



Buffalo Girl Cooks Bison

Jennifer Bain

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Buffalo Girl Cooks Bison is the first comprehensive contemporary bison cookbook for a general North American market. With more than 100 well-tested, delectable recipes, Bain ensures that you'll have plenty of culinary inspiration for every cut of bison.

Recipes include Bison + Cheddar Biscuits, Quinoa + Kale Bison Soup, Maple-Whisky Bison Burgers, Southwestern Braised Bison Short Ribs, Pan-Fried Bison Liver with Dijon-Shallot Cream Sauce, and many more.

Bison are primarily grass-fed as well as hormone and antibiotic free. And their meat is naturally lean and high in protein, iron, and omega-3 essential fatty acids.

In *Buffalo Girl Cooks Bison*, you'll also meet prominent bison ranchers from all over the United States and Canada who share their rowdy and riotous adventures. They champion "ethical carnivorism": meeting what you eat, caring about how an animal is raised, and being respectful enough to eat every available part.

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