**Simple Bison Roast**

1 to 1.25 Kg Bison Roast (Tenderloin, Prime Rib, Sirloin tip, Eye of round, Inside round, Outside round, Cross rib roast)

\*Thaw roast and lightly season.

-bison requires less seasoning due to its inherent natural flavors from the slower growth rate on pasture and added maturity before slaughter. Try pepper, garlic, your favorite herbs, a little sea/kosher salt.

\*Insert oven proof thermometer.

\*Place in roasting pan without lid & on a little rack if you have one.

\*Preheat oven to 500 F (260 C).

\*Sear roast for 10 – 15 minutes (Keep an eye on it, making sure not to burn it!!)

\*Lower heat to 250 F (120 C) – 275 F (135 C), and add 1 cup of water, broth, beer or liquid of your choice and cover with lid.

\*Check your meat thermometer after about 20 minutes and keep lid off for the rest of the cooking time watching for when the thermometer reaches 140 F to 145 F for rare to medium rare (60 to 62 C).

-removing the lid for the last third of the cooking time will caramelize the meat with dry heat.

\*Remove from oven and place on a warmed serving dish and cover loosely with foil for 10 minutes. The roast will continue to cook as it rests.

\*Carve in thin slices with a sharp knife across the grain.

-for Prime rib or Tenderloin roast you can cut into thick slices like steak as these 2 are most tender.