

AMERICAN RIVERS
TOUR
2017



BLACKENED BUFFALO MEDALLIONS

Adapted from chef Jacob Dibble's recipe
Lakeside Lodge, Island Park, Idaho
Serves 4

This dish is made with the trim and or chain from bison tenderloin. The chain is a long thin strand of meat running from the head of the tenderloin down the side. It includes a fair amount of connective tissue that should be cut away.

The whole loin includes 4 to 6 prime center cut filets that will weigh 6 to 8 ounces each after butchering. In addition to the prime filet cuts there will be trim to be used for side dishes, pasta, salads etc. This recipe is intended to make use of the additional trim meat and end pieces, including the chain, after butchering.

What you will need:

1 lb buffalo tenderloin chain & trim

(Slice into pieces about the size and width of your thumb.

Toss the sliced medallions in a bowl with Cajun seasoning.)

2 red onions, sliced into thick pieces

4 tablespoons butter

2 tablespoons sugar

For Cajun seasoning:

1 tablespoon paprika
1 tablespoon chili powder
1 tablespoon garlic powder
1 tablespoon dried thyme
½ tablespoon black pepper
½ tablespoon kosher salt
½ tablespoon celery salt
½ tablespoon onion powder
½ tablespoon cayenne

For Chipotle ranch:

½ cup mayo
½ cup buttermilk
½ cup sour cream
¼ cup red wine vinegar
1 tablespoon of chopped chipotle chili
½ tablespoon of adobo (from the chipotle chili can)
¼ cup cilantro
1 tablespoon chopped oregano

Once the skillet is hot, add the onions, butter and sugar, and stir.

Next follow with the seasoned bison medallions.

Cook for 2 minutes per side, remove and allow to rest, should be no more than rare to medium rare.

Mix the dressing ingredients in a bowl and store in the fridge until service, this should be made in advance.

To serve, place a small nest of greens on each plate, top with warm blackened buffalo medallions, then onions, and finish with 1 tablespoonful of chipotle ranch dressing.