

Chef David Everett's
Blue Talon Bistro
MARINATED BISON SKIRT STEAK
or HANGING TENDERLOIN®
(serves 25-50)

Ingredients

4 lb.	Bison Skirt Steak or Hanging Tenderloin (Hanger Steak)
16 oz.	Soy Sauce
6 oz.	Lavender Honey
6 sprigs	Assorted Fresh Herbs
3 ea.	Garlic Cloves - sliced thin
1/2 cup	Dry White Wine
	Sea Salt - to taste
	Freshly Ground Pepper - to taste
	Grape Seed Oil

Directions

In a mixing bowl combine the honey, soy sauce, sliced garlic and fresh herbs.

Trim clean the skirt or hanger steaks of excess fat or sinew. Place the steaks in the marinade and allow to soak for approximately 2 hours.

Heat a large, non-stick skillet to a high heat and add 1/4 cup of grapeseed oil (grapeseed oil has a much higher smoking point than most oils). Lay three or four pieces of steak in the skillet carefully and sear until each side has a good crust. Remember, bison is exceptionally lean meat and should not be cooked past medium rare to keep the meat tender. Skirt steaks, being thinner than hangers, will cook very quickly. Remove steaks to a warm place to rest until you are ready to slice them.

Remove steaks from pan and wipe out pan with a paper towel. Add grapeseed oil and repeat the process until the steaks are all cooked. With a sharp carving knife, slice the steaks against the grain and serve immediately. (*Note: hanger steaks have a heavy line of sinew right down the middle of the steak and the grain on each side runs in opposite directions. You will need to cut the steak away from the line of sinew and then carve each side separately.*)

Eggplant Vinaigrette

Cut 2 Eggplants in half lengthwise and roast in a 400 degree oven for 25 minutes (soft). Remove the flesh and puree in a blender with 2 cloves of garlic & 4 oz. of white wine vinegar. Slowly add approximately 8 oz of Extra Virgin Olive Oil, allowing oil to emulsify in the blender. Add salt & pepper to taste. Consistency will vary according to the eggplant, so be flexible.

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