

aged albertan beef by canoe

serves 2

ingredients

aged Albertan beef (wrapped in bacon)

jus

seasonal vegetables (parcooked)

evergreen butter

temperature probe

preparation instructions

- 1 Remove the beef from the fridge and leave at room temperature for 10 minutes, to temper the filet.
- 2 Preheat your traditional/conventional oven to 205°C/400°F. If you have a convection oven, preheat to 180°C/355°F.
- 3 Open the vacuum-sealed vegetables. Cut your vegetables to desired size; it's recommended to cut the onion at least one more time -- into halves.

cooking instructions

- 1 Pour 1tbsp of oil into a medium frying-pan, on medium-heat. Carefully lift the beef out of its container and place onto the pan. Liberally season with salt. Sear on all sides until golden brown.
- 2 Place the pan onto the middle rack of your preheated oven.
- 3 Cook the beef for 8 minutes.

- 4 Once the beef has been in the oven for approximately 5 minutes, place a medium frying-pan on the stove over medium-heat. Heat 1tsp of oil in the pan and add all vegetables, garlic & thyme. Cook for 5 minutes, or until vegetables start to brown. Season with salt & pepper to taste. Remove the pan from the stove and place it into the oven to continue cooking.
- 5 Using the temperature probe, pierce the width/short-side of the beef filet. Make sure the end of the thermometer reaches the center. Internal temperature should be 40°C/104°F.
- 6 Remove the beef & tray/pan from the oven and allow to cool/rest at room temperature for at least ten (10) minutes. Resting the beef is a very important step of the cooking process. **Note:** the beef will continue to cook while resting. Internal temperature will rise to approximately 54°C/130°F for medium rare.
- 7 Add evergreen butter to the pan of vegetables and return the pan into the oven for 5 minutes. The melted butter should coat the vegetables evenly.
- 8 Use a very sharp chef's knife to carve the beef in cross-cut slices.
Not length-wise!
- 9 Reheat the jus by using a saucepan or microwaving the mason jar.