

## Classic Chateaubriand Recipe - Elegant French Beef Tenderloin

If you're looking for a show-stopping centerpiece that combines



OVEN  
**400°F**

TIME  
**60 min**

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SAVE  
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### INGREDIENTS

- 1.5-2 lb (700-900g) center-cut beef tenderloin ?
- 2 tbsp olive oil
- Salt and black pepper, to taste ?
- 2 shallots, finely chopped ?
- 2 tbsp unsalted butter, plus more for sauce ?
- 1 cup (240 ml) beef stock
- $\frac{1}{2}$  cup red wine ? (optional but classic)
- 1 sprig thyme ?
- 1 bay leaf

### DIRECTIONS

- 1.** Prep the Beef: Let your beef tenderloin sit at room temperature for 30-60 minutes before cooking. Pat it dry with paper towels and season generously with salt and black pepper on all sides.
- 2.** Sear the Tenderloin: Preheat oven to 400°F (200°C). Heat olive oil in an oven-safe skillet over medium-high heat. Sear the beef on all sides for about 2 minutes per side, until deeply browned.
- 3.** Roast: Transfer the skillet to the oven. Roast for 15-20 minutes, or until the internal temperature reaches 115°F (46°C) for medium-rare (the temp will rise as it rests).
- 4.** Rest: Remove the beef from the oven and transfer to a plate. Tent loosely with foil and let it rest for 10 minutes to allow juices to redistribute.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/classic-chateaubriand-recipe-elegant-french-beef-tenderloin/>