Hassle-back maple / apple cider roasted squash
(Serves 4 – 6)

- 1 large butternut squash or
  2–3 small honeynut squash
  (about 3 lbs. total)
- 1 tbsp olive oil
- kosher salt, freshly ground pepper
- ¼ cup pure maple syrup, preferably grade B
  (local/Native preferred)
- 3 tbsp unsalted butter
- 2 tbsp apple cider vinegar
- 1 tbsp garlic powder
- 6–8 Dried bay leaves

**Step 1**
Place a rack in upper third of oven; preheat to 425°. Halve squash lengthwise and scoop out seeds with a large spoon. Using a peeler, remove skin and white flesh below (you should reach the deep orange flesh). Rub all over with oil; season with salt and pepper. Roast in a baking dish just large enough to hold halves side by side until beginning to soften (a paring knife should easily slip in only about ¼”), 15–18 minutes.

**Step 2**
Meanwhile, maple syrup, butter, garlic and apple cider vinegar to a simmer in a small saucepan over medium-high, stirring occasionally and removing until just thick enough to coat spoon, 6–8 minutes. Reduce heat to very low and keep glaze warm. Watch closely and do not burn.

**Step 3**
Transfer squash to a cutting board and let cool slightly. Using a sharp knife, score rounded sides of squash halves crosswise, going as deep as possible but without cutting all the way through. Return squash to baking dish, scored sides up, and tuck bay leaves between a few of the slices; season with salt and pepper.

**Step 4**
Roast squash, basting with glaze every 10 minutes or so and using pastry brush to lift off any glaze in dish that is browning too much, until tender and glaze forms a rich brown coating, 45–60 minutes.
Brave Heart Slow Roasted Buffalo
(Serves 4 – 6)

- 6-8 lbs. Buffalo chuck roast
- 1 stick of unsalted butter or 1 cup of duck fat
- 1 tbsp of kosher salt
- 1 tbsp of garlic powder
- 1 tbsp of smoked paprika
- 1 tsp of olive oil

Step 1
Pat dry roast with a paper towel to remove all moisture. Drizzle olive oil, add salt, garlic, and paprika.

Step 2
Generously rub both sides of the roast. You are rubbing the spices into the muscle of the meat. Work it, put your back into it. 5 min both sides.

Step 3
Turn on grill 400-450 degrees - full flame
Grill each side of the roast for 6 minutes. You are building a crust to retain moisture.

Step 4
Place in crock pot on high. Add stick of butter on top.
For 1 hour, reduce heat to low and cook for 8-10 hours.

Serve over squash.