



THE HEALTHY FRONTIER
LA FRONTIÈRE NATURELLE

at your service since 1997



ELK 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.

Elk 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

Elk medallions make for an easy and elegant meal.
Add some pizzazz and serve up some elk!
Elk tastes great!

RECIPE FOR BISON OR ELK MEDALLIONS WITH CRANBERRIES

Prep time : 2 hours. Cook time : 20 minutes

Quantity : 4 people

Ingredients:

4 Elk medallions
250 ml (1 cup) light white wine
1 shallots , chopped
1 stalk of thyme
Salt and pepper freshly ground
Butter and oil

Sauce:

250 ml (1 cup) chicken, beef or elk stock
60 ml (1/4 cup) dried cranberries
60 ml (1/4 cup) 35 % cream
Salt and pepper to taste

Cooking Method:

Marinate the medallions in the wine and shallots for 2 hours
Remove the elk or bison medallions (reserve some of the marinade), dry the medallions and saute them in the oil and butter mixture
Cook 3 – 5 minutes per side. Place on a plate and cover with foil. Let sit for about 10 minutes.

Pour the reserved marinade into the saucepan, and heat on high heat. add the stock and cranberries and reduce the liquid by half. Add the cream, bring the sauce to the desired consistency and correct the seasoning to your taste.

Plate elk medallions and drizzle with sauce. Serve with greens, and mixed vegetables.

