



Braised Buffalo Brisket

from Sandy Pleasant, Sunset Ridge Buffalo Farm

Ingredients:

- 1 Bison Brisket
- 1 Tbsp. olive oil
- Salt & pepper
- 3 Tbsp. butter
- 2 cup minced onion
- 3 Tbsp. tomato paste
- 2 Tbsp. maple syrup
- Red pepper flakes
- 3-4 cups stock (bison, beef, chicken or vegetable)

Directions:

In Dutch oven, heat olive oil on stovetop. Sear brisket on all sides (about 5 minutes per side or until nicely browned). Season generously with salt and pepper. Remove brisket to plate. Add butter and melt. Saute onions for about 10 minutes, stir in tomato paste, maple syrup, red pepper flakes and broth. Return brisket to pan. Cover and put in 325 degree preheated oven. Turn brisket every 30 minutes. Cook for 2 1/2 to 3 hours. Check for fork tenderness. Remove meat, cool, and slice across grain. Scrape the bottom of the pan, and reduce liquid by boiling a few minutes over high heat.