

# preparation instructions

## canoe | tomahawk

### bbq

#### 60oz bone-in angus tomahawk

- 1 30 minutes before cooking, remove the tomahawk from the fridge and bring to room temperature.
- 2 Remove the lid of the Herb de Provence + whipped beef fat butter. Place the container in the microwave for 2 to 3 seconds, or until butter is soft -- not melted. Throughout the cooking process, use the herb brush provided to brush softened butter onto the tomahawk.
- 3 Liberally season the tomahawk with salt and pepper. Place tomahawk on indirect heat and grill for 40 minutes. Flip the tomahawk every 10 minutes.
- 4 Let the steak rest for at least 10 minutes to allow the juices to redistribute. Carve the steak off the bone and slice against the grain.

#### 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 preheated barbeque, indirect heat. Cook for 12 to 15 minutes or until the parcel puffs up. Remove from the barbeque. 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, directly on a preheated barbeque. Routinely flip the corn, so it cooks evenly, for 10 to 12 minutes. Remove the corn from the barbeque and allow it to cool, until you're able to touch it with your hands. Peel back the husk and enjoy.

# preparation instructions

## canoe | tomahawk

### oven

Preheat your traditional/conventional oven to 205°C/400°F.  
If you have a convection oven, preheat to 180°C/355°F.

### 60oz bone-in angus tomahawk

- 1 30 minutes before cooking, remove the tomahawk from the fridge and bring to room temperature.
- 2 Remove the lid of the Herb de Provence + whipped beef fat butter. Place the container in the microwave for 2 to 3 seconds, or until butter is soft -- not melted. Throughout the cooking process, use the herb brush provided to brush softened butter onto the tomahawk.
- 3 Liberally season the tomahawk with salt and pepper.
- 4 If you have an oven proof pan like a cast iron skillet, large enough to fit the tomahawk, use canola oil to sear the steak on all sides over medium-high heat. Once the tomahawk is evenly browned on all sides, place it on a baking sheet and put it in the oven. Alternatively, you can put the steak on a rack fitted into a baking sheet, which will allow air to flow and evenly cook the steak on both sides.
- 5 If a large cast iron is not available, place the tomahawk on a baking sheet and put it in the oven. Again, you can put the steak on a rack fitted into a baking sheet for the same reasons listed above. Cook for 15 minutes at 245°C/475°F and then lower the temperature to 205°C/400°F.
- 6 Cook for about 20 minutes or until the internal temperature reaches 130°F-135°F for medium-rare, remember the internal temperature of the steak will continue to rise after coming out of the oven.
- 7 Let the steak rest for at least 10 minutes to allow the juices to redistribute. Carve the steak off the bone and slice against the grain.

### 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.