

How to prepare the perfect Chateaubriand

By Executive Chef Jamil Barqawi

Yields 2 servings

It is important to make sure that you pick a thick center-cut of tenderloin for this dish and also making sure that you are buying the best quality beef grade available.

1 1/2 pound center-cut tenderloin skinned and de-fatted
4 tablespoons clarified butter
1 cup all purpose flour
1/4 teaspoon ground black pepper, more if desired
1 teaspoon coarse salt

- Pre-heat oven to 500 degrees.
- Season the flour with salt and pepper.
- Roll beef in seasoned flour, coating all sides.
- On medium high heat, place butter in a large skillet and heat until first signs of smoking.
- Place floured beef tenderloin in skillet and turn heat down to medium, Make sure to sear all sides of beef to a nice golden brown. This process might take up to 8 minutes.
- Place seared beef on a sheet pan and place in a pre-heated oven at 500 degrees for 8 minutes. Turn down to 350 degrees and cook for 15 minutes for a medium rare, 20 minutes for a medium, 30 minutes for a medium well to well done.
- Place beef on a wire rack to cool down and rest for no less than 10 minutes.

- When ready to serve, slice meat in 1/2 inch thick slices and top with béarnaise sauce.

Chateaubriand Vegetables and Potatoes

Yields 2 servings

This part of the dish could be pre-prepared ahead of time.

At the beginning of dinner time, just re-heat and toss with butter, parsley, salt and pepper.

1 cup clarified butter
8 Ea. Large asparagus spears (boil for 4 minutes)
8 Ea. Green-top baby carrots (boil for 8 minutes)
6 Ea. Baby red potatoes (boil for 15 minutes)
6 Ea. Large mushroom caps (sauté for 4 minutes on high heat)
1 Cup of chopped curly parsley
Kosher salt to taste
Ground pepper to taste

- Bring water to a boil.
- Cook all the vegetables separately one kind at a time.

Béarnaise sauce

Yields 1-cup

2	tablespoons tarragon vinegar
2	tablespoons dry white wine
1/4	cup very finely chopped shallots
1/4	teaspoon ground black pepper, more if desired
1	tablespoon finely chopped tarragon leaves
3	large egg yolks
1	tablespoon water
1/2-3/4	cup unsalted butter, very soft (1 1/2 sticks)
	coarse salt
	pepper, if desired
	lemon juice, if desired

- Combine vinegar, wine, shallots, black pepper and 1 1/2 teaspoons tarragon in a small saucepan.
- Cook over medium heat until reduced to 1 tablespoon for appx. 5 to 10 minutes.
- Add egg yolks and 1 tablespoon of water to reduced vinegar mixture.
- Whisk until thick and pale for about 2 minutes.
- Set pan over moderately low heat and continue to whisk at reasonable speed reaching all over bottom and insides of pan, where eggs tend to overcook.
- To moderate heat, frequently move pan off burner for a few seconds, then back on.
- As they cook, the eggs will become frothy and increase in volume, then thicken.
- When the bottom of the pan is visible in the streaks left by the whisk and the eggs are thick and smooth, remove from heat.
- By spoonfuls, add soft butter, whisking constantly to incorporate each addition.
- As the emulsion forms, add butter in slightly larger amounts, always whisking until fully absorbed.
- Continue incorporating butter until sauce has thickened to consistency desired.
- Season with salt, remaining 1 1/2 teaspoons chopped tarragon and if desired, pepper to taste.