

BISON A LA MODE DE BOURGOGNE

(from the Bewitching Kitchen)

5 strips of thick bacon, cut in large pieces
several tablespoons olive oil
2 pounds bison stew meat, cut in pieces
salt and pepper to taste
4 large carrots, peeled, cut in 1 / 4 inch slices
2 shallots, diced
1 can diced tomatoes, drained (14.5 oz)
1 bouquet garni, made with parsley, thyme and bay leaves
1 bottle red wine
2 cups cremini mushrooms, quartered
1 tablespoon butter
fresh parsley, minced

Sauce the bacon without any added fat, until golden brown and starting to get crispy. Remove pieces to a paper towel to drain excess fat. Take one tablespoon of bacon fat, add to a Dutch oven, and add a little more olive oil. Season the bison meat with salt and pepper, and sauté in batches until it starts to get brown. Remove to a bowl and add the bacon pieces to the bowl.

If needed, add more oil to the pan and sauté the carrots and shallots for 5 minutes or so. Add the tomatoes, the wine, and the bouquet garni. Deglaze the pan with a wooden spoon, then place the meat and bacon back. Season with a little more salt, cover the pan, and place in a 325 F oven for 3 hours. Check after 2 hours to make sure it is not getting too dry. If there is very little liquid, add water. Meat should be super tender at the end of cooking.

About 10 minutes before serving, sauté the mushrooms in butter, seasoning with salt and pepper. Add the mushrooms to the bison stew, add fresh parsley and serve. Adjust seasoning if needed.