. Quick cooking at low temperature seems best. **Do not overcook** or it soon becomes dry, hard, and tough. Several suggestions and recipes are given for the use of buffalo bacon.

### Buffalo bacon in butter

Slice buffalo bacon thin (1/8 inch or less). Melt 1 tbsp butter in heavy fry pan over low heat. Fry bacon slices only a few seconds on each side. Serve hot with waffles or pancakes.



## **Scalloped potatoes and buffalo bacon** 4 servings

Layer thin sliced buffalo bacon with sliced potatoes as you make your favorite scalloped potato casserole. Reduce salt when using a smoked product as bacon.

3 to 4 medium potatoes, peeled and sliced

4 oz thinly sliced buffalo bacon

2 c thin white sauce:

2 tbsp flour

2 tbsp butter

½ tsp salt

dash of pepper

2 c milk

crumbs

Layer sliced potatoes and bacon in a 1½-qt casserole, beginning and ending with potatoes. Pour white sauce over all. Sprinkle with bread, crackers, or cornflake crumbs. Cover. Bake in 350 F (177 C) oven 45-60 min or until potatoes are tender.

## **Buffalo bacon with brown sugar glaze** 4 servings

1 lb unsliced buffalo bacon

½ c pineapple juice

brown sugar glaze

Preheat oven to 325 F (163 C). Bake buffalo bacon for 30 min, covered, basting every 10 min with pineapple juice. Uncover and spread with brown sugar mixture. Then bake 15 min more, or until the sugar has glazed. Slice bacon very thin. Pour pan juices over the slices and serve hot.

### **Brown sugar glaze**

½ c brown sugar

½ tsp dry mustard

2 tbsp fine bread crumbs

1 tbsp cider vinegar

## **Fried buffalo bacon with sauces**

Buffalo bacon sliced thin (1/8 inch or less) (allow 1/8-1/4 lb per serving)

Place in a heavy skillet and cook over low heat 2-3 min. Turn frequently. Serve hot with hot cumberland sauce or raisin cider sauce (p 40 ).

### **Piquant glazed buffalo bacon**

8 servings

- 2 lbs unsliced buffalo bacon
- 1/2 c red currant jelly
- 1/2 tsp dry mustard
- 1 tbsp prepared horseradish

Place buffalo bacon on a rack in a roasting pan. In a small bowl combine jelly, mustard, and horseradish; blend well. Brush bacon heavily with the glaze. Heat oven to 325 F (163 C). Cover and roast bacon 30 min, basting frequently with glaze; leave uncovered last 10-15 min. Cut into thin slices and serve warm with the glaze.

### **Glazed buffalo bacon and sweet potatoes**

4 servings

- 1 lb buffalo bacon, cut into 1/8-inch thick slices
- 1 18-oz can vacuum packed sweet potatoes
- 1/4 c thawed undiluted frozen orange juice concentrate
- 3 tbsp molasses
- 3 tbsp prepared mustard
- 1/4 tsp ground cloves

Heat oven to 350 F (177 c). Arrange buffalo bacon slices in a shallow 1 1/2-qt baking dish. Place sweet potatoes around bacon. Blend orange juice, molasses, mustard, and cloves; pour over bacon. Bake 20-25 min.

### **Buffalo bacon in microwave oven**

Slice buffalo bacon thin (1/8 inch or less).

Place three or four slices on paper towel (two thicknesses) and cover with one towel. Cook in microwave oven 1 1/2 min on meat setting. Buffalo bacon cooks in less time than pork bacon. This method gives a crisp piece of meat that can be eaten with the fingers. Some microwave ovens have a "delicate food" setting. Try cooking buffalo bacon on this setting; a more tender product is produced.

## **Creamed buffalo bacon on toast (plain)**

2-3 servings

¼ lb buffalo bacon, thinly sliced (like chipped beef)  
2 tbsp butter  
2 tbsp flour  
¼ tsp salt  
1 c milk

Break apart (shred) the bacon slices and saute in butter. Blend in flour, then slowly add milk, stirring constantly until mixture thickens and flour is cooked. Taste for saltiness because the bacon has some salt in it. Serve hot on hot buttered toast.

