

BISON VINDALOO

Time: 90 minutes (plus overnight marinating)

Serves: 4

Ingredients:

½ cup cane vinegar
6 garlic cloves
4 dried whole red chilies
1 tablespoon fresh ginger – roughly chopped
2 teaspoons paprika
1 teaspoon xylitol (or white sugar)
½ teaspoon ground cumin
½ teaspoon dry mustard
¼ teaspoon ground cloves
¼ teaspoon ground cinnamon
1 pound stewing bison cubes
2 tablespoons ghee
1 large onion – chopped
1 tablespoon tomato paste
1 ½ teaspoons kosher salt
2 tablespoons fresh cilantro - chopped

Preparation:

Place the vinegar, garlic, chilies, ginger, paprika, xylitol, cumin, mustard, cloves and cinnamon in a blender or food processor. Blend until smooth.

Place the bison in a bowl and pour over the marinade. Toss and cover then, refrigerate overnight.

Place a deep frying pan on medium heat and add the ghee. When the ghee is hot, add the bison and marinade, stirring occasionally for five minutes.

Stir in the onion, tomato paste and salt.

Reduce heat to low and cook covered for one hour. Remove the lid and increase heat to medium, stirring occasionally until the sauce thickens to a gravy-like consistency.

Remove from heat and serve topped with cilantro.

Nutritional Information Per Serving:

Calories: 229
Fat: 13g
Carbs: 5g
Fibre: 1g
Protein: 22g