

Plains Bison with Saskatoons and Wild Rice

Recipe from *Histoire de la cuisine familiale du Québec*, volume 5
by Michel Lambert (Éditions GID)

Serves 4

Prep time: 2 hours

Ingredients

4 bison tournedos, ¼ lb (125 to 150 g) each

½ cup (125 g) wild rice

½ cup (125 g) parboiled rice

½ cup (125 g) sliced mushrooms

1 chopped onion

4 slices of bacon

2 Tbsp. (30 g) chopped hazelnuts

2 Tbsp. (30 g) chopped parsley

4 handfuls mesclun

Marinade for the tournedos

2 Tbsp. (30 mL) vegetable oil

1 Tbsp. (15 g) smoky barbecue spice

1 Tbsp. (15 mL) red wine vinegar

Vinaigrette for the mesclun

4 Tbsp. (60 mL) canola oil

2 Tbsp. (30 mL) saskatoon berry jam

1 Tbsp. (15 mL) balsamic or raspberry vinegar

1 tsp. (5 g) mustard powder

Salt and pepper to taste

Directions

1. Prepare the marinade by mixing the oil, vinegar and spices. Coat the tournedos with this mixture and let marinate for 1 hour at room temperature.
2. Cook the 2 types of rice in different pots with salted water. Allow 20 minutes for the parboiled rice and 40 minutes for the wild rice. Once the rice is cooked, drain it and put it in cold water. Set aside.
3. Cut the bacon slices into ½ cm strips and cook them in a pan. Save some of the bacon fat for the bison tournedos.
4. In the pan containing the bacon and remaining cooking fat, add the chopped onion and sliced mushrooms. Cook for 4 to 5 minutes over medium heat to soften the vegetables and get some colour on them.
5. Lower the heat and add the 2 cooked rices, chopped hazelnuts and parsley to the mixture. Mix all ingredients well and season to taste. Pour into a serving dish.
6. Clean the pan and cook the bison tournedos to the desired doneness with the saved bacon fat. Season to taste.
7. Arrange 1 tournedos, ¼ of the rice and vegetable mixture, and 1 handful of mesclun on each plate with some vinaigrette drizzled over the salad.