



# Premium Buffalo Meat

Phone: (403) 343-0683

Email: yrranch.ca @ hotmail.com

## Buffalo Cooking Tips

Buffalo meat is similar to beef and is cooked in much the same way. The taste is often indistinguishable from beef, although Buffalo tends to have a fuller, richer (sweeter) flavor. It is not "gamey" or wild tasting. Buffalo is very low in fat, cholesterol, and is high in protein, vitamins and minerals. Fresh cut Buffalo meat tends to be darker red and richer in color than many of the other red meats.

The lack of fat insures that Buffalo meat will cook faster. Fat acts as an insulator - the heat must first penetrate this insulation before the cooking process begins. Marbling (fat within the muscle) aids in slowing down the cooking process. Since Buffalo meat lacks marbling, the meat has a tendency to cook more rapidly. Caution must be taken to ensure that you Do Not Over Cook Buffalo.

Buffalo may be used with any of your favorite beef recipes if you remember a few basic tips:

- When oven broiling, move your broiler rack away from the heat about a notch lower from where you normally broil your beef steaks. Expect your buffalo steaks to cook 1/3 faster than normal. Buffalo steaks are best when cooked rare to medium rare. It is not recommended to cook Buffalo meat past medium.
- If you normally cook your roast beef at 325 F, turn your temperature down to around 275 F for Buffalo. Plan on the roast being done in about the same amount of time as with a comparable size beef roast. To insure the temperature you prefer, we recommend using a meat thermometer indicating the internal temperature. Again, rare to medium rare is recommended. Looking for an easy way to prepare a tender, mouth watering roast... try this. Take your frozen roast out in the morning and place into a slow cooker (crock pot), add the contents of one dried onion soup packet with three cups of water. Turn crock pot to low setting and leave simmer for 9-10 hours, turning over occasionally. Remove and serve. Use the both for making gravy or simply pour a little over the meat.
- Ground Buffalo is also leaner (ranging from 90-95% lean). It will also cook faster so precautions must be taken to not dry out the meat by over cooking it. There is very little shrinkage with Buffalo burger - what you put in the pan raw will be very close to the same amount after you cook it. Pre-formed patties tend to dry out just a little faster when grilling. (Hint: the thicker the patty, the juicier the burger). Medium-rare to medium is best. Although ground Buffalo is leaner, there is no need to add fat to keep it from sticking to the pan or falling apart.

All Buffalo meat, no matter the leanness, has enough available fat in it to allow it to cook properly. The great thing about ground Buffalo is that you don't need to drain off any grease from the pan, the burgers don't shrink, and it's healthy and tastes great!

- Buffalo breakfast sausage is best cooked by using a frying pan at medium heat. First brown the sausage and add 1/4 cup of water to the pan turning sausage occasionally. Continue to cook until water has boiled away and then serve.
- Looking for a quick and delicious way to prepare your Buffalo smokies... try this. Take frozen smokies and place into boiling pot of water, cook for approximately 5 minutes. Remove smokies from pot, cut diagonally into bite size pieces and sear in frying pan until lightly browned. Serve and enjoy.

## Buffalo Steak – Grilling/Barbecuing Buffalo Steaks

Steaks recommended for grilling/barbecuing include Filets (Tenderloin), Sirloins, Rib Eyes, Rib steaks, T-Bones and New York Strips. Cooking time is important in order not to overcook your steaks. Total cooking time will depend on the thickness of the steaks and the temperature of the grill or pan. Times below based on total cooking time.

1" Thick	Rare: 6-8 minutes	Medium: 10-12 minutes
1 1/2" Thick	Rare: 10-12 minutes	Medium: 14-18 minutes
2" Thick	Rare: 14-20 minutes	Medium: 20-25 minutes

(Note: Well done Buffalo steaks are not recommended. Due to the leanness of the meat, Buffalo has a tendency to become dry when overcooked because of the lack of fat in the meat.)

## **Our 100% Natural Buffalo Meat**

**All our Smokies, Sausages, Pepperoni, and ground buffalo are made from minimum 90% lean trim: no additional fat, MSG, or other by-products are ever added like in other store bought brands. This makes Buffalo the ideal meat for anyone concerned about what is going into their meat and into their mouth. All our meat is government inspected and sold frozen in individually vacuum packed clear bags so you can see the quality you are paying for while sealing in the freshness. With consumers demanding better quality and leaner cuts of meat, Buffalo is the ideal alternative.**