



Bison bourguignon from La Terre des bisons

(original recipe)

4 lbs (2 kg) bison stewing meat cubes
2 tbsp (30 ml) oil
3 small onions, finely minced
2 packages of fresh mushrooms
2 tbsp (30 ml) flour
3 cups (750 ml) red wine
3 cups (750 ml) water
1 clove of garlic, crushed
1 tbsp (15 ml) salt
Pepper to taste
1 can of tomato paste
Bouquet garni of parsley

In oil, sear the meat on high heat. At the same time, add onions.
Sprinkle flour and let turn brown. Add garlic
Add wine and water and let simmer for a few minutes.
Mix in tomato paste, salt, pepper and bouquet garni.
Cook slowly for 1 1/2 hour, then add mushroom for additional 30 minutes.
Garnish with a sprig of parsley and serve.

Thank you and enjoy your meal !

Josee Toupin et Alain Demontigny

