



## **Bison Steak with Red Wine Shallot Sauce**

### **Ingredients:**

2 ten ounce bison strip steaks  
3 ounces of unsalted butter  
2 peeled and sliced shallots  
2 cups of Cabernet Sauvignon wine  
1/2 tablespoon of fresh thyme leaves  
Kosher salt and fresh cracked pepper to taste

### **Preparation:**

1. Season the bison on both sides with salt and pepper.
2. In a cast iron skillet on medium-high heat add in 1 ounce of butter and melt, and sear the seasoned bison strips for 4 to 5 minutes on each side for a medium rare internal temperature. Cook longer until the desired internal temperature is achieved.
3. Remove the bison from the pan and add the sliced shallots into the pan and caramelize.
4. Once roasted and browned, add in the wine and cook until it is reduced by one half and is thick and then remove from the heat.
5. Finish the shallot wine sauce by whisking in 2 ounces of butter, fresh thyme, salt and pepper.
6. Pour the sauce over the bison steaks.