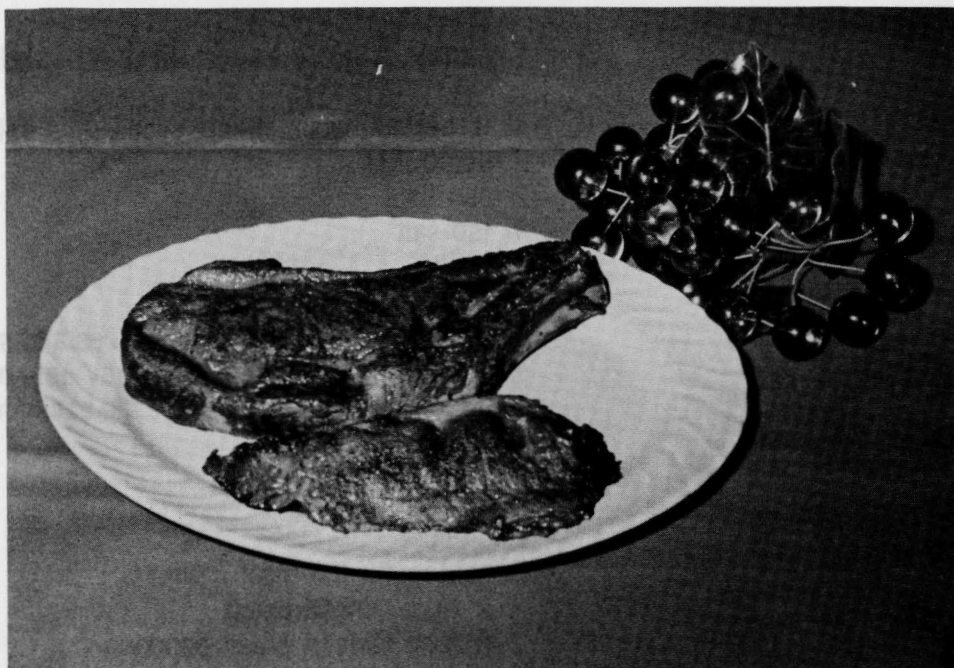
### **Variations:**

- 1) saute with the meat  
2 tbsp minced onion  
2 tbsp minced green pepper
- 2) add 1 tbsp chopped parsley or chives  
¼ tsp paprika  
1 tbsp capers or chopped pickles before serving
- 3) add shredded bacon to cheese sauce (basic white sauce recipe plus ⅓ c sharp cheddar cheese, crumbled). Serve on hot corn bread squares or pancakes.
- 4) saute shredded bacon in butter and add to a creole sauce (p 30).

