

Beef Chateaubriand



Ingredients

700g beef fillet, centre section

1 tsp salt

Freshly ground black pepper

2 tbsp butter

2 tbsp olive oil

1/2 brown onion, very finely chopped

200g button mushrooms, finely chopped

1/2 cup red wine

1/2 cup good quality beef stock or bone broth

2 tsp dried tarragon

Directions

Step 1 – Remove the beef fillet from the fridge and allow it to come to room temperature. Coat evenly in the salt and black pepper.

Step 2 – Prepare the BBQ for direct cooking over medium heat (180 - 200°C). Ensure the grills are clean. Preheat a BBQ safe frying pan or skillet and once hot, add half the butter and the olive oil. Once bubbling, add the beef fillet, turning regularly to brown all sides. Once browned, remove from the BBQ, cover tightly with foil. Set the frying pan aside, reserving the pan juices for the sauce.

Step 3 – Convert the BBQ to indirect cooking over medium heat (180 - 200°C). If you are using a charcoal grill, move the briquettes to keep at least half of the cooking area clear of direct heat. If you are using a gas BBQ, keep the burner lit on one side of the BBQ only. If you are using a Weber Q, put a trivet and convection tray in place. Return the beef fillet to the BBQ, away from direct heat, close the BBQ lid and roast the beef for around 15 minutes or until it has reached your desired internal temperature (refer to the Steak Internal Temperature Chart attached). Remove the beef from the BBQ and wrap tightly again with foil to rest.

Step 4 – Convert the BBQ to direct cooking and reheat the frying pan. Once hot, add the remaining butter. Once bubbling, add the onion and fry for 3 minutes. Add the mushrooms and fry for 5 minutes. Add the remaining ingredients, scraping the bottom of the pan and bring the sauce to a simmer, allowing it to reduce and thicken.

Step 5 – Carve the meat into thick slices on the diagonal and serve with the wine sauce.



Steak Internal Temperature Chart

	Remove From Heat	Final Rested Temp
Rare	48°C / 118°F	50°C / 120°F
Medium Rare	52°C / 125°F	54°C / 130°F
Medium	58°C / 136°F	60°C / 140°F
Medium Well	62°C / 143°F	65°C / 150°F
Well Done	68°C / 154°F	70°C / 160°F

