

Directions

In this assignment, you are asked to follow a recipe and make buffalo stew in your home kitchen. Afterwards, you are to submit photos, and a story of your adventures in cooking.

PROJECT ASSIGNMENT: MAKING BUFFALO STEW



PART I: BACKGROUND AND RECIPE:

The following recipe is from a book printed in 2003 called the Donner Party Cookbook. The author, Mr. Terry Del Bene is an excellent historian, and outdoorsman – with a wry sense of humor. Half the book is an excellent history of the Donner Party disaster of 1846; the other half contains over thirty recipes for the types of foods eaten by travelers on the western trails. This assignment asks you to make one of those recipes – the buffalo stew.

“Buffalo was available to the emigrants along much of the trail to California. It does not have the fat marbling of beef and tends to taste a bit more gamey. Most people find the taste quite pleasing. Shooting a buffalo along the way allowed the emigrants to save their cattle for the trip and otherwise stretch their stores of food. When roasting or frying buffalo, be careful not to overcook it.

Ingredients

3 – 4 pound buffalo roast
¼ pound salt pork
2 quarts water
2 onions
4 carrots
6 potatoes
1 clove garlic
¼ teaspoon rosemary
½ teaspoon sweet basil
1 tablespoon salt
1 tablespoon pepper

IMPORTANT NOTE!

This is a lot of stew! You might consider cutting this recipe in half for smaller appetites. 1 ½ pounds on the meat -- one onion, two carrots, and three potatoes for example. Consult with your parents about the recipe of course. [Editor]



Cut meat into stew-size pieces. Dice the salt pork and put it in a large kettle over medium coals. As the salt pork cooks, it yields grease. Add the buffalo meat to the grease and brown. When browned, add water and bring to a boil for 15 minutes. Reduce the heat to low. Dice onions, carrots, and garlic and add them to the kettle. Add salt, pepper, sweet basil, and rosemary. Quarter potatoes and add to the kettle. Cover the pot and allow to simmer for 2 to 3 hours. Serve piping hot.

The adventurous might wish to pour some pepper sauce or ground mustard seed into the mixture. If the meat is still tough, allow it to simmer another 1 to 2 hours until it becomes flaky.”

Edwards Meats at 12280 W. 44th Ave., Wheat Ridge, CO 80033 sells several different cuts of buffalo meat. The buffalo stew meat – cubed as in the photo above – runs \$9.95 a pound. Good luck!

PART II: ESSAY: Write a well-composed fourteen-sentence essay on the follow topic: Use your own paper – do not write on this assignment sheet.

ESSAY PROMPT:

Describe your efforts at making and eating buffalo. What did you learn about the Old West from this experience? What advice would you have for anyone else doing this assignment?

PART III: PICTURES: Get at least three pictures of you making/eating the buffalo stew and include them with your essay.