

Buffalo may be used as a healthy substitute for your favorite beef recipes if you remember a few basic tips:

- Ground buffalo or buffalo burger is also leaner (most ranging about 88-92% lean). It will also cook faster so precautions must be taken to not dry out the meat. There is very little (if any) shrinkage with buffalo burger – what you put in the pan raw will be close to the same amount after you cook it. Pre-formed patties tend to dry out faster when grilling. (Hint: the thicker the patty, the juicier the burger.) Again, rare to medium rare 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 meat, no matter the leanness, has enough fat available to cook it properly. The great thing about ground buffalo is that you don't need to drain off any grease from the pan.

GENERAL FOOD SAFETY TIPS

- “DANGER ZONE” (40° to 140°F)
Keep cold food cold – at or below 40°F.
Keep hot food hot – at or above 140°F.
- When heating or cooling of food it is important to travel through the “Danger Zone” temperatures as rapidly as possible.
- If not going to consume hot food right away, it's important to keep it at 140° F or above.
- Leftovers must be put in shallow containers for quick cooling and refrigerated at 40°F or below within two hours
- Always thaw product in refrigerator

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BUFFALO



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BUFFALO MEAT IS DEFINITELY A BETTER BUY

Today, health conscious Americans have a choice! A red meat source that is low in fat, cholesterol and calories, yet is high in protein, vitamins and minerals. All natural, healthful and great tasting, all in one package! The “Great American Bison” is making its way to the dinner plate of consumers. Bison is the true name for the animal we commonly call “Buffalo”.

The benefits of buffalo meat lie in the basic nature and biological attributes of buffalo. Biologically, buffalo do not marble (put fat in the muscle). The result is more meat (protein) and less fat (calories) per pound. Research data on buffalo meat makes this animal even more impressive. Most of the reports on buffalo meat come from unpublished data by the Human Nutrition Information Service of the USDA. The table below shows a comparison of buffalo with other various domestic meats in several nutritional categories.

3-OZ, SERVING (ROASTED)	CAL	% PROT.	% FAT	CHOL. (mg)
BUFFALO	159	35	2.8	39
BEEF	192	27	27.9	73
PORK	198	26	25.0	79
CHICKEN	162	23	14.0	76

USDA HUMAN NUTRITIONAL INFORMATION SERVICE 1979

While the price per pound of buffalo may seem a little higher than that of other meats, it is important to understand that when comparing the outstanding qualities of buffalo, the consumer is receiving a bargain!

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 low in fat and 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 – 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 insure that you do not overcook buffalo.

GRILLING BUFFALO STEAKS

Cooking time is important in order **not** to **overcook** your steaks.

Total cooking time will depend on the thickness of the steaks:

1” thick	Rare.....6 to 8 min.	Medium.....10 to 12 min.
1 ½” thick	Rare....10 to 12 min.	Medium.....14 to 18 min.
2” thick	Rare....14 to 20 min.	Medium.....20 to 25 min.

(NOTE: Well-done buffalo steaks are not recommended. Due to the leanness of the meat, buffalo has a tendency to become dry when overcooked.)

BROILED BUFFALO STEAK

Rub your favorite cut of steak with a combination of a little garlic salt, cooking oil, ground black pepper and lemon juice. The lemon will make it tangy and gives zippy flavor.

BUFFALO KABOBS

Cut 2 pounds of buffalo steak in 1” chunks. Marinate buffalo overnight in:

1 cup dry sherry	½ teaspoon dried, thyme
¼ cup vegetable oil	1 teaspoon salt
3 tablespoons onion soup mix	1 small clove garlic

Zucchini, cut in 1” chunks
Green or Red Pepper, cut in ½” chunks
Onions, whole mushrooms
Cherry tomatoes for adding at end

Alternate meat and vegetables on skewer. Barbecue 4 to 6 inches from heat until browned (8 min. total broiling time). Add a cherry tomato to each skewer after broiling.

REMEMBER: THE SECRET IS NOT TO OVERCOOK IT