

## CHATEAUBRIAND WITH COGNAC SAUCE

IF YOU'RE GOING ALL OUT BUT WANT TO STAY  
IN . . .

2 BEEF TENDERLOINS, 2½ LBS. EACH      2 - 1.25 kg  
5 MEDIUM GARLIC CLOVES, FINELY SLIVERED  
2½ TBSP. OLIVE OIL      37 mL

### COGNAC MUSTARD SAUCE

½ TBSP. BUTTER OR MARGARINE      22 mL  
4 MEDIUM SHALLOTS, MINCED  
2 CUPS BEEF STOCK      500 mL  
2 TBSP. COGNAC OR BRANDY      30 mL  
2 TBSP. DIJON MUSTARD      30 mL  
½ CUP BUTTER, CUT INTO 8 PIECES      125 mL  
3 TBSP. CHOPPED, FRESH PARSLEY      45 mL  
SALT & FRESHLY GROUND PEPPER TO TASTE

CUT ¾" DEEP SLITS IN MEAT. INSERT GARLIC  
SLIVERS INTO SLITS. PREHEAT OVEN TO 450°F. IN  
LARGE SKILLET HEAT OIL AND BROWN MEAT ON  
ALL SIDES. PLACE MEAT ON A RACK IN ROASTING  
PAN. SET SKILLET ASIDE. ROAST MEAT TO  
DESIRED DONENESS, ABOUT 40 MINUTES FOR  
MEDIUM-RARE.

TO MAKE SAUCE: MELT ½ TBSP. BUTTER IN  
RESERVED SKILLET. ADD SHALLOTS AND SAUTÉ  
UNTIL SOFTENED. STIR IN STOCK, SCRAPING UP  
BROWN BITS. BRING TO BOIL AND COOK UNTIL  
REDUCED BY HALF. ADD COGNAC AND BOIL ONE