



# Bison Tenderloin

## ► SOUTH SLAVE REGION



Photo: Janelle Minott



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### ABOUT THE CHEF

#### Tomas Barbuscak | Snowshoe Inn, Fort Providence NT

Tomas Barbuscak's cooking career started 18 years ago where he began in an Italian restaurant in his hometown of Slovakia. He loves traveling and worked all over England, earning his NVQ (Red Seal equivalent) but it was always a dream for him to come to Canada, which he realized in 2009. He now enjoys working as the head chef at the Snowshoe Inn café.

"This recipe challenge allowed me to be creative and was inspired by Fort Providence, located in the Mackenzie Bison Sanctuary. Deh Gah Go'tie Dene Band distributes over 10 bison tags to local community members annually, and I was able to secure some bison tenderloin from a community member. I prepared fresh bison tenderloin with a sweet potato purée, rainbow carrots, chanterelles mushrooms with demi glaze, topped with crispy onions seasoned with spruce tip infused salt, and garnished with micro greens. The sweet potatoes were harvested from a local gardener's Tupperware bin under a grow light, the carrots were harvested last fall and stored in a cold bin. The spruce tip infused salt is an NWT product available commercially and the micro greens were purchased from Northern Greens in Hay River.

I'm thankful for the opportunity to create a Northern inspired dish, Mahsi Cho!"



### WHERE TO FIND LOCAL FOOD

There are many places to purchase locally grown food in the South Slave. The ingredients for this dish were sourced from local gardeners in Fort Providence and Northern Greens in Hay River. Visit the Desnedé Farmers Market in Fort Smith or the Fisherman's Wharf in Hay River and you can also purchase locally raised chicken eggs in grocery stores.



### RECIPE INSTRUCTIONS

- 2 small sweet potatoes
- 3 medium carrots, whole
- Handful of chanterelles
- Handful of microgreens
- Spruce-tip salt

#### DEMI-GLAZE

- Bison knuckle bones
- 1 white onion, chopped roughly
- 1 medium carrot, chopped roughly
- 1 celery, chopped roughly
- Tomato puree (canned/homemade)
- Bay leaves
- Whole peppercorns
- Fresh thyme
- Fresh rosemary

Boil the sweet potato in water infused with the spruce-tip salt, then remove from water and purée using a blender. Blanch the rainbow carrots and then put in an ice bath. Finish cooking the carrots in a hot frying pan with butter and seasoning. Roast the roughly chopped onion, carrot and celery with the bison knuckles bones and tomato puree until bones they a darker colour. Add to cold water and bring water to simmer for approximately 8 hours. Strain the stock and keep reducing until you get the rich consistency of Demi glaze. The bison bones can be reused once again. Grill the tenderloin, serving it rare and add micro greens for the final presentation.



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