

Cedar & Sage Bison Stew

Serves 6-8

Chef Sean Sherman inspired this Bison Stew. I took his base recipe for Cedar-Braised Bison and put my own spin on it. It's different, delicious and feeds a crowd. Serve with Corn Cakes and Wild Rice Succotash. Save the water from boiling your wild rice to use as the liquid for this stew. If you don't have cedar in your back yard and need to forage for some make sure that the tree is growing well away from the road to avoid any contaminants. Hominy grits aren't easy to find in Canada. Bob's Red Mill does make Southern-Style white corn grits and you can order on-line. The grits act as a thickener for the stew and add a nice texture.

- 2 pounds bison stew meat
- 1 tablespoon kosher salt
- 2 tablespoons maple sugar
- 3 tablespoons sunflower oil
- 4 cups wild rice stock or water
- 1 cup white hominy grits
- 1 tablespoon ground sumac
- 1/2 cup maple syrup
- 4 sweet potatoes, diced
- 2 – 540ml cans white beans, drained and rinsed

Cut the stew meat into bite sized pieces if needed. Dry the meat well and season with the salt and maple sugar.

Combine 2 cups of the wild rice stock, grits, sumac, maple syrup, and sweet potatoes in the crock of a slow cooker.

Place a large skillet over high heat. Add the sunflower oil and then the bison. Sear the meat in batches if necessary and brown well on all sides. Remove the batches as they're done to the crock pot. When the final batch has finished browning add the remaining wild rice stock to the pan and scrape all the brown bits off the bottom with a wooden spoon. Add the sage and cedar sprigs to the pan and bring to a boil. Add the mixture to the crock pot.

Cook on low for 6 hours or until the meat is tender. Stir in the beans and cook for an additional 30-60 minutes.

If you do not have a crock pot cook the stew in a large Dutch oven at 275°F for 3-4 hours before stirring in the beans.