



CS Totanka Stew

Source: *Captain's Shack* Bob and Robin Young, Boise, ID

Prep: 10 min **Cook:** 2 hr **Yield:** 6 servings

PDF: CS-Totanka-Stew.pdf **Note:** This warm and hearty stew with bite sized of buffalo stew meat,

vegetables, potatoes, corn and peas. A Dutch oven or heavy saucepan is the best way to cook this buffalo stew. Classic Native American dish. Delicious! First time we had it was on the Shoshone-Bannock Reservation in Pocatello, ID. "Totanka" is the Sioux word for *buffalo*.

Ingredients:

- 1/4 c Vegetable Oil
- 1/4 c unsalted Butter
- 2 lbs Buffalo Hump Roast, cubed to bite sized pieces
- 1/2 c Red Wine
- 2 T Her de Provence
- 2 med White Onions, cut into chunks
- 6 cloves Garlic, diced
- 4 c Beef Stock
- 3 T Worcestershire Sauce
- 8 sprigs fresh Thyme
- 4 sprigs Rosemary
- 3 Bay Leaves
- 4 med Carrots, sliced on the diagonal
- 4 med Potatoes, diced chunky
- 4 stalks Celery, diced on the diagonal
- 2 c fresh Corn
- 2 c Peas

Directions:

Tie the thyme, rosemary and bay leaves into a bundle, keeping 1 end of the string long to help in removal.

Using a large pan, heat oil and butter. Add the buffalo meat and brown the meat on all sides. Add red wine, Herb de Provence, onions and garlic and cook until translucent. Add beef stock, Worcestershire sauce and the herb bundle and bring to a boil.

Add carrots, potatoes, celery, corn and peas. Continue to simmer until vegetables are tender, approximately 2 hours. Remove herb bundle.

Serve with fresh hot baked Bannock bread or toasted sourdough bread. Your choice!