

## **BISON POT ROAST**

*(from The Bewitching Kitchen)*

1 bison roast (about 4 pounds, boneless)  
1 large onion, peeled, cut in half  
3 celery sticks, sliced thin  
Carrots, many carrots, cut in large pieces  
Small potatoes, amount to taste  
4 tablespoons olive oil  
salt and pepper to taste  
1 /2 cup red wine  
2 cups or more beef stock  
2 bay leaves  
2 tablespoons flour  
2 tablespoons butter

Pat the meat very dry with paper. Season liberally with salt and pepper. To a large oven-proof pot, add 2 tablespoons olive oil. Heat until almost smoking. Brown the meat on all sides. Remove from the pot, add the remaining olive oil and sautee the celery, carrots until fragrant.

Add the potatoes, place the meat back in the pot, add the red wine, beef stock, onion and bay leaves. Make sure the liquid comes almost all the way to the top of the meat. Place in a 350F oven and cook for 4 hours or until the meat is tender. Flip the meat every hour or so. If necessary, add more beef stock or water.

When the meat is tender, remove it from the pot and tent with foil. Discard the onion and bay leaves. Drain the liquid into a bowl, reserving the carrots, celery and potatoes. Add butter to the empty pot where you cooked the meat, melt it over medium-heat. Add the flour, cook stirring for a couple of minutes to make a roux. Add the reserved liquid back into the pot and cook to thicken it, simmering for a few minutes. Put the meat back on the pot, together with the veggies, adjust seasoning with salt and pepper, if needed.

You can serve right away or keep it at a very low simmer while you make popovers to go with it.

## **POPOVERS**

*(adapted from several sources)*

200g bread flour

$\frac{3}{4}$  teaspoon table salt

1 +  $\frac{1}{2}$  cups full-fat milk, slightly warmed

3 large eggs

2 tablespoons butter, melted

dash of nutmeg

Adjust oven rack to middle position and heat oven to 400 degrees. Lightly spray cups of popover pan with vegetable oil spray.

Place the warm milk in a blender. Add the flour, eggs, salt and nutmeg. Process at low-speed first, then increase speed to high and blend for minute. Add the melted butter and blend for a few seconds more. Distribute batter evenly among prepared cups in popover pan. You will have enough for six large popovers. Bake until popovers are lofty and deep golden brown all over, 40 to 45 minutes. If browning too much, cover the top with foil in the final minutes of baking.