

Chateaubriand (D'Escoffier)

Yield: 2 serves | **Prep:** 10 min | **Cook:** 30 min | **Source:** thestranger.online

Chateaubriand is a dish that traditionally consists of a large centre cut fillet of tenderloin grilled between two lesser pieces of meat that are discarded after cooking. While the term originally referred to the preparation of the dish.

In 19th century gastronomy the steak for Chateaubriand could be cut from the sirloin, and served with a reduced sauce named Chateaubriand sauce or a similar, this was prepared with white wine and shallots moistened with demi-glace, and mixed with butter, tarragon, and lemon juice. It was also traditionally served with mushrooms.

Ingredients

- 1 lb fillet of beef (chateaubriand cut)
- 120 ml wine (red)
- 120 ml stock (beef)
- 1 tbsp oil
- 2 tbsp butter
- 1 tsp salt (rock)
- ½ tsp pepper (black)
- 7 g mushrooms (porcini, dried)
- 3 shallots
- 1 tbsp tarragon (fresh, or fennell)
- 1 tbsp cream (double)



Instructions

1. Place the mushrooms in a small bowl and cover them with 2 tbsp of tepid water.
2. Peel and finely chop the shallots. strip the tarragon leaves from the stems and chop finely.
3. Drain the mushroom liquid through a sieve lined with a piece of kitchen roll and retain the juice, the kitchen roll acts as a filter for any grit that will come off the mushroom, chop the mushrooms finely.
4. Melt 2 tbsp of the butter and oil together over a medium to high heat in a heavy skillet or pan. When the butter foams but before it burns add the beef and let it brown for 1 minute to get a good colour on it, colour equates to more flavour.
5. Rotate the meat in the oil mixture until all the sides are seared and then transfer the meat to a roasting dish on the top rack.
6. Place the roasting dish in a preheated oven at 190C. For a medium rare roast it will require approximately 15 minutes per lb, internal temperature 50C.
7. When the meat is cooked as you desire place it on another roasting tray and tent it loosely with foil to rest.
8. As the meat rests and over a medium heat add the chopped shallots to the same pan that was used for searing the beef and stir for a few minutes until the shallots are translucent.
9. Add the wine to the pan and bring to the boil. Stir thoroughly to loosen all the fond from the bottom of the pan, again, the fond is where the flavour is.
10. Let the mixture reduce by half and add in the chopped porcini mushrooms. Add the stock and mushroom juices to the pan and continue to simmer until the sauce has thickened. At this stage add the remaining butter to the pan along with the cream and the chopped tarragon.
11. Check the seasoning, carve the meat into thick slices for your guests and garnish with fresh thyme should you wish.