



# HARLOW RANCH BISON CO

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Thank you for participating in Regenerative Ranching! Your purchase of Harlow Ranch Bison Meat supports rebuilding the microbe population in the soil, rebuilding the nutrients in the plants, rebuilding the nutrients in your body, and rebuilding the bison population in North America. Stewardship for the land, the animals, and your health!

## Safe Handling and Cooking Tips for Your Bison Meat

**Thawing** There are three ways to thaw meat: in the refrigerator, in cold water, and in the microwave. Never thaw on the counter or in other locations. It's best to plan ahead for slow, safe thawing in the refrigerator.

To thaw in cold water, do not remove packaging. Be sure the package is airtight or put it into a leakproof bag. Submerge the package in cold water and change the water every 30 minutes so it continues to thaw.

When microwave defrosting meat, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving.

Foods defrosted in the microwave or by the cold-water method should be cooked before refreezing because they may potentially have been held at temperatures above 40 °F allowing harmful bacteria to grow.

**Storage Times** For best quality, use the following guidelines for storing your meat.

- Keep bison meat in its package until using.
- Cook ground bison or stew meat within 2 days of thawing; cook larger cuts such as roasts and steaks, within 3 to 5 days of thawing.
- Ground or cut-up bison meat will keep its best quality in the freezer for 4 months. Larger cuts, such as chops, steaks, legs, or loins will keep their best quality 6 to 9 months.
- After cooking, eat or freeze the cooked bison within 3 to 4 days.

**Preparing Bison** Bison is very lean and lacks fat marbling, so care should be taken to not overcook it.

- In general, bison should be cooked using low heat (275-325 °F) and longer cooking times.
- Braising or other moist cooking methods are recommended for bison roasts and round steaks.
- For thin-sliced bison, use quick cooking methods such as broiling and pan frying.
- Oven broiling: move your broiler rack away from the heat about a notch lower than where you normally broil beef steaks. Expect a buffalo steak to cook one-third faster than a beef steak.
- USDA recommends cooking raw ground bison to an internal temperature of 160 °F and raw bison steaks and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer. **\*\*Undercooked meat can contain harmful bacteria, such as Staphylococcus Aureus, E Coli, and Salmonella, which if consumed can cause various food-borne illnesses.**
- For safety and quality, allow meat to rest for 3-5 minutes before carving or consuming. Temperature will rise about 5° while resting.
- Remove from heat at these temps for the following doneness: 120-130° F (rare); 135-140° F (medium rare); 145-150° F (medium)
- It is not recommended to cook buffalo meat past medium. If you prefer your steak past this degree of doneness, be aware that your buffalo steak may lose some of its desirable attributes.

# Harlow Ranch Bison Steak Kabobs

- 1# bison sirloin (or bison steak of your choice) cut into 1 ½ inch cubes
- 2 medium zucchini or yellow squash cut in 1 inch pieces
- 1 large red bell pepper cut in 1 inch pieces
- 1 large onion, quartered
- 8 small mushrooms whole
- 8 cherry tomatoes whole

## Marinade

- ½ cup Braggs Liquid Aminos (or soy sauce of your choice)
- ½ cup avocado oil (or vegetable oil)
- ½ cup white wine vinegar
- ½ cup tomato juice
- 4 cloves garlic, minced



## Directions

Combine marinade ingredients in glass bowl. Add bison cubes to the marinade. Cover and refrigerate for 8-24 hours. Assemble 8 skewers by alternating meat, squash, pepper, onion, and mushrooms and topping with the tomato. Dip skewer into marinade mixture. Grill, covered, 4-6 inches above medium hot coals for 8-10 minutes, turning occasionally. Makes 8 kabobs to serve approx 4 people.

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# Anakalea Award Winning Bison Chili



(This recipe won the chili cook off at the Gonzaga Prep Lacrosse banquet ;-)

- 1# ground bison
- 2 cans (14-16 oz each) kidney beans, rinsed and drained
- 2 cans (14-16 oz each) diced tomatoes with juice
- ¼ cup taco spice mix

Brown ground bison meat and add taco spice mix  
Add drained kidney beans and tomatoes in juice, simmer for 15-30 minutes.

Serve over rice with mayonnaise (Seriously, you will be glad you did.)  
Makes 3-4 quarts of chili. Serves a lot of people when you add the rice.  
Mix it up variation: Add one can of corn and 1pkg kielbasa sausage, sliced.

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We recommend using **organic and non-GMO** ingredients every chance you get. It's better for you and better for the planet. More recipes available at [www.harlowranch.com](http://www.harlowranch.com).

**Thanks for purchasing Harlow Ranch Bison!**