

The Art of Reverse Sear - Bison

These skills will help you win awards, cash prizes and the admiration of people you don't even know. These skills will put in a league all your own, they will award you with parking spots, they will carry you into the butcher shop, they will beg to taste your creations. Sounds good right? Well, let's get started. It's

Reverse Sear Time with Rock River Ranches Bison

Chef Jason K. Morse, CEC | Rock River Ranches

Yield: 2 Grilled Steaks (Ribeye or New York Steaks)

Prep time: 5 Minutes

Cook time: 1-1.5 Hours Smoke, 5 Minutes Sear

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
2 ea	Steak, Bison, Ribeye	
2 Tbsp	Island Boys Coffee Rub	
1 Tbsp	Rub A Dub, Seasoning Rub	

Cooking Notes:

- This can be done on the Traeger, Weber or Big Green Egg
- Temps remain the same for Traeger or Big Green Egg

Cooking Directions:

PREPARATION:

- Set your desired grill at 180-200 degrees
 - **IF USING CHARCOAL GRILL, ADD WOOD CHUNKS FOR MORE SMOKE**
- While the grill or smoker is pre-heating, it's time to season the steak
- Make sure Bison Steak is defrosted
- Remove steak from the package and place onto a small cookie sheet pan
- Let rest for 5 minutes
- Season both sides of the steak with the Island Boys Coffee Rub
- Let rest with the seasoning on them for 10 minutes while your grills heat up
- Place steak onto grill, in the coolest part
- Insert a wireless probe into the steak if you have one
 - If you don't have a wireless thermometer use an instant read thermometer
 - With an instant read thermometer, start checking the internal temp around 30 minutes of low temp cooking
- Smoke or slow cook at 180 – 200°
- Cook the Steak until the internal temp reaches 115°
- Remove steak from the grill and place onto a plate to rest
- Adjust grill temp to 500 degrees
- Place steak back on the grill and lightly season the first side with Rub A Dub (if desired)
- Cook on the first side for 2 minutes to develop the sear and crust
- Flip the steak and lightly season with Rub A Dub (if desired)
- Cook on the second side for 2 minutes or until desired doneness is reached
- **WE RECOMMEND COOKING TO INTERNAL TEMP OF 125-130 DEGREES**
- Remove Bison Steak and place onto a plate
 - Rest the steak for 2-3 Minutes
- Enjoy

Shopping List (Products Used):

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| <input type="checkbox"/> Island Boys Coffee Rub, 5280 Culinary | Available at RockRiverRanches.com |
| <input type="checkbox"/> Rub A Dub, 5280 Culinary | Available at RockRiverRanches.com |
| <input type="checkbox"/> Bison Steak, Ribeye | Available at RockRiverRanches.com |
| <input type="checkbox"/> Bison Steak, New York (strip steak) | Available at RockRiverRanches.com |