

# aged albertan beef by canoe

serves 2

## ingredients

aged Albertan beef (wrapped in bacon)

jus

locally foraged + farmed spring vegetables en papillote

2 x corn on the cob with black garlic + citrus butter

temperature probe

Preheat your traditional/conventional oven to 205°C/400°F.

If you have a convection oven, preheat to 180°C/355°F.

## aged albertan beef

- 1 Remove the beef from the fridge and leave at room temperature for 10 minutes, to temper the filet
- 2 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. Place the pan onto the middle rack of your preheated oven. Cook the beef for 8 minutes.
- 3 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. 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.
- 4 Use a very sharp chef's knife to carve the beef in cross-cut slices. Not length-wise!
- 5 Reheat the jus by using a saucepan or microwaving the mason jar.

## locally foraged + farmed spring vegetables en papillote

*'En papillote' means any food wrapped in parchment paper and baked. This cooking method seals in the moisture and flavour. It's a great one-step method to cook veggies.*

Remove the aluminum foil parcel from the plastic bag; keep the foil parcel flat and level. Place the aluminum parcel onto a baking sheet on the middle rack of the oven. Bake for 12 to 15 minutes or until the parcel puffs up. Remove from the oven. Using scissors, cut open the parcel and carefully transfer the vegetables onto serving plates.

## corn on the cob with black garlic + citrus butter

Place the corn, in husks, onto a baking sheet in the oven. Cooks for 10 to 12 minutes. Remove the corn from the oven and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.