



COOKING PASSION SINCE 1877

Chateaubriand and heart-shaped potatoes for sharing



Serves: 2

INGREDIENTS

CHATEAUBRIAND

700g Chateaubriand (tenderloin) steak
1 tbsp olive oil
½ tsp salt
½ tsp freshly ground black pepper
1 tbsp unsalted **butter**

HEART-SHAPED POTATOES

2 large floury potatoes
1 large sweet potato
1 ½ tbsp olive oil
¾ tsp paprika
¼ tsp salt
¼ tsp freshly ground black pepper

WHITE WINE AND MUSHROOM SAUCE

2 shallots, peeled and finely chopped
1 clove of garlic, minced
5 brown mushrooms, sliced
100ml **white wine**
150ml **double cream**
Pinch of salt and pepper
2 tbsp finely chopped fresh parsley

ALLERGENES HIGHLIGHTED IN BOLD

PREPARATION

Take the chateaubriand out of the refrigerator about one hour before you start cooking – to allow it to come up to room temperature. Preheat the oven to CircoTherm® 190°C.

Heat an oven-proof pan until hot. Rub the olive oil all over the Chateaubriand and season with the salt and pepper.

When the pan is hot, add the Chateaubriand to the pan and sear on all sides – it should take around 5-6 minutes.

Meanwhile take the regular and sweet potatoes and cut them into thick (1cm) slices (no need to peel). Use a small and a medium-sized metal heart-shaped cutter (approx. 3cm and 5cm across) to cut small hearts from the slices.

Place the sliced hearts onto a baking tray. Drizzle on the oil, then sprinkle on the paprika, salt and pepper. Toss together, so the potatoes are evenly covered. Put to one side.

Once the Chateaubriand is seared, add the butter to the pan, allow it to sizzle and baste the meat with the butter.

Transfer the Chateaubriand (still in the pan) to the lower half of the oven, add low steam, and cook for 12-14 minutes for medium rare or 16-18 minutes for medium.

After the steak has been in the oven for 5 minutes, add the tray with the heart-shaped potatoes to the top half of the oven and cook for 20-25 minutes (no need to turn) until the potatoes are golden.

When the Chateaubriand is cooked, remove from the oven, place on a chopping board and cover in foil. Allow to rest for 10-15 minutes (the potatoes will continue to cook in the oven during this time).

Place the pan with the Chateaubriand juices back on the hob on a medium heat (the handle will be hot, so be sure to use a tea-towel).

Add the shallots and cook for 3-4 minutes until softened. Add the garlic and mushroom and cook for a further 2-3 minutes until the mushrooms soften.

Add the wine to the pan and turn up the heat, allowing the liquid to bubble and reduce by half (about 3-4 minutes).

Stir in the cream, a pinch of salt and pepper and half the parsley.

Taste and add more seasoning if needed.

Cut the Chateaubriand into thick slices and transfer to a large warmed serving plate. Drizzle on the mushroom sauce and decorate the plate with the heart-shaped potatoes. Sprinkle on the remaining parsley before serving. If you like, you could also serve with some steamed green vegetables, such as tenderstem broccoli and asparagus.