



Rub your favorite 6 oz. cut of Bison steak with a combination of a little garlic salt, cooking oil, and lemon pepper. Grill steaks 4-6" above medium hot coals (325° F) for the following times, depending on thickness of steaks.

1" thick

Rare = 6-8 minutes • Medium = 8-10 minutes

1 ½" thick

Rare = 8-10 minutes • Medium = 10-12 minutes

2" thick

Rare = 10-12 minutes • Medium = 14-18 minutes

**TIPS:**

Steak recommended for grilling/barbecuing include Rib Eyes, T-Bones, and New York Strips. Lesser quality Bison steaks are not recommended for grilling unless they have been marinated.

Using a fork to turn steaks punctures the meat, so use tongs for turning and keep those wonderful juices in the steak.

Bison steaks taste best when grilled to rare or medium (still pink in the center). Cooking time is important to avoid overcooking.

**Per 6 oz serving:**

234 calories

3.2g fat (12% calories from fat)

105mg cholesterol

91.8mg sodium