

The logo features the words "School of Cooking" in a black cursive font, with "Martin's" in a red sans-serif font positioned above the "o" in "School". The text is set against a light green horizontal bar.

Everyday Bison

Hosted by Chef Pete Pica

April 23, 2009

**Martin's Super Markets at Heritage Square
Mishawaka, Indiana**

Grilled Buffalo Steak Argentinean-Style

Ingredients

For the steak:

2-20 ounce buffalo New York strip steaks, 1 3/4 to 2 inches thick

Olive oil

coarse salt and freshly ground black pepper to taste

For the chimichurri sauce:

3 bunches flat-leaf parsley

5 large garlic cloves

3/4 cups extra-virgin olive oil

1/2 cup white-wine vinegar

1/2 teaspoon crushed red chili pepper

Coarse salt and freshly ground black pepper to taste

Instructions

Prepare the grill (brush grate clean, oil grate, then light grill). Grill steaks on a hot charcoal fire for 6 to 8 minutes per side for medium-rare. Transfer steaks to a platter; brush with olive oil and season with coarse salt and freshly ground black pepper. Let the steaks stand for 10 minutes. To make the sauce, combine all the sauce ingredients in a food processor and pulse until smooth. Slice the steaks crosswise and serve with the chimichurri sauce and any juices that have accumulated on the platter.

Marinated Buffalo Rib eye

Ingredients

1/2 cup balsamic vinegar	1 teaspoon Worcestershire sauce
1/4 cup soy sauce	1 teaspoon onion powder
3 tablespoons minced garlic	1/2 teaspoon salt
2 tablespoons honey	1/2 teaspoon liquid smoke
2 tablespoons olive oil	flavoring
2 teaspoons ground black pepper	1 pinch cayenne pepper
	2 (1/2 pound) buffalo rib-eye steaks

Instructions

1. In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.
2. Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.
3. Preheat grill for medium-high to high heat.
4. Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

Southwestern Buffalo Shepherd's Pie

Ingredients

1 large onion (8oz), Chopped
2 garlic cloves, minced
1 carrot (3 oz), shredded
1/2 lb mushrooms, cleaned and sliced
1 lb ground buffalo
1 tsp dried oregano
1/2 tsp ground cumin
1/2 tsp dried thyme
1/4 tsp freshly ground pepper
1 tbsp all purpose flour
1 cup beef broth
1/3 cup red wine
2 tbsp tomato paste
vegetable cooking spray as needed

For the topping:

1 lb potatoes, peeled and cut into chunks

4 tbsp milk

½ tsp salt

2 tbsp jalapeno peppers, minced

1 tbsp fresh cilantro

¼ tsp paprika

3 tbsp Monterey jack cheese

Instructions

In a large nonstick skillet, sauté onion, garlic, carrot, and mushrooms over medium heat, stirring occasionally, until vegetables are wilted and pan liquids are absorbed, about 6 minutes. Crumble in the ground buffalo and continue to cook, stirring occasionally, until the buffalo is well browned, about 5 minutes. Drain off any excess fat. Add oregano, thyme, cumin, and pepper. Sprinkle flour over the beef mixture and stir. Add beef broth, wine, and tomato paste. Stir until well combined. Lightly spray the inside of a 2 quart casserole with cooking spray. Transfer meat mixture to the prepared casserole. Set aside while you prepare the topping. Place the potatoes in a pot of boiling water to cover. Reduce heat and simmer until tender when pierced with a fork, 15 to 20 minutes. Drain. Mash the potatoes, adding sufficient skim milk until the potatoes are fluffy. Stir in the salt, minced jalapeño chilies, cilantro, and scallion. Spoon the potato mixture onto the top of the meat mixture, making swirls with the back of a spoon. Sprinkle with paprika and cheese. Bake, in a 375F (190c) for 40 to 45 minutes, until golden and bubbly. (since the casserole will be full, it may bubble over, so place a sheet of aluminum foil under the casserole to catch any drips.) Serve hot.