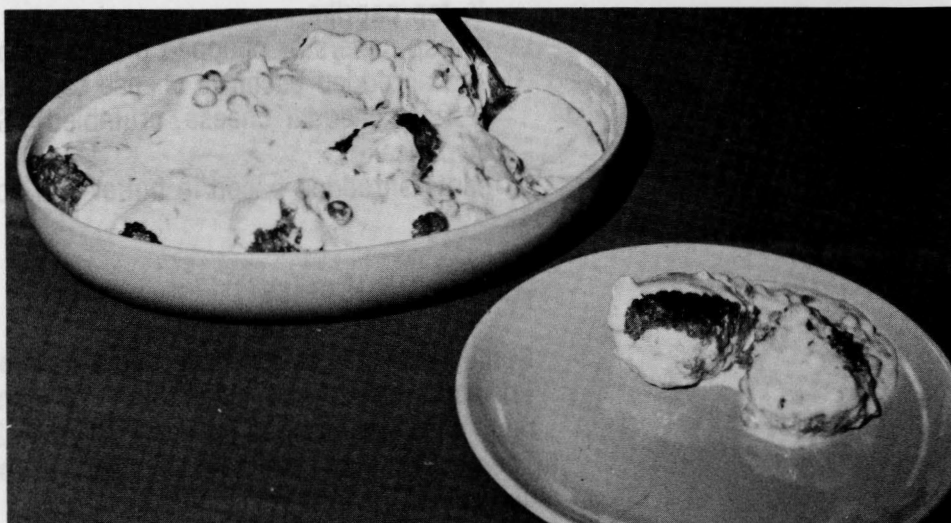
## **Buffalo "BuConies"**

Buffalo bacon is easily made into a delicious snack or finger food. Trim off all visible fat. Slice thin (1/8 inch or less) and layer strips on oven rack or cookie sheet as for jerky. Dry 1½-2 hr in 150-200 F (66-93 C) oven. The product may taste a bit salty with all the water evaporated, but BuConies go well with fruit and/or cool beverages.

Broiled buffalo steak. See page 8.



Buffalo meatballs in sauce. See page 12.



Boiled buffalo tongue with raisin sauce. See page 32.





## Buffalo kidney

Remove covering membranes, soak in cold, salted water for 30 to 60 min depending on size. Kidneys from a young animal should be cooked very briefly; kidneys the size of a beef kidney (about 1 lb) may be browned and added to a stew.

## Sauteed buffalo kidney

4 servings

3-4 small kidneys, uncooked  
¼ c butter  
1 tbsp minced onion  
pepper  
marjoram  
juice of ½ lemon (1 tbsp)

Cut the trimmed kidneys in thin slices, saute gently with onion in butter until they begin to brown. Add pepper, marjoram, and lemon juice. Simmer 1-2 min more. Serve over rice or with corn meal dumplings (p 39 ).

## Buffalo sauerbraten

6 servings

3½ lb buffalo stew meat or shank muscle  
2 tsp salt  
½ tsp pepper  
2 medium onions, sliced (1 c)  
1 medium carrot, sliced (1 c)  
1 large stalk celery with top, sliced  
4 whole cloves  
4 crushed peppercorns  
2 bay leaves, crumbled  
2 c vinegar  
¼ c butter  
12 small gingersnaps, crushed  
1 tbsp sugar  
2 tbsp flour mixed with ¼ c water

Season meat with salt and pepper. Place in crock, ceramic, or glass bowl and add vegetables, seasoning, and vinegar. Cover and refrigerate for 3 days, turning several times a day in the marinade. Drain, reserve marinade. Wipe meat dry. Melt butter in deep pan, dutch oven, or electric fry pan and brown meat on all sides. Add marinade and bring to boil. Cover and simmer 2-3 hr or until meat is tender. Transfer meat to heated platter and keep warm. Bring pan juices to boil, add gingersnaps and sugar. Stir over medium heat until thickened. If necessary, add flour and water mixture to get desired thickness. Pour sauce over meat. Serve with parsley potato dumplings and red cabbage (p 39 ).

### **Braised buffalo short ribs**

4-6 servings

4 lb plump, meaty buffalo ribs, cut into serving pieces  
seasoned flour (p 41 )  
fat  
1 c beef bouillon  
½ tsp thyme  
¼ tsp marjoram  
garlic salt to taste

Dredge rib pieces in flour. Brown on all sides in a deep frypan or dutch oven with a small amount of fat. Pour off any excess fat before adding the liquid and seasonings. Cover and cook slowly in a slow oven 300 F (149 C) for 2 hr or until tender; or simmer on top of the stove, watching carefully and adding more water as needed to keep from becoming dry and hard. Or cover and cook 7-10 hr on low in a slow cooker. Onion may be used in slow cooker.

### **Chipped buffalo sandwiches**

4 sandwiches

Buffalo loin or bottom round  
¼ c butter  
8 slices bread

This is a beginning portion. If you have a hungry bunch, more butter and bread will be needed. Trim out a uniform piece of buffalo meat so slices are about the size of a sandwich. With a very sharp knife, remove slices no more than ½ inch thick. Have a loaf of thinly sliced bread (preferably sourdough) handy.

