

Buffalo Cooking Tips and Recipes

Grass fed meat has a richer flavor than grain fed meat. It has a higher content of vitamins and minerals that contribute to the stronger flavor. Generally, after individuals make the transition to grass fed meat; they prefer it to the milder taste of grain fed meat. Proper cooking and seasoning, with help you enjoy the aroma and flavor of grass fed meat as you make this transition.

The lower content of fat insures that grass fed buffalo meat will cook faster. Since fat acts as an insulator, heat must first penetrate this insulation layer before the cooking process of the protein begins. Caution must be taken to insure that you don't overcook grass fed buffalo. Remember **"SLOW AND LOW"**, so you do not dry out the meat. With this in mind, you can substitute buffalo in any of your favorite red meat recipes. Listed below are a few more basic cooking tips.

- When broiling buffalo meat, move the broiler rack to the lowest position.
- When grilling use a higher rack, and a lower temperature setting.
- Cook buffalo roast weighing 3-4 lbs. at 225 F. for 8-10 hours in a conventional oven. Use a covered pot. Buffalo roast will taste great when cooked beyond 10 hours, but baste periodically.
- Buffalo burger is also lean. It is not necessary to add fat to keep it from sticking to the pan or falling apart. Just remember slow and low. If you are using a frying pan, set the temperature at medium-low.

Tatonka Gourmet Meat Loaf

1 C soft bread crumbs (about 1 1/2 slices)
3/4 C applesauce
1 lb ground Buffalo
1 slightly beaten egg
2 tbl finely chopped onion
1 tsp Worcestershire sauce
1/2 tsp sea salt
dash pepper

Combine bread crumbs and applesauce until applesauce makes the bread soggy. Mix in egg, onion, Worcestershire sauce, salt and pepper. Add the ground buffalo. Put into a loaf pan and bake at 325F. for 1 hour. **The leftovers from this meatloaf recipe are terrific cold and they make a superb sandwich.**

Buffalo Pot Roast

2.5 lb Buffalo roast
1 tsp sea salt
2 cloves minced garlic
1 sliced onion
6 potatoes, peeled
8 carrots, peeled
1 C water
1 tsp pepper
1 Tblsp beef base/ boullion

Place all ingredients in a crock-pot. Cook on low heat for 10-12 hours. You can also use the oven. Place the ingredients in a covered pan. Bake for 8-10 hours at 215 degrees. **Left over pot tastes excellent when it is sliced thin and sautéed in a little olive oil. Season it with sea salt to taste. It can also be shredded and added to stew. Simply add shredded roast, garlic, black pepper, chopped carrots and celery, and noodles to beef broth.**

Buffalo Egg Dish

1 lb of buffalo breakfast sausage
6 eggs
6 slices of bread
2 cups milk
1 tsp. Mustard
1 tsp. Sea salt
1/2 pound sharp cheddar cheese, grated

Beat eggs, milk, sea salt and mustard together. Break up the bread into small pieces. (You can cut the bread in half if you are counting carbs.) Add the cooked breakfast sausage. Refrigerate overnight and bake at 350 degrees for 45 minutes. Leave the eggs covered while baking for the first 30 minutes, then uncover.

Buffalo Breakfast Sausage also substitutes well as an Italian sausage. Use it in your favorite spaghetti, lasagna and pizza recipes.