

*A recipe from*

# DAD'S CHILE COOKBOOK



Heat Rating:



## Bison Roast Tex-Mex Style

Bison is one of the leanest, tastiest meats you can buy. It's not cheap, but boy is it good for you! This recipe has a distinct Tex-Mex aroma and taste...

*4 lb bison eye-of-round roast*

*1 tsp cumin seeds*

*1½ tsp whole coriander seeds, cracked*

*2 tsp Worcestershire sauce*

*2 Tbsp lime juice (1-2 limes)*

*1 Tbsp prepared mustard*

*2-3 tsp minced garlic*

*1 cup Spicy V-8 Cocktail Juice*

*2 jalapeños, seeded, minced*

*2 cup medium heat, chunky salsa*

*1 to 2 Tbsp canola oil*

*2 lb carrots*

*1 bunch fresh cilantro leaves, chopped*

Trim silver skin from roast and set aside. Toast cumin seeds for 1-2 minutes in a dry cast-iron skillet over medium-high heat. Don't over-toast! In a medium mixing bowl, combine both seeds with everything up through chunky salsa; retain.

Heat oven to 275°F. In a 5-6 qt Dutch oven over medium-high heat, add oil and brown the roast on all sides. Pour sauce over roast and place in oven. Roast for 3½-4 hours, turning roast every 45-60 minutes to coat with sauce. When meat reaches 200-205° F, remove from oven and let cool to room temperature. Cover and refrigerate overnight.

Heat oven to 300° F. Split carrots, then cut into 2-inch pieces. Add carrots to Dutch oven and reheat roast for 1½-2 hours, or until carrots are tender and roast is heated through. Let stand for 10-15 minutes, then slice across the grain into servings. Top with cilantro and serve with pan sauce as gravy.

Yield: Six to eight servings

Preparation time: 20 minutes

Cooking time: 6 hours over two days

