



MONTHLY RECIPE - SEPTEMBER 2016

Cooking & tips for classic Chateaubriand



Method

A classic chateaubriand is from the top half of the fillet (tenderloin).

Here at Shibden we have them cut for us to 20oz, which is a good size for two people. When they arrive in the kitchen the sauce chef marinates them in rapeseed oil, garlic & thyme and leaves them for a couple of days.

On Friday evening before the grill rooms opens, we take two out of the fridge and leave them at room temperature for 2 hours - we never cook steaks or any red meat straight from the fridge - they cook a lot quicker at room temperature, stay lovely and moist and retain all of their colour.

For a 20oz cut of meat you need to fry it in a pan with butter until it is coloured all round, then place it in a preheated oven for 15 minutes at 190/200°C.

It is important to rest the meat for a good 10 minutes before you slice & serve.

A chateau is classically served with a shallot & white wine sauce and finished with a beef stock reduction.

I like mine with roasted cherry vine tomatoes, olive oil & roasted shallots in their skins

Enjoy!

Darren Parkinson, Head Chef