

The Beefalo Buffet

Beefalo Beef! Anyway you fix it, is always your best choice!

Why not share your favorite recipe in the Beefalo Buffet? Send it in today!

Beefalo Salisbury Steak

4 strips bacon
2 pounds ground Beefalo
1 tablespoon chopped onion
¼ teaspoon liquid smoke
1 tablespoon minced green pepper
1 tablespoon chopped parsley
1 teaspoon salt
½ teaspoon pepper

Chop bacon and mix lightly with meat, onion, green pepper, parsley and seasonings. Shape into cakes and place them 3 inches under broiler heat. Broil 10 minutes, turning once. Serves 6.

Stuffed Beefalo Roll

1 flank steak
1 egg, beaten
1 cup minced carrots
½ cup minced onion
¼ cup chopped celery
½ cup cooked tomatoes
1 teaspoon parsley
1 teaspoon salt
1 cup soft bread crumbs
¼ cup flour
½ teaspoon pepper
3 tablespoons fat
1½ cups hot water
2 cups mushrooms, if desired

Have flank steak deeply scored. Mix egg, vegetables, parsley, salt and crumbs together thoroughly. Spread vegetable stuffing on flank steak, roll and tie with string. Roll in flour and pepper; brown in hot fat in roasting pan. Add hot water and mushrooms, cover tightly and cook in moderate oven (325° F.) 1½ to 2 hours. Serves 6

Beefalo One Step

1½ pounds ground Beefalo (uncooked)
¾ cup rice, uncooked
1 teaspoon parsley
1 (10 ounce) pkg. frozen mixed vegetables
1 pkg. onion soup mix
1 can beef consommé
1 can cream of celery soup
½ soup can of water

Mix all of the ingredients together and turn into a buttered casserole. Cover and bake at 300° F. for 3 hours and serve.

Quick Cooking Tips

Herbs

Herbs add flavor and variety to meals and are especially important when cooking times are short and flavors have less time to develop. When you want to get the full flavor from your herbs, try these suggestions:

Store herbs in tightly covered containers in a dark place.

Do not freeze herbs or store them near hot appliances.

When using a dried herb, measure it first, then crush the leaves between your fingers to release the flavor and aroma. If the aroma is weak, the flavor will be weak, and the herb should be replaced.

For full flavor in recipes that cook quickly, add herbs at the beginning of cooking time.

To substitute a fresh herb for a dried herb, use three times the amount called for.

To substitute a ground dried herb for dried leaves, use half the amount called for.