



Bison steak with mustard sauce

2 tbsp (25 ml) olive or vegetable oil
4 boneless bison sirloin steaks
2 big garlic cloves, crushed
1/2 cup (125 ml) red wine
1/2 cup (125 ml) beef broth
1 tsp (15 ml) of Dijon mustard

In a non-stick pan, heat oil over medium heat. Season steaks with salt and freshly ground pepper. Sear steaks on both sides and cook according to taste, (approximately 4 minutes for medium) and put aside. Sauté garlic in pan for 1 minute. Add wine and beef broth, stirring with wooden spoon and scraping side of pan. Bring to a boil and simmer for 2 minutes or until liquid has reduce by half. Add Dijon mustard and let simmer 1 more minute. Add accumulated juices from the steaks. Quickly cut steaks in diagonal slices and add mustard sauce. Serve with bake potatoes and salad. Makes 4 servings

Thank you and enjoy your meal !

Josée Toupin et Alain Demontigny

