

Chateaubriand

14-16oz piece of tenderloin beef
5-6 new potatoes, quartered
3 carrots, sliced
Salt
Black pepper
2 tablespoons vegetable oil
3 sprigs fresh thyme

For the bearnaise sauce:

6-8 black peppercorns
¼ cup / 60ml white wine vinegar or apple cider vinegar
¼ cup / 60ml dry white wine (or water could be substituted)
4 tablespoons finely chopped tarragon leaves
3 egg yolks at room temperature
1/3 cup butter, cubed and at room temperature
Salt and pepper to taste

Start by heating the broiler/grill on a high heat.

Chop the potatoes and carrots and put them in saucepan and cover with water. Bring to the boil and allow to simmer on the stove while you prepare the beef.

Place the beef on a baking tray covered with aluminum foil. Brush the beef with the vegetable oil and sprinkle liberally with black pepper. Place under the grill/broiler fairly close to the heat.

Cook the beef for 7 minutes and turn to the other side and cook for another 7 minutes if you want a rare steak, 10 minutes per side for medium-rare, or 12 minutes per side for medium. Test the internal temperature with a thermometer: 130-135°F for rare, 140°F for medium-rare, or 155°F for medium.

Remove the steak from the grill/broiler and cover with aluminum foil. Drain the vegetables (you want them soft but not falling apart) and sprinkle with the thyme. Set aside while you prepare the bearnaise sauce.

Add the vinegar, wine, peppercorns, and most of the tarragon to a small saucepan. Bring to a boil and boil until the mixture reduces by half, about 5 minutes. Remove from the heat and remove the peppercorns and tarragon.

Allow the mixture to cool slightly before adding the egg yolks and stir constantly over a very gentle heat until the mixture begins to thicken (3-4 minutes). Don't heat too much or the egg will cook and curdle. Remove from the heat again and add the butter one piece at a time, stirring well to incorporate fully before adding more butter. I find it easiest to stir in the butter off the heat, then move onto the heat as needed to melt the butter fully. Once all the butter is

incorporated, remove from the heat and stir in the remaining chopped tarragon. Salt and pepper to taste.

To serve, slice the beef into thick slices (about 6, depending on the exact size of your piece of beef), scatter the vegetables around the beef, and spoon the bearnaise sauce over the top. Sprinkle more thyme if desired. Eat the steak and gaze into the eyes of your date, hoping that they are the real thing and not a holodeck replica...