

Bison Chuck Roast with Chokeberry/Aronia Berry Gravy

1/8 cup vegetable oil
1/2 cup chokeberry/Aronia Berry juice
1 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon onion powder
1/4 teaspoon hot pepper sauce or to taste
1/2 teaspoon smoked paprika
2 teaspoons Worcestershire sauce
24 ounce bison chuck roast
Chokeberry/Aronia Berry Gravy: 1/4 cup cold water; 2 to 3 Tablespoons
cornstarch; salt; black pepper to taste
Serve with: Chokeberry/Aronia Berry Gravy and Roasted Wild Mushrooms

In a shallow pan, combine first 8 ingredients to form marinade. Add chuck roast; coat with marinade; refrigerate for 4 hours, turning once. Reserve marinade. Remove chuck roast.

Preheat oven to 275 degrees F. Place bison roast in lightly greased foil lined baking pan. Save marinade; place in refrigerator. Bake bison in preheated oven; the time will depend upon how chilled your meat is before roasting; check temperature between 40 to 60 minutes. Continue to roast until 158 degree F. temperature for medium doneness. Remove roast from oven; cover it with foil; let rest about 10 to 20 minutes before slicing.

Prepare Gravy: Meanwhile, remove bison juices from pan; mix with reserved marinade. Place in saucepan, bring to a boil. You should have about 2 cups. Dissolve cornstarch with cold water; add to saucepan; cook over medium heat until gravy thickens to desired consistency. If too thick, add beef or chicken broth.. Season as desired with salt and ground black pepper.

Cut roast into very thin slices for serving with bison gravy. Top the roast with roasted wild mushrooms. Serves: 6 to 8

Recipe Inspired by: Loretta Barrett Oden shared that lean meat should be cooked for rare to medium. Bison meat will look like rare beef when it is cooked to medium. It tastes very much like beef but just a little sweeter. Do not overcook the bison meat.

For more information: see: <http://www.chefscollaborative.org/wp-content/uploads/2008/01/lorettaoden-isante.pdf>

Inspired also by: Kokopelli's Cook book of Authentic Recipes of the Southwest by James & Carol Cunkle.

Background Information about Native American hunting.

Inspired by: Sunny Ledford, Cherokee Native American, shared information about Native American hunting and food gathering. He related a story about an animal smaller than a bison called an Appalachian Buffalo. They were about the size of a beef cow. It was said that they no longer existed as they were hunted into extinction. The last one was observed in the 1890's in North Carolina.

Inspired by: Laura Van Meter shared a painting of Native Americans hunting bison. She said it was illustrated incorrectly. They didn't just ride up to a bison herd and try to kill them with a bow and arrow. She explained that the Native American Indians would create a stampede to drive the herd of bison over a nearby steep cliff. After the kill, the prey would be collected. Prayers were made to the animals thanking them for sacrificing themselves to feed the people.

About the Recipe: Bison steaks and roasts are very lean and should be cooked in a slow oven only until rare or medium. Cut the cooked roast into very thin slices for a tender texture. It's delicious served with lightly spiced smoky gravy and topped with roasted wild mushrooms.