



Bison Tenderloin with CherryOnion Chutney

Savannah · 30/09/2024



Prep Time

15 mins

Difficult

Medium

Servings

2 hrs 10 mins

Description

A roasted bison tenderloin is served topped with a fruity cherry and onion chutney with the tang of balsamic vinegar in this elegant main dish

Ingredients

- - 1 tablespoon olive oil - 1 (3 pound) bison tenderloin roast - 1 teaspoon kosher salt - 1 teaspoon dried thyme - ½ teaspoon coarsely ground black pepper - 1 tablespoon olive oil - 1 ½ cups chopped onion - ¾ cup packed brown sugar - ¼ cup balsamic vinegar - ½ teaspoon ground cinnamon - ? teaspoon ground cloves - Dash cayenne pepper - 3 cups frozen tart red pitted cherries - 1 medium pear
- cored and chopped - Salt and black pepper

Instructions

1. Preheat oven to 425 degrees F. Brush the 1 tablespoon oil over bison tenderloin roast. For rub
2. stir together salt
3. thyme
4. and coarsely ground black pepper in a small bowl. Sprinkle mixture evenly over bison tenderloin; rub in with your fingers. Place bison tenderloin on a rack set in a shallow roasting pan. Insert an oven-going meat thermometer into center of the bison tenderloin. Roast
5. uncovered
6. for 1 hour 10 minutes or until meat thermometer registers 135 degrees F for medium rare. (For medium
7. roast for 45 to 50 minutes or until meat thermometer registers 150 degrees F.) Transfer bison tenderloin to a cutting board. Cover bison tenderloin with foil; let stand for 15 minutes. Temperature of the bison tenderloin after standing should be 145 degrees F to 160 degrees F. Slice bison tenderloin across the grain and arrange on a serving platter. Serve with Cherry-Onion Chutney. Cherry-Onion Chutney: Heat the 1 tablespoon oil over medium-high heat in a large skillet. Cook onions in hot oil for 8 to 10 minutes or until golden brown. Remove onions from skillet; set aside. Add brown sugar
8. vinegar
9. cinnamon
10. cloves and cayenne pepper to skillet. Bring to boiling; reduce heat. Add cherries. Simmer
11. uncovered
12. for 15 minutes. Add pears and cook for 5 more minutes or until pears are softened. Stir in cooked onion. Season to taste with salt and black pepper. Tips Note: Recipe developed and tested by the Better Homes and Gardens(R) Test Kitchen using High Plains Bison products.