

Chateaubriand and Béarnaise Sauce

<http://userealbutter.com/2016/02/10/chateaubriand-bearnaise-sauce-recipe/>
based on [this recipe](#) and some of [this recipe](#)

béarnaise sauce

3 tbsps white vinegar
3 tbsps white wine
1 tsp white or black whole peppercorns
2 tbsps shallots, finely chopped
2 tbsps fresh tarragon, chopped (divided in half)
3 egg yolks
1 tbsp fresh lemon juice
1 cup unsalted butter, melted
salt and pepper to taste

chateaubriand

2-5 lbs. whole beef tenderloin (center-cut), trimmed
salt
pepper
2 tbsps unsalted butter

Make the Béarnaise sauce: Combine the vinegar, wine, peppercorns, shallots, and 1 tablespoon of the fresh tarragon in a small saucepan. Bring to a boil and reduce until the liquid measures about 2 tablespoons. Strain the liquid into a stainless steel bowl. Set the bowl over a simmering water bath making sure no water gets into the bowl. Whisk in the egg yolks until frothy. Whisk in the lemon juice. While constantly whisking, pour a thin, steady stream of melted butter into the egg yolk mixture until it thickens. Turn off the heat. Season with salt and pepper to taste. Stir in the remaining tablespoon of tarragon. Set a kitchen towel over the waterbath, but under the bowl if your kitchen is cold like 65°F or lower. This keeps the sauce from solidifying. Otherwise, if you have a warm kitchen, keep the bowl on the counter. In both cases you'll need to whisk the sauce from time to time to keep it smooth and loose while you prepare the chateaubriand.

Prepare the chateaubriand: Preheat the oven to 400°F. Pat the beef dry and tie it if desired to maintain a nice cylindrical shape if your tenderloin is a little unwieldy. Season the entire tenderloin with salt and pepper. Melt the butter in an ovenproof (that means no melty handles!) sauté pan or skillet over high heat. Sear the beef, 2 minutes each side (6 sides total, 5 if you have a taper at one end). Place the pan with the tenderloin in the oven and roast for 15-25 minutes until desired doneness – typically medium rare. It helps to use a meat thermometer to measure the temperature in the center and toward the edges. The larger the piece of beef, the longer it will take to roast. [I targeted 120°F in the center for rare.] Remove from oven and let the beef rest for 5 minutes. Slice and serve with Béarnaise sauce. Serves 2-10.