



Grilled Bison Steak

from Sandy Pleasant, Sunset Ridge Buffalo Farm

Rub your favorite 6 oz. cut of bison steak with a combination of a little garlic salt, cooking oil, and lemon pepper. Grill steaks 4-6 inches above medium hot coals (325 degrees) for the following times, depending on thickness:

1" thick - Rare: 6 - 8 min. Medium: 8 - 10 min.

1 1/2" thick - Rare: 8 - 10 min. Medium: 10 - 12 min.

2" thick - Rare: 10 - 12 min. Medium 14 - 18 min.

Tips: Steaks recommended for grilling/barbecuing include Rib Eyes, T-Bones, and New York Strips. Lesser quality Bison steaks are not recommended for grilling unless they have been marinated. Using a fork to turn steaks punctures the meat, so use tongs for turning and keep those wonderful juices in the steak. Bison steaks taste best when grilled to rare or medium (still pink in the center). Cooking time is important to avoid overcooking. Per 6 oz filet: 234 calories; 3.2 g fat; (12% calories from fat); 105 mg cholesterol; 91.8 mg sodium.