



PAN-SEARED BISON STEAK

servings: 1-2

prep time: 30-35 min

cook time: 8-16 min

INGREDIENTS

- 2 T Seka Hills Arbequina extra-virgin olive oil
- 1 Native Wise Grass-finished Bison New York Strip or 2 Native Wise Grass-finished sirloins steaks
- Salt to taste
 - optional: The Warrior Blends Traditional Spice Blend or savory sage rub

DIRECTIONS

SAVORY SAGE RUB:

1. In a bowl, combine 3 T salt, 1 ½ T ground sage, and 1 T ground allspice. Stir until well mixed.

PAN-SEARED STEAK

1. Rub thawed bison steak with salt or seasoning mixture. Let steak come to room temperature (about 30 minutes).
2. Heat a heavy skillet over medium-high heat, then add oil.
3. Once oil is shimmering, add room temperature steak.
4. Let cook approximately 4 minutes per side, until steak reaches desired doneness.
5. Remove steak from heat, let rest for 5-7 minutes before cutting.

Bison Steak internal temperature guide:

Rare - 140 degrees

Medium Rare - 150

Medium - 160

Well done - 170