Heat a fry pan, large enough to hold four slices in a single layer, sizzling hot. Melt butter. Using a spatula, lay in the four slices and sear 15 seconds on one side, turn and cook the same amount of time on the other side. Salt and pepper and remove to a warm platter. Spread drippings on the slices of bread and place a piece of meat between slices. Repeat the procedure as long as appetites and ingredients hold out.

### **Buffalo nibbles**

Buffalo steak  
salt and pepper  
1 egg  
1 tbsp water  
fine cracker crumbs

Cut strips of buffalo steak into pieces 3 inches long and 1 inch wide, avoiding connective tissue if possible. Salt and pepper to taste and dip in beaten egg and water, then roll in cracker crumbs. Chill ½ hr, if convenient, so the coating will adhere. Fry in very hot fat (375 F, 190 C) until golden brown. Serve hot or cold. Nibbles can be used for cocktail hors d'oeuvres or an evening snack.

## Parsley potato dumplings

6 servings

- 6 medium potatoes, peeled and finely grated
- 4 slices white bread, crusts trimmed
- 1 tsp salt
- 1 medium onion, peeled and grated
- 2 tbsp fresh parsley, minced fine
- 2 eggs, slightly beaten
- ¼ c all-purpose flour
- 2 qt boiling salted water (2 tsp salt)

Press grated potatoes between paper towels to remove as much water as possible. Mix bread, salt, onion, parsley, potato, and eggs. Shape into balls about 1½ inch in diameter and roll each in flour. Lower balls, a few at a time, into boiling water, cover and boil for 12 min. Remove, drain, and keep warm while doing the rest.

## Corn meal dumplings

- 1 c corn meal
- 4 c cold water
- 1 tsp salt
- 1 c grated sharp cheese
- cayenne or regular pepper
- ¼ c butter or drippings

Combine corn meal, water, and salt and stir until smooth. Cook in double boiler or over a low fire until very thick. Stir occasionally. When mush is thick, stir in the grated cheese and season with pepper. Spread out on a plate to cool. When the dough is cool enough to handle, roll pieces of the dough in small balls and set aside in cool place until ready to use. Brown in hot butter or drippings. Serve with sauteed kidneys.

## Red cabbage with apple

6 servings

- 4-6 c coarsely shredded red cabbage
- 3 tart apples, peeled and finely chopped
- ½ c brown sugar
- ½ tsp salt
- boiling water
- 2 allspice berries, 3 whole cloves tied in cheesecloth bag
- 3 tbsp butter
- 3 tbsp vinegar

Cook cabbage, apples, sugar, and spices in boiling salted water. Cover loosely and cook 8-10 min or until just barely tender. Drain, remove spice bag, and toss with butter and vinegar. Serve hot.

## Hot cumberland sauce

2 c

This calls for many ingredients, but you may omit some or substitute others.

- 1 tsp dry mustard
- 1 tbsp brown sugar
- ¼ tsp ground ginger
- a few grains cayenne pepper
- ¼ tsp salt
- ¼ tsp ground cloves
- 1¼ c grape juice
- ¼ c red cooking wine
- ½ c seedless raisins and/or
- ½ c blanched slivered almonds

Combine above ingredients, cover, and simmer for 8 min.

- 1 tbsp cornstarch
- 2 tbsp cold water

Blend cornstarch and water. Stir into sauce. Let it simmer about 2 min. Stir in:

- ¼ c red currant jelly
- 1 tbsp grated orange and lemon rind
- ¼ c orange juice
- 2 tbsp lemon juice

Serve hot.

## Raisin cider sauce

1½ c

- ¼ c brown sugar
- 1 tbsp cornstarch
- 1/8 tsp salt
- 1 c apple cider
- ¼ c raisins, cut in halves
- 8 whole cloves
- 1 2-inch stick cinnamon
- 1 tbsp butter

Blend sugar, cornstarch, and salt in a saucepan. Stir in cider and raisins. Put cloves and cinnamon in a cheesecloth bag and hang it in the cooking sauce from the edge of the pan. Cook and stir about 10 min. Remove the spices. Add butter. Serve the sauce very hot.



