



Braised bison steak with mushrooms

2 1/4 lbs (1 kg) top sirloin bison
1 egg, lightly beaten
3 tbsp (45 ml) milk
2 cups (500 ml) seasoned bread crumbs
1/4 cup (60 ml) light oil
1 10 oz. can (284 ml) mushrooms reserving the liquid
1 tbsp (15 ml) flour

Cut individual steaks in 1 inch (2, 5 cm) thickness.

Soak in mixture of milk and egg, and then dip in bread crumbs.

In large frying pan, heat oil and sear steaks 2 1/2 minutes on each side.

Pour mushrooms with liquid over the steaks.

Cover and simmer for 45 minutes.

Mix flour with a small amount of water and incorporate the sauce slowly. Simmer until thickened and serve immediately.

Makes 6 servings.

Thank you and enjoy your meal !

Josée Toupin et Alain Demontigny

