



### **Natural Bison Chuck Roast with Wild Mushrooms**

*Native Americans and French shared Hunters' Dishes*

1 pound 8 ounces Natural Bison Chuck Roast, trimmed

1-1/2 Tablespoons Herbes de Provence

1/2 teaspoon (each) salt; ground black pepper

2 to 3 slices thick bacon

1/2 cup diced onion

2 cloves garlic, minced

3.5 ounces wild mushrooms, sliced

1/4 cup red wine

Serve with as desired torn kale, parsley, tarragon, sliced vegetable garnish

Preheat oven to 275 degrees F.

**Season Bison Roast:** Rub Bison Roast with Herbes de Provence, salt, black pepper; set aside.

**Cook Bacon:** Cook bacon strips in a 10 or 12-inch cast iron skillet until crisp; remove to paper towel lined plate; cool; crumble into small pieces when cooled.

**Brown Bison Roast:** Leave 2 Tablespoons bacon drippings in skillet; set remaining drippings aside. Over medium high heat, brown bison roast on all sides, about 6 to 8 minutes. Remove; set aside to stay warm.

**Prepare Onion Mixture:** In the same cast iron skillet, cook onions in roast drippings over medium heat to soften; add garlic cook 1 minute; add mushrooms; cover; cook about 3 to 5 minutes to soften; stir occasionally; add reserved bacon pieces and wine. Replace roast on top of onion mixture.

**Oven Bake Roast:** Cover skillet with foil; place in preheated oven; bake for about 20 to 25 minutes or until meat tests 140 to 145 degrees F. Remove from oven; set aside for about 10 minutes to rest.

**To Serve:** Place onion/mushrooms on serving platter; cut roast into very thin slices; place over onions/mushrooms. Garnish platter with torn kale, parsley and desired vegetables. Serves: 6 to 8

**Cook's Note:** For tender meat, do not overcook the bison. You can also use grass fed beef or lamb with this recipe. Some bison recipes suggest that salt should be added after and not before roasting. Also, if you don't want to use the bacon drippings, you can substitute olive or coconut oil.

**About the Recipe:** The French and Native Americans shared a love for hunting and fishing, adding a blend of both cultures into early Midwestern recipes. Later beef, pork, and poultry took the place of venison or bison. Wild mushrooms were always a favorite, adding a tasty umami flavor to the finished dish.