

Chicken Fried Bison Steak

We're taking the chicken frying style and applying it to some Bison Cubed Steaks for a truly epic flavor. Then we place it on top of some mashed potatoes and smother it in country gravy. Add this to your favorite hits' playlist, it's amazing!! It's Comfort Food Time with Rock River Ranches Bison

Chef Jason K. Morse, CEC | Rock River Ranches

Yield: 4 Chicken Fried Bison Steak

Prep time: 5 Minutes

Cook time: 1.5 Hour Total - 1 Hour Marinade, 15 Minutes Flour, 15 Minutes frying

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
As Needed	Oil, Canola	
4 ea	Bison Cubed Steaks	

CUBE STEAK MARINADE

½ Qt	Buttermilk, Regular
4 ea	Eggs, Whole Large
1 Tbsp	Rub-A-Dub, 5280 Culinary

CHICKEN FLOUR MIX (for breading and as part of gravy)

1 ½ Cups	Flour, All Purpose
1 Cup	Flour, Masa (Corn)
1 Cup	Corn Starch
4 Tbsp	Rub-A-Dub, 5280 Culinary Rub

CHICKEN GRAVY

1 Qt	Chicken Stock	
1 Pint	Cream, Heavy Whipping	
1 Tbsp	Chicken Base	
Taste	Pepper, Black Ground	
½ Cup	Flour, Chicken	From above Chicken Flour
1 Stick	Butter, Unsalted	

CUBE STEAK MARINADE PROCEDURE:

- In a large stainless steel bowl crack the eggs and add the buttermilk and Rub-A-Dub
- Whisk well until the eggs are fully combined
- Add the Bison Cube Steak, cover and refrigerate. Allow to sit in the marinade for 1 hour

CHICKEN FLOUR PROCEDURE:

- In a large stainless steel bowl add the flours, cornstarch and choice of rub
- Whisk well until all is combined
- Remove ½ cup and set aside for the Roux
- Remove the Bison Cube Steak from the marinade, drain slightly
- Add to the flour (by the piece) toss well to coat and pack slightly with more flour
- Remove from the flour and place on a parchment lined pan
- Allow to sit until the flour becomes doughy – this is the secret – should take 10-15 minutes max

GRAVY PROCEDURES:

- In a medium sized sauce pot add the chicken stock, pepper, cream and base. Bring to a simmer
- Heat a small sauté pan over low heat and add the butter, melt the butter and add the flour. Turn heat to medium and stir this mixture while cooking for 2-3 minutes or until blonde in color
- Add to the simmering gravy by the tablespoon, cook for 1 minute and then add more roux depending on desired thickness of gravy
- Serve immediately with hot Chicken Fried Bison

FRYING PROCEDURES:

- Place a candy or fryer thermometer into your Dutch oven, fill with canola oil (or choice of oil) about 1/3 of the way
- Preheat your Dutch oven on the stove top over medium heat for 10 minutes – until temp hits 350 degrees
- Test the flour with a small piece of the doughy flour from the flour bowl
- Once the oil is hot, **SLOWLY WITH TONGS** add the Bison by the piece and make sure the oil does not grow too fast or boil over. A 10 qt Dutch oven will give you room to grow. We want to shallow fry, this is safer
- Cook for 9-15 minutes or until done – Done means fully cooked to 160 degrees
- Use tongs to remove the fried Bison
- Remove to a paper towel lined plate, drain for 1 minute
- **SERVE HOT**
- The Bison Steak can be seasoned more on the outside or tossed in your favorite hot sauce

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**