

Serves 2

Québec pork filet in maple syrup

1 pork filet (remove the white membrane)
1 dark brown beer (Guinness)
Maple syrup (Canadian, not corn syrup)
1 red onion
75 g brown sugar
3 medium-size potatoes
250 ml heavy cream
250 g Canadian bacon
1 envelope onion soup mix
Olive oil
1 French shallot, diced
Dried oregano
Dried thyme
Salt
Pepper

1. Prepare the marinade for the pork filet: In a big resealable plastic bag, place the pork filet and the beer, maple syrup, diced red onion, brown sugar, thyme, oregano, salt and pepper. Allow to marinate for a few hours.

2. Prepare the potatoes: Cut the potatoes in thin slices and put them in a Pyrex (baking) dish into the oven. Pour the onion soup mix, cream, dashes of oregano, salt and pepper onto the slices and mix with your hands. Cover the dish with aluminum foil and cook in oven at 180 °C (350 °F) for approximately 1 hour (until soft). Remove foil and broil to give it a brown color and crispiness.

3. Prepare the pork: Remove the pork from the marinade and sear the filet on all surfaces with a bit of olive oil in a pan.

Remove the filet from the pan and wrap the bacon around the filet and put in oven at 180 °C (350 °F) for approximately 15 minutes.

4. Prepare the sauce: In the same pan used to sear the filet, caramelize the shallot with a bit of olive oil, then deglaze with the beer. Reduce, add the maple syrup and reduce again and add the cream, stirring frequently. Salt and pepper to taste.

5. Serve: Make a bed of potatoes on a plate, slice the pork filet in roughly 2 cm slices and lay them on top of the potatoes. Pour sauce over the filet to your liking.

Bon appétit!



Yves Patrice

#QuebecCulinaryTradition

"I have served this meal to family and friends, and everyone's loved it. Think about it: You first marinate a filet in Guinness with maple syrup, cook it and wrap it with bacon, then you pour cream in to make the sauce. The filet could be a piece of wood and it would still be good."

Important for me in my life:

Family, people, health and work. Enjoying all the good things with my wife like travelling the world, good food and good wine, golf and, most of all, cooking.

My favorite travel destination: French Polynesia: It truly is paradise on earth.

