



BBQ Bison Flatbread Sandwich with Confetti Corn Pepper Topping

Cornmeal Flatbreads

1-1/2 to 1-3/4 cups bread flour, divided

1/2 cup yellow cornmeal

1/4 cup amaranth flour

1 teaspoon salt

2-1/4 teaspoons quick rise dry yeast

1 teaspoon honey

3/4 cup warm water (120 to 130 degrees F)

3 to 4 Tablespoons corn or sunflower oil, divided

In a mixing bowl, combine 1 cup bread flour, cornmeal, amaranth flour, salt, and dry yeast.

In a microwave safe container, on microwave high power, heat honey and water until warm, 120 to 130 degrees F. Mix into flour mixture with 2 Tablespoons oil; beat about 2 minutes.

Change to dough hook, knead in 1/2 cup bread flour, mixing to knead about 3 minutes or until dough is soft and smooth forming a ball. Add more flour if needed. Cover; let rest 10 minutes.

Uncover; lightly toss on floured board; form into 6 balls. Lightly flatten each ball into about 5 to 6 inch round. Place on lightly greased baking sheet; cover; let rise about 30 minutes or puffy.

To cook: Heat a 10 inch iron skillet over medium high heat; add one Tablespoon oil. Cook each bread round over medium to medium high heat, about 1 minute each side or until golden brown on each side. Remove flatbread to paper towel covered plate to stay warm. Cook remaining flatbreads using oil as needed for the skillet.

Yield: 6 cornmeal flatbreads

Confetti Pepper Corn Topping

1/2 cup chopped red onions
1/2 cup frozen sweet corn niblets, defrosted
1/4 cup (each) chopped sweet red peppers; bell green peppers
1/2 cup cooked or well drained, rinsed Pinto or Anasazi beans
1 jalapeno pepper, chopped (remove seeds to control heat)
1 Roma tomato, chopped
1/4 to 1/2 teaspoon dry cumin seeds
2 Tablespoons fresh lemon juice
Salt and ground black pepper to taste
1/4 to 1/3 cup cilantro leaves or as desired

In a small bowl, combine onions, corn, red peppers, green peppers, beans, hot pepper, chopped tomato, cumin seeds, and lemon juice. Season to taste with salt and black peppers; toss in cilantro leaves as desired. Set aside.

BBQ Thin Sliced Bison

3/4 cup favorite smoky barbecue sauce
6 teaspoons blueberry preserves or chokeberry/Aronia berry sauce
12 ounces cooked thin sliced Bison steak or roast, warmed

In a small microwave safe container, cook barbecue sauce and fruit sauce for 30 seconds to 1 minute on high power or until warm. Set aside.

Prepare **BBQ Bison Flatbread with Confetti Corn Pepper Topping**

For Each Flatbread Sandwich: Spread warm Barbecue Sauce in center section of 1 flatbread; arrange 2 ounces bison slices over sauce; top with confetti corn pepper topping.

Yield: 6 Flatbread Sandwiches

About the Recipe: Imagine lightly sweet spiced tender barbecue bison steak slices covered in a toasty warm cornmeal wrap and topped with a chilled cilantro combo of corn, red onions, peppers, and tomatoes. It's just the best way to enjoy the day.