

Bison Chuck Roast – Insta Pot

We start this recipe off with a great Bison Clod Arm Roast, season it up and then into the Insta Pot we go. We're turning up the pressure and making some amazing, shredded bison. Perfect for Sandwiches, Tacos or nachos. Save some time with the Insta Pot and have a tasty dinner ready to feed your family.

It's cooking Time with Rock River Ranches Bison

Chef Jason K. Morse, CEC | Rock River Ranches

Yield: 2.5 Lbs shredded Bison

Prep time: 15 Minutes (trim, season and sear)

Cook time: 45 – 60 Minutes

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
1 ea	Bison Roast, Chuck or Clod Arm	Fully Defrosted
2 Tbsp	Oil, Canola / Olive	
3 Tbsp	Tiki Tiki, Seasoning Rub	or Favorite AP Rub
2 Tbsp	Island Boys, Seasoning Rub	or Favorite AP Rub
1 Cup	High Altitude BBQ Sauce	
1/4 Cup	Red Pepper Jelly	
1/4 Cup	Apple Cider Vinegar	

BBQ SLAW

1/2 Cup Low Country BBQ Sauce

1/4 Cup Honey

1-2 tbsp Sweet Soy Sauce

2 Cup Slaw Mix, Shredded

Mix all ingredients together and refrigerate until needed for sandwiches

Bison Roast Prep Notes:

- For Faster cooking, cut bison roast into 2" thick steaks
- For Better flavor sear ALL sides of the bison

- For best cooking results set Insta Pot or Pressure Cooker on High Pressure

Cooking Directions: Pellet Grill

PREPARATION:

- FOLLOW ALL MANUFACTURERS INSTRUCTIONS BEFORE OPERATING A PRESSURE COOKER /INSTA-POT/SLOW COOKER
- Slice Bison Roast into 1-2" thick steaks
- Set Insta Pot to Sauté
- Add 2-3 Tbsp of oil and saute bison steaks on both sides
- Sauté in batches to keep Insta pot hot for searing
- When done searing, turn off Insta Pot
- Add seared bison to a large bowl and add as follows
 - Seasoning – Tiki Tiki and Island Boys
 - High Altitude BBQ Sauce
 - Red Pepper Jelly
 - Apple Cider Vinegar
- Mix well to fully coat bison
- Add bison back to the Insta pot
 - Be sure not to pack bison in, add loosely
- Place cover on Insta Pot
- Ensure the valves are closed
- Set Insta Pot as Follows: be sure to read ALL Insta Pot Operating Instructions prior to use
 - Pressure Cook
 - Time – 45 Minutes
 - Pressure High
 - Allow Insta pot to heat up, unit will beep when timer starts
- Allow Insta Pot to cook for 45 minutes, when done cooking:
 - Turn Insta Pot to venting and carefully allow to fully vent
 - When red plunger is flush with lid, that will be your sign that all the pressure is released
 - CAREFULLY TURN LID TO UNLOCK AND ENSURE NO MORE VENTING IS OCCURING
 - Remove the lid away from you
- While Insta Pot is venting, Time to make the slaw
 - Add slaw mix into a medium mixing bowl
 - Add Low Country BBQ Sauce
 - Add Honey
 - Add Sweet Soy Sauce
 - Mix Well to combine and let sit at room temp while Insta pot vents
- Shred bison in the Insta Pot allowing the sauce to asorb into the meat
 - If too saucy, drain some of the sauce or place shredded Bison into a sauce pan and slowly cook to reduce
- Top Bun with Shredded Bison, add slaw on top of the bbq bison and devour
- Also use BBQ bison for Tacos, Tater Tots, Nachos, Burritos and more