



## **Chef Ray Bear Recipes**

### **Bison & Mushrooms**

Salt the steaks and let air dry for an hour in the fridge. Remove from fridge and bring back to room temp.

Add boiling water to hydrate the morels. Keep the water to add flavour to the sauce for later.

On a hot skillet with a small amount of Bear Fat, fry the Steaks, 2 minutes on each side, back and forth until the desired doneness is achieved. (130 degrees F)  
You may need to add more Bear fat as you are frying, creating an even crust on the steak. Also, don't be afraid to add some herbs and aromas to the pan for extra flavour. (Juniper, Peppercorns, garlic, etc.)

When the steak is done to your liking, please remove it from the pan. Keep the bear fat in the pan, add the mushrooms and the already hydrated morels—Cook the mushrooms and morels out for flavour and texture. Pour off any extra grease and add 1/4 cup of water to create some juices to serve with the steak.

Allow the steaks have rest for 4 minutes to be slightly cool enough to carefully move to the next

step, slice, season, and plate.

We will be garnishing with Pine Needle Ash.

### **Lobster**

Cook Fresh Live Lobster for 3 minutes in rolling boil of Seawater (or heavily Salted), remove from water and cool in ice water.

Remove Meat from the Shell and finish cooking in a small amount of season. Bear fat at low temp. For approximately 120 degrees F (48 degrees C) for 10 minutes.

Serve and season with salt.

### **Bannock (fry bread, flatbread)**

Rendered Bear fat for Frying  
2 cups of all-purpose flour  
4 tsp of Baking Powder  
1 Tbs of Salt  
1 1/2 of water

Mix the three first ingredients in a bowl, creating a well in the middle. Pour the water into the well and mix to make a dough. Don't over mix, or the bannock will become tough.

Fry in the hot Bear fat until golden on each side. Remove from skillet and let cool at room temp.

Serve.

### **Sunchokes**

Peel the Sunchokes and Toss in the bear fat and seasoning, roast in a preheated 350 degrees oven until done, approximately 20 to 30 minutes.

Serve them hot.