



Oven baked bison steak with lemon

3 lbs (1, 5 kg) bison steak
2 tbsp (30 ml) butter or margarine
2 tsp (10 ml) salt
1/4 tsp (1 ml) pepper
1 large lemon sliced
2 onions sliced
1 cup (250 ml) ketchup
1 tsp (15 ml) Worcestershire sauce
1/4 cup (60 ml) water

Brown steak and put in a Dutch oven. Mix butter and seasonings together. Spread mixture on steaks. Cover with slices of lemon and onions. Combine ketchup, Worcestershire sauce and water. Pour over meat. Cover and cook at 360°F (180° C) for 1 1/2 hour.

Makes 4 to 6 servings.

Thank you and enjoy your meal !

Josee Toupin et Alain Demontigny

