

Bison Salisbury Steak

Bison and Mushroom gravy come together for this crowd pleaser. Your family will thank you

It's Comfort Food Time with Rock River Ranches Bison

Chef Jason K. Morse, CEC | Rock River Ranches

Yield: 4 Bison Salisbury Steaks

Prep time: 15 Minutes

Cook time: 40-45 Minutes Hour Total - 15 Minutes Flour, 10-12 Minutes frying

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
4 Tbsp	Canola Oil	
4 ea	Bison Cubed Steaks	

SEASONED FLOUR

1 ½ Cups	Flour, All Purpose	
2 Tbsp	Rub-A-Dub, 5280 Culinary	
1 Tbsp	Dry Mustard	

MUSHROOM GRAVY RECIPE

2 Tbsp	Butter, Salted	
1 Tbsp	Garlic, Fresh	Chopped
½ Cup	Onion, Yellow	Diced Small
4 Tbsp	Flour, All Purpose	
1 Tbsp	Cornstarch	
8 oz wt	Mushrooms, Cremini	Sliced
3 ½ Cups	Beef Stock	
Taste	Salt	
Taste	Pepper, Black, Ground	

SEASONED FLOUR PROCEDURE:

- In a large stainless steel bowl mix the flour, mustard and Rub-A-Dub

FRYING PROCEDURES:

- Fill Dutch oven with about 2" of oil for shallow frying
- Preheat your cast iron Dutch oven on the stove top over medium heat for 10 minutes – until oil temp hits 350 degrees
- Flour each Bison Cube Steak and Let sit for 5 minutes, flour again
- Add the 4 Tbsp canola oil to the pan and sauté each cube steak for 4 minutes per side
- Remove from the pan and add the 2 tbsp of butter, heat until melted
- Add the onions and sauté until slightly caramelized
- Add the mushrooms and sauté until caramelized. Approx. 10 minutes
- Add the flour and cornstarch and stir to combine
- Add the stock and mix well to start the thickening process
- Add the cubed steaks back on tops of the gravy
- Cover the pan, turn down to a simmer
- Cook the steaks for 8-10 minutes or until fully cooked
- Remove the steaks and place on top of fresh mashed potatoes
- Adjust the gravy to taste with salt and black pepper
- Pour gravy over the steaks and mashed potatoes
- Serve extra gravy on the side

SAFETY PROCEDURES:

- Use a large Dutch oven
- Use tongs or strainer to add and remove bison
- Use a splatter screen or vented lid if needed
- If there are any flare ups from oil spilling over, turn off the burner IMMEDIATELY