

Bison Recipes from Wild-T Bison Farm

Fritz and Kerry Wildt raise bison on the lush pastures of their farm near Haynesville in Richmond County on the Northern Neck of Virginia. When you stop by their tent at the Williamsburg Farmers' Market, be sure to ask Fritz about visiting the farm and other agritourism opportunities in that area of rural Virginia. Kerry is an accomplished cook and can answer your questions about cooking their grass-fed, no hormones-added buffalo.

Kerry's Wild- Bison Chili

2 lbs bison burger
2 tbs. olive oil
1 medium onion, chopped
2 tbs. green pepper, chopped
1 can (2#) kidney beans
1 can (28 oz.) tomato sauce
2 cans (28oz) diced tomatoes
1 Carroll Shelby's Chili Kit (available in local grocery stores), added to taste

Brown bison in olive oil in large skillet or saucepan. There is no fat to speak of since bison is so lean. Add onion, green pepper, kidney beans, sauce and tomatoes and allow to simmer. Now open the Carroll Shelby's Chili Kit. (*I don't use the whole kit*). Add 1 teas. of the salt and ½ of the masa flour packet. Our family doesn't mind spicy foods so I use ½ of the cayenne pepper packet. The largest packet is the chili seasoning, use the whole packet. Allow the chili to simmer for 15-20 minutes and then serve with hot rolls and a tossed salad.

Bison Short Ribs

5 # bison short ribs
1 ½ cups ketchup
1 ½ cups vinegar
½ cup dark corn syrup
3 teas. sugar
½ teas. salt
½ teas. garlic powder
½ teas. onion powder
½ teas. Louisiana hot sauce

Heat all ingredients except ribs in a saucepan over high heat until boiling. Reduce heat, simmer 30-40 minutes, until sauce is thick. Coat ribs front and back with sauce, reserving a small amount. Wrap ribs tightly in foil and bake covered in oven at 275°F for 3 to 4 hours. Remove ribs from foil, smother with remaining sauce and finish on grill for 2-3 minutes on each side.

Kerry's Marinade for Bison Roast

1 bison roast, 6-7#
1 tbs. fresh thyme, stem removed, coarsely chopped
2 tbs. fresh garlic cloves peeled and chopped well
1 teas. fresh rosemary, stem removed, chopped well
2 tbs. kosher salt
1 tbs. coarsely ground black pepper
2-3 oz extra virgin olive oil

Put all the seasonings in a bowl and drizzle in olive oil, mixing well with whisk or wooden spoon. The result will be a thick mixture, almost a paste. Rub paste into bison roast pressing well. Cover and let sit overnight in the fridge or for at least 2 hours prior to cooking.

Heat oven to its highest temperature, 450° to 500°. Place roast in roasting pan on a rack and place on middle shelf of oven. Cook for 30-45 minutes, until item is browning well. Drop oven temperature to lowest possible setting, 125° to 150°. Cook 3-4 hours until internal temperature is 130°-140° for rare going to medium rare. The higher temperature will take you into medium because of the "carry over cooking" that takes place with any item that is cooked. Remove the meat from the oven, let it rest for 10 minutes, place on cutting board, and slice as thinly as possible.

Kerry's Pulled Bison BBQ

5-6 # bison (I generally use 2 large arm shoulder roasts)

Place bison in Dutch oven and add enough water to almost cover the meat. Cover tightly and cook at 250° for 8-10 hours until meat is tender and falls apart. Drain off the liquid which can be saved for soup, etc. Pull the meat apart to your liking. Place the pulled bison and sauce in a large pot and mix thoroughly. Reheat at low temperature until hot. Enjoy!

BBQ Sauce

2 cups ketchup
2 tbs. worcestershire sauce
¼ cup honey
¼ cup cider vinegar
3 tbs. Gulden's mustard
¼ cup dark molasses
¼ cup Emeril's Kicked-up Bam-B-Q-Sauce

Mix all ingredients and pour over meat.

Serving suggestion: serve on warm, toasted deli rolls.

Wild-T Bison Osso Buco
Chef Manfred H. Roehr

Retired Colonial Williamsburg Chef Roehr developed this recipe for Wild-T Bison Farm. Chef Manfred, who comes to the Williamsburg Farmers' Market almost every Saturday, was born in Germany and honed his culinary skills in the US Army before joining CW's colonial taverns. Chef Manfred has held nearly every office of the Virginia Chef's Association and remains active in that organization.

Six 2-inch meaty bison shanks (about 6lbs)
2 tablespoons extra-virgin olive oil
4 tablespoons (2 oz) unsalted butter
4 medium tomatoes, peeled, cored, seeded and chopped
1 medium onion, minced
1 rib celery, minced
1 large carrot, minced
4 oz oyster mushrooms chopped
Sea salt and freshly ground black pepper to taste
1/2 cup minced fresh parsley
3 to 4 cups of beef stock

1. In a large deep skillet, heat the butter and olive oil until hot. Add the bison to the skillet and brown over moderate heat until brown on all sides, about 10 minutes. Transfer to a platter and season with salt and pepper. Set aside.
2. Add onion, celery, and carrot to skillet and cook until softened but not browned, about 5 minutes. Deglaze with about 1/2 cup of the stock, using a metal spatula to scrape up any bits in your pan. Cook until most of the liquid has evaporated. This will help build the flavor base of the sauce.
3. Return the the bison to the skillet. Add the tomatoes, mushrooms and enough stock to almost immerse the bison. Cover the skilled and simmer for about 1 hour and 45 minutes, or until the meat is almost falling off the bone. Simmer gently and keep the heat as low as you can. Keep watching the skillet and add more stock if needed.
4. Serve the bison shanks on hot platters and garnish the platters with fresh chopped parsley 5 minutes before serving allowing its aroma to penetrate the tender bison shanks.
5. You can serve the bison with risotto or your own choice of starch.

Enjoy Chef Manfred E. Roehr's cooking