



Pulled Bison Roast

Recipe modified from one given to us by our friend Mike Morris of Melrose Bison Farm in Brookneal, VA

Ingredients:

- 1 3 to 4 lb. Frozen Chuck or Hump Bison Roast
- 4 (20 oz.) Bottles Barbecue Sauce (or use homemade sauce)
- 2 onions, chopped
- 2 dark beers

Directions:

Remove roast from freezer DO NOT THAW, place in a roasting pan. Cover with 2 inches of barbecue sauce. I like to use different brands of barbecue sauces (Kraft, Cattleman's, Sweet Baby Ray's, etc.) Add chopped onion and two beers. Cover with lid or tightly with aluminum foil. Place in a 200 degree oven and cook for about 16 hours. If I am planning to serve the pulled bison for dinner, I place it in the oven about 11:00 p.m. the night before and let it cook all day and take it out about 4:00 p.m. the next day. Then I let it cool for 30 minutes or so and pull it apart. Reserve some of the barbecue sauce and baste the pulled bison with it. Serve on sandwich buns with coleslaw. Enjoy!