

Bison Bourguignon with Dumplings or over Noodles

(Serves at least 4 – 6 people)

Ingredients

2 lbs. Bison Steak or Roast	1/4 Cup Barley
2 Large Potatoes	1/2 Cup White Beans
2 Tomatoes	1/2 Cup Green Beans
2 Stalks of Celery	Spices to taste, ie salt, pepper, onion powder, garlic, basil, bay leaf, etc.
2-3 Large Carrots	12" Deep & 10" Dutch Ovens
3 Large Mushrooms	Charcoal or charcoaled wood
3 Cans of Beef Broth	
1 C Red Wine or 1/2 C Whiskey	

One of the nice things about a stew is you can substitute anything with what is currently available. I sometimes use turnips, zucchini or patty pan squash, pearl onions, peppers, etc. if they are available in place of, or in conjunction with, the above.

Cut the Bison into 1" cubes and dredge in flour, coating all sides. Saute the Bison in oil until brown in the 10" Dutch. Transfer to the 12" Dutch. Put broth and spices in the 10" Dutch and heat while working on the rest. Cut up all the other ingredients into small pieces and add to the Bison. Mix well and add about 1/2 of the Beef Broth/spice mixture (keep the rest warmed for later use). The mixture should be totally under liquid. If needed add some water or water/bullion until about 3/4" over solids. Cook for a minimum of 2 hrs. Can go longer – another nice thing about stews. About 1 hour before dinner, stir in the rest of the reserved liquid and the wine or whiskey (liquid should be 1 to 2 inches above solids).

15 minutes before serving, add dumplings to the stew. If gravy is desired remove 1 C of broth (make sure liquid is still above solids, add water if necessary). Re-cover and serve with the dumplings &/or over noodles.

Dumplings

Ingredients

1 1/2 C Flour
3 Tsp Baking Powder
3/4 Tsp Salt
3/4 C Milk
3 TBL Salad Oil

Combine all dry ingredients, make a well and add oil and milk. Mix well. Drop mixture from a tablespoon atop the bubbling stew. Re-cover and cook for 15 minutes.

A nice tossed salad, melons and/or oranges goes well with the meal.