



THE HEALTHY FRONTIER

At your service since 1997



**OUR BISON ARE RAISED WITH NO HORMONES, NO STIMULANTS
AND NO ANTIBIOTICS BISON MEAT IS HIGH IN IRON AND LOW IN FAT**

Northfork Bison gives you the opportunity to discover the taste of their hunter-gatherer ancestors by delivering our meat to your door. So, whether you're in the city or living in the country you can enjoy our great tasting meats any time.

Bison meat contains 23% to 30% more protein than beef.

Contains 25% of the fat content of beef

No gamey or wild after-taste

From free-range raised Bison

Federally approved facility

Product of Canada

RECIPE FOR KALBI MARINATED BISON MEDALLIONS

Bison Medallions are thick and juicy. These little gems are easy to cook up and there are many ways to serve them.

Bison medallions are easy to cook with just a bit of salt and pepper added.

This recipe with a Korean marinade adds an exotic zing to Northfork Bison medallions.

It's fast and easy to cook and makes for a lovely presentation.

It's healthy, lean and tastes terrific.

See how fast you can get a gourmet dinner on the table.

Ingredients:

2 Bison Medallions
2 Tbsp onion puree
1 Tbsp Garlic
1 Tbsp Ginger
¼ Cup Soy Sauce
1 Tbsp Sugar
1 Tbsp Mirin
1 Tbsp Sesame Oil
Fresh Cracked Pepper To Taste

Cooking Method:

Puree an onion with a food processor to get the 2 tbs. required. Add and mix all the other ingredients in a bowl. Add the medallions with the marinade to a container or a ziplock bag. Let marinate for at least 3 hours but not more than 12 hours in the fridge.

Add a splash of oil to the fry pan. When pan is hot add the marinated and drained bison medallions. Cook a few minutes per side.

Take them off the stove and allow the medallions to "rest" covered in foil for a few minutes. Meanwhile add 1 – 2 tbs. of water to fry pan.

Fry vegetables in the marinade.

Serves 2

