

## Buffalo Recipes

Buffalo is a very lean meat. It resembles beef more than any other red meat. Buffalo is low in fat, cholesterol, and calories, yet high in vitamins and minerals.

### Buffalo cooking tips

Buffalo meat is similar to beef and is cooked in much the same way. Caution must be taken to insure that you do not overcook buffalo. When broiling buffalo, move your broiler rack away from the heat--about a notch lower from where you normally broil your beef steaks. If you roast beef at 325°F, turn your temperature down to around 300°F for buffalo. Ground buffalo or burger is also lean. It will cook faster so precautions must be taken to not dry out the meat. Although ground buffalo is leaner, there is no need to add fat to keep it from sticking to the pan or falling apart.

### Buffalo Cheeseburger Pie

1lb. buffalo burger  
1 egg  
1/3 cup chopped green onion (including tops)  
3/4 cup corn flake crumbs  
3Tbs. picante sauce  
salt and pepper to taste

1/3 cup onion  
2 Tbs. margarine  
1/2 cup shredded sharp cheddar cheese  
1/4 cup corn flake crumbs

Combine first set of ingredients and mix lightly. Press into bottom inside of 9" pie plate and bake at 400°F for 15 minutes. Remove and turn oven down to 350°F. Saute onion in butter. Combine onion, picante and cheese; toss lightly and spoon onto meat shell. Melt remaining butter and add to crumbs. Sprinkle over cheese mix and bake an additional 10 minutes. (This can also be cooked in the microwave.)

### Red and Black Bean Buffalo Chili

1-12 pounds ground buffalo meat  
2 T chili powder  
1 large red onion, diced  
2 T tamari sauce/salt to taste  
3 cloves garlic, minced  
1 T ground cumin  
1 each, diced: red, green, yellow pepper

1 T honey, if desired  
2 t crushed red pepper flakes  
2 large tomatoes, diced  
Chopped fresh cilantro  
2 ears sweet corn, shucked, kernels cut from cobs  
3 cups each, cooked: red beans and black beans

Cook meat in large non-aluminum Dutch oven until no longer pink. Stir in remaining ingredients except cilantro. Simmer gently, partially covered and stirring frequently, 40 to 45 minutes. Taste and adjust seasonings. Add cilantro at serving time. Serves eight.

### Buffalo Lasagna

1 lb. Buffalo Burger  
1 Clove garlic, minced  
1 6oz. can tomato paste  
1 Tbs. basil  
1 1/2 tsp. salt

To prepare meat filling, brown burger with garlic, basil and salt. Add tomato paste and simmer uncovered for 30 min.

### Cheese Filling:

3 cups cottage cheese  
1/2 cup grated Parmesan cheese  
1 lb. mozzarella cheese  
2 Tbs. parsley flakes  
2 beaten eggs  
1/2 tsp. pepper  
2 tsp. salt

Slice mozzarella cheese. Prepare lasagna noodles as directed on package. Place 1/2 of the prepared noodles in bottom of 13 by 9 inch pan. Over noodles, spread 1/2 cheese filling, 1/2 meat filling, 1/2 slices mozzarella. Lay the rest of the noodles over mozzarella and repeat the procedure. Bake at 375 F. for 30 min. Let set for 40 min. before cutting

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