

Bison Primavera Mac & Cheese

A Cajun/Oneida/Wisconsin Infusion

Serves 4 to 6 side dishes

INGREDIENTS	QUANTITY	PROCEDURE
Salted Butter	2-3 tablespoons	
Boneless Bison Meat	8 ounces	Cooked to medium & Sliced Thin
Cooking oil	¼ cup	For cooking the bison
Broccoli Florets	2 cups	Trimmed and ruff chopped
Red onion	¼ onion	
Grape tomatoes quartered	½ cup	
Cajun Spice	1 tablespoon	Or salt and pepper
Bourbon Cheese Sauce		
Rum	1/3 cup	Dark or any liquor (optional)
Heavy Whipping Cream	1 cup	
Cheddar cheese	1 ½ cups	Or your favorite cheese
Hot Sauce	1to 2 tablespoon	Optional
Green Onion	2 sprigs	Sliced thin at an angle/Garnish
Penne Rigato	½ pound	Any noodle pasta besides spaghetti like
Parmesan Cheese	½ cup	Garnish or any sliced cheese

1. Boil ½ pound of pasta according to the directions on the box. Set aside when done making sure not to overcook them. Strain and toss in a little oil to keep from sticking.
2. Heat a large frying pan with about 2 tablespoons of butter on a medium-high heat.
3. Add in the broccoli, onion, and Cajun spice then suttee for about 2 minutes mixing constantly. Toss in the grape tomatoes and set aside.
4. Make sure your bison is clean of fat. Season well on both sides with Cajun seasoning and set aside.
5. Add in your cooking oil on a medium high heat and allow it to get hot. (about 1 minute)
6. Carefully place the steak and cook on both sides about 3 minutes each to a medium. There should be a little pink in the middle. (Do not overcook as Bison is supper lean.
7. Using the same pan add in the rum and flambé.
8. Add in the cream thing bring to a boil. (about 2 minutes)
9. Turn your stove down to a medium heat and add in the cheddar cheese a little at a time making sure it is mix well. Continue to add the cheese stirring to make a smooth cheese sauce.
10. To the cheese sauce add the veggie mix and pasta and mix well until all is coated with the cheese.
11. Top each dish with Bison slices
12. **Presentation:** Serve in as a side dish or a stand-alone meal. Garnish with Reserved Parmesan cheese and Green onions. o