grilled beef paillards with mushrooms & aged cheddar

Paillard, which dates back to the eighteen hundreds, is named after a famous French restaurant of the era which created a signature dish from flattened veal, like scaloppini, that became part of culinary history. Think of this recipe as a meat-based pizza - exchanging the crust for a luscious base made of grilled beef, and the other ingredients on top. The mushrooms, the cheese, the zesty herb oil, and the fresh arugula harmonize perfectly with the taste of the grilled beef - it's a tried-and-true combination! Beef paillard is also very friendly with many other ingredients you might want to pair with it, making it easy to customize it to your personal taste. Just cook the beef and throw them on top! You may also substitute striploin or sirloin for the beef tenderloin. Serves 4.

ingredients

Zesty Herb Oil

1/2 bunch	Parsley leaves
1/2 bunch	Cilantro leaves
2	Green onions
2 Tbsp	Capers
2 Cloves	Garlic
1/2 Tbsp	Red wine vinegar
1/4 tsp	Chili flakes
1/4 cup	Olive oil
Sprinkle	Salt & pepper

Mushrooms

4 Tbsp	Butter
3 Tbsp	Shallots, minced
2 cups	Mushrooms, washed & cut in bite sized pieces
Sprinkle	Salt & pepper

Beef Paillards

4	Beef tenderloin steaks, 6 oz each
1/2 cup	Olive oil
Sprinkle	Salt & pepper
1 cup	Aged cheddar, crumbled
1 cup	Arugula

@chefrogalski

Chef Paul Rogalski is a renowned and passionate gastronomic leader and artist. He finds his inspiration in locally sourced ingredients, the natural environment, and the great people he works with every day. As co-owner and Chief Culinary Officer, Chef Paul leads the culinary vision and kitchen team at Calgary's acclaimed Rouge Restaurant. With his vision, the team achieved placement on the prestigious World's 50 Best Restaurants list – the only Alberta restaurant to ever do so. Today, Rouge remains the top ranked Canadian restaurant in the past 10 years.

His freestyle approach, unexpected ingredients, and culinary techniques grounded in his international experiences are all part of every dish Chef Paul creates. You can see him on Wild Harvest, his television series with Survivorman's Les Stroud, where he turns foraged ingredients into delicious meals.

1. **For the herb oil** (can be done in advance)**:** Combine all the ingredients and process until smooth, using a blender or food processor. If necessary, add a touch of olive oil to help blend them. Season to your taste with salt and pepper. Refrigerate until needed.

2. **For the mushrooms:** Melt the butter in a hot skillet, add the shallots, and then the mushrooms. Cook until tender and season to taste. Set aside and keep warm while preparing the beef.

3. **For the beef paillards** (can be done in advance)**:** Place each steak between 2 sheets of heavy-duty plastic wrap, then using a meat mallet or a small heavy skillet, pounding each piece until flat, approximately 1/4 inch thick. Remove the plastic wrap and refrigerate until needed. (If possible, pick up the beef from a local butcher and ask them to flatten it for you so that you can skip this step.)

4. **The rest of it:** Preheat your BBQ to its hottest setting and clean the grill. Remove beef paillards from the fridge, rub evenly with olive oil, and season both sides with a sprinkle of salt and pepper. Carefully place them on the grill and cook for two minutes, then carefully flip, and add an equal amount of cheese to each one and continue cooking for two minutes. The goal is to warm the cheese while the beef finishes. The paillard should be a nice “medium” doneness but depending on your BBQ, and your desired doneness, you might need to cook them a little longer or a little less.

   Note: Beef paillards cook very quickly, so have your BBQ as hot as possible before throwing them on the grill, allowing for the maximum “seared” flavour in the shortest amount of time.

5. **Final assembly:** Place each beef paillard directly from the BBQ to the individual serving dishes, followed by a splash of the zesty herb oil, a scattered portion of mushrooms, and a sprinkle of arugula.

6. Serve immediately and enjoy!

pairs well with...

Mates for Life
Coffee British Golden Ale by XhAle Brew Co.

A collaboration between mates, for mates. This UK-classic has subtle citrus and earthy hops on a dry, sweet-cracker base, balanced with cold-infused Calgary-roasted Dingo Coffee Co. beans for depth. Just like the connections we need.

Mates For Life is being released to promote the Centre for Suicide Prevention’s Buddy Up campaign, which is “a call to action for men, by men: champion men’s suicide prevention by having thoughtful, honest conversations with each other.”

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