



Bison roast with red wine

1 3 1/2 pounds (1,6kg) bison roast
2 to 4 tbsp (30 to 60 ml) oil
1 cup (250 ml) chopped onions
1 cup (250 ml) diced carrots
1/2 cup (125 ml) diced celery
1 large tomato diced
2 1/2 cups (625 ml) beef broth
2 cups (500 ml) red wine_2 tsp (10 ml) flour
1/4 cup (60 ml) table cream
Salt and pepper to taste

Season the roast with salt and pepper. _In heavy pot, sear the meat on all surfaces in hot oil. Remove roast. Add carrots, celery and tomato and cook lightly. Add beef broth and red wine. Return roast to pot, cover and put in middle rack of oven. Cook for 3 1/2 hour at 275°F (140°C), until roast is tender._Turn roast every hour. Cook uncovered for the last 30 minutes. Remove roast. Reduce vegetables to a purée. Mix flour and cream together and slowly add to the puréed vegetables, stirring constantly. Bring to a boil until thickened. If desired, season with salt, pepper and red wine.

Thank you and enjoy your meal !

Josee Toupin et Alain Demontigny

