

Châteaubriand

Thom Hackett

Servings: 4



I am told that Châteaubriand is a small roast extravagantly cut from the center of the beef tenderloin. Also that it was first prepared some 200 years ago by the Vicomte de Chateaubriand's chef, Montmireil. Whether it is a cut of meat or recipe I call this recipe Châteaubriand, therefore, to me it is a recipe. The true Châteaubriand steak is about 12 ounces cut from the beef tenderloin but I usually just purchase the entire tenderloin and cut it myself.

Ingredients

4 pounds beef tenderloin, whole
extra virgin olive oil
1½ teaspoons salt
½ teaspoon pepper
1 large shallot, peeled and chopped
½ cup red wine
2 tablespoons unsalted butter, chilled

Cooking Method

Heat oven to 375° F.

Strip membranes from outside of tenderloin. If tenderloin is too long for a baking pan then cut it into half.

1. Heat baking pan on top of stove and add some olive oil.
2. Then rub tenderloin with salt, pepper, and salad herbs.
3. Brown the tenderloin on all sides.
4. When brown, insert meat thermometer and place the baking pan with tenderloin(s) in oven (375° F.) and cook until the desired temperature is reached such as the meat's internal temperature reaches 130°F (for rare).
5. Transfer the meat to a cutting board and tent it with foil.
6. Pour all but a thin film of fat from the pan.
7. Add the shallot and sauté it over medium-low heat until golden, 2 to 3 minutes.
8. Add the wine and raise the heat to high, scraping up any brown bits from the pan.
9. When the sauce is syrupy (about 5 minutes), turn off the heat and whisk in the butter.
10. Carve the meat in thick slices and drizzle with the pan sauce.

When served, slice about ¾ inch thick on the diagonal.