## Pie crust

1½ c sifted all-purpose flour  
½ c lard (½ c plus 1 tbsp vegetable shortening)  
½ tsp salt  
3-4 tbsp water

Sift flour and salt together. Cut in lard to coarse crumbs. Add enough water to just hold all the flour together. Roll out on lightly floured board to desired size. Enough for a two-crust 9-inch pie pan.

## Rich biscuit dough

Eight 2-inch biscuits

1 c sifted all-purpose flour  
1½ tsp baking powder  
¾ tsp salt  
3 tbsp fat  
About ¾ c milk

Sift together dry ingredients. Cut in shortening until mixture looks like meal. Stir in milk, only enough to hold dough together. Place dough on lightly floured board; knead use enough to smooth edges. Roll or press with hand to ½-¾ inch thick. Cut with a 2-inch biscuit cutter or glass of similar size. Bake in hot oven (425 F, 218 C) for 12 min or as directed in recipe.

## Whole grain flour noodles (SD Experiment Station bulletin 544)

1 medium to large egg  
½ c whole grain flour  
½ tsp salt (scant)  
2 tbsp flour (variable)

Blend flour and salt, make a well and drop egg into it. Mix with a fork, then fingers until all flour is picked up. Use additional flour to knead until smooth. Roll out to less than 1/8 inch thick. Let rest for 1 hr. Roll up dough and cut into ¼-inch strips or any desired width. Use immediately as directed or dry and store for later use.

## Seasoned flour

½ c all-purpose flour  
1 tsp salt  
½ tsp black pepper

This mix may be made in quantity and stored for other uses.

# Hints and Helps

## Abbreviations:

c - cup  
tbsp - tablespoon  
tsp - teaspoon  
lb - pound  
oz - ounce  
med - medium  
g, gm - gram  
1 oz = 28.4 gms  
1 lb = 454 gms  
1 inch = 2.5 centimeters  
cm - centimeter  
F - Fahrenheit  
C - Centigrade or Celsius  
min - minute

## Terms:

**Braise** - to brown meat or vegetables in a small amount of hot fat and cook, covered, over very low heat (about 200 F), sometimes adding a small amount of liquid. When braising meat, brown it in fat before adding a liquid, to give the gravy rich color and flavor. Braising is an excellent method for cooking the less tender cuts of meat.

**Broil** - to cook under direct heat, as in a broiler, or over hot coals, as on a grill.

**Chop** - to cut into small pieces in a random manner

**Cube** - to cut into small ( $\frac{1}{4}$ - $\frac{1}{2}$  inch) more or less cubical pieces.

**Dash** - a scant  $\frac{1}{8}$  teaspoon of dry ingredients or liquid (dash of pepper).

**Dice** - to cut into small more or less cubical pieces,  $\frac{1}{8}$  to  $\frac{1}{4}$  inch. Result is finer than cubed food and coarser than minced.

**Flank** - flank is a triangular muscle located on the underside of the hind-quarter, in front of the round. The lean, relatively thin steak is distinguished by the bundles of muscle fiber which run lengthwise through it. It is usually sliced very thin, diagonally, across the grain of the fibers.

## Amounts per serving

Individual recipes for cooking game meat will indicate cooking times and temperature for specific cuts. In general the amounts to serve one person are as follows:

- 1 lb of boneless meat = 4 servings
- 1 lb of meat, few bones = 3 servings
- 1 lb of meat, much bone = 2 servings

**Herb usage** - In general, when recipes call for fresh herbs and none are available, use half as much dried equivalent as the amount specified in the recipe.

**Minced** - to cut or chop into very small pieces.

**Pan broil** - to cook, uncovered, in a hot skillet, pouring off fat as it accumulates.

**Saute** - to fry in shallow fat until light brown.

**Simmer** - to cook in liquid just below the boiling point.

**Slices** - can be from as thin as you can cut to 1/2 inch or more thick.

**Whole wheat** - canned wheat or slow cookery wheat (SD Experiment Station bulletin 648)