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CHATEAUBRIAND WITH PORTOBELLO MUSHROOMS AND MADEIRA WINE JUS

ROBERTJ001

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INGREDIENTS

1lb to 1 1/2lb (500g to 750g) center-cut beef fillet

2 large portobello mushrooms, washed & unpeeled

2 cloves garlic (optional)

4 tablespoons olive oil

Knob (small piece) of butter

1 tablespoon brandy

1/2 cup (4 fl oz) Madeira Wine (or red wine if you prefer)

salt and freshly milled black pepper

Serving Size : Serves 2

INTRODUCTION

This luxurious chateaubriand recipe makes the perfect main course for a special dinner party. The robust flavor of the portobello mushrooms and slight sweetness of the Madeira wine compliment the succulent beef perfectly!

METHOD

1. For this chateaubriand recipe, you will need a large cast iron or steel frying pan or skillet - one without a wooden or plastic handle that can go inside the oven. If you don't have one, use a medium size, lightly oiled heavy based roasting tin for the oven cooking, and a frying pan for the stove top cooking.
2. 1. Preheat the oven to 445F, 230C, gas mark 8. If you are using a different pan for the oven cooking, put it in the oven to get really hot.
3. 2. Season the chateaubriand with freshly milled black pepper.
4. 3. Put the pan that you are using on the stove over a medium/high heat and add 2 tablespoons of oil. Allow it to get very hot until it just starts to smoke.
5. 4. Keeping the heat on high, add the beef fillet to the pan and quickly sear one side, and then the other. This should only take a minute or two at the most to achieve a crusty golden seal.
6. 5. Now put the pan straight into the oven (or transfer to the preheated oven pan) on the middle shelf and roast for 10 to 15 minutes depending on how rare you like it.

7. 6. While that's happening, cut the mushrooms into thick slices. If you are using the garlic (some folk prefer not to mix romance with garlic!), chop it finely. Now pour yourself a glass of wine.....and relax for a few minutes!
8. 7. When the chateaubriand is ready, remove it from the oven and carefully transfer to a warmed plate and cover loosely with a piece of tin foil. Then leave it to rest for 15 minutes.
9. 8. Reheat the stove top pan or skillet with about 2 tablespoons of the fat and juices from the beef pan. When it's hot, add a knob of butter.
10. 9. Add the garlic to the pan and quickly stir through the hot fat to colour slightly. Then add the sliced mushrooms and a seasoning of salt and freshly milled black pepper.
11. 10. Now sauté the mushrooms for about 2 minutes turning frequently adding a little more oil if the pan becomes too dry.
12. 11. Turn the heat up to maximum and deglaze the pan by adding the brandy If you are feeling like a professional chef by now (!), and you are heating by gas, tilt the pan towards the open flame to let it flambé.
13. 12. Once the brandy has all but evaporated, turn the heat down to low and add the Madeira wine. Allow it to simmer gently and reduce for about a minute.
14. 13 Carve the beef fillet in thick slice and arrange on a warm serving plate. Pile the mushrooms on top and drizzle the Madeira jus over.

REVIEWS

WOW are you a chef! I am gonna try this 100%! thanks!

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