



Chef Robert Clark's Roast B.C. Bison Tenderloin

Bison is becoming an increasingly popular meat choice for many reasons: it is naturally raised, rich, tender, sweetly flavourful, lean and low fat. Serve this dish with Pemberton mashed potatoes and North Arm Farm root vegetables. Serves 6 to 8

Ingredients:

Bison Goulash

2 Tbsp extra-virgin olive oil
 1 lb stewing bison meat, in 1/2-inch cubes, or ground bison
 1 cup diced (1/2 inch) onions
 1/2 cup diced (1/2 inch) carrot
 1/2 cup diced (1/2 inch) celery
 1 Tbsp minced garlic
 1 Tbsp smoked paprika
 1 to 2 cups beef, veal or chicken stock (the more stock you use and reduce, the richer the goulash)

Bison Tenderloin

18 oz whole bison tenderloin or six 3-oz steaks

Directions:

Bison Goulash

Start this recipe the day before serving. Heat oil in a heavy pot on medium-high heat. Add meat and brown. Add onions, carrots, celery and garlic, then cook, stirring, for about 10 minutes, or until translucent. Add paprika and cook, stirring, for 1 minute. Add stock and stir well, then turn down the heat to medium-low, cover, and simmer for 1 to 2 hours, or until meat is tender and the sauce is reduced. Remove from the heat and cool quickly, then cover and refrigerate the goulash to mature overnight.

Bison Tenderloin

Start this recipe the day before serving. Place bison on a rack set on a rimmed baking sheet and leave, uncovered, in the refrigerator overnight. The meat will dehydrate slightly and intensify the flavour. Remove meat from the refrigerator 1 hour before cooking. Preheat the oven to 275°f. Season meat with salt and



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pepper to taste. Fill the bottom of a roasting pan with water. Set meat on a rack and place it in the roasting pan (the drippings from the meat will fall into the water, which helps with clean up). Roast meat in the oven for about 15 minutes, or until medium-rare (145°F to 150°F on a meat thermometer). Remove from the oven and allow to rest for 10 minutes before carving.

To Serve

While the bison tenderloin is resting, reheat the goulash in a pot on medium heat for about for 5 minutes, or until heated through. Carve bison tenderloin into thin slices and arrange on heated plates with mashed potatoes, roasted root vegetables and the goulash as sauce.

Wine

Domaine de Chaberton Estate Winery Canoe Cove Shiraz
or Jackson-Triggs Okanagan Estates SunRock Syrah