

Beef Tenderloin

Chateaubriand & The Small Roast Method

Student Learning Outcomes

- 1. You will be able to understand and utilize the purchasing aspects and market forms of a full beef tenderloin**
- 2. You will be able to identify the location of the beef tenderloin on the beef carcass**
- 3. You will be able to list the preferred cooking methods for the fabricated cuts of the full beef tenderloin**
- 4. You will comprehend the differences between the classical, traditional, and contemporized styles of the chateaubriand**
- 5. You will understand the chateaubriand and its make up**
- 6. You will be able to fabricate a full beef tenderloin and successfully cut, truss, season, and apply the small roast method to the chateaubriand**
- 7. You will be able to carve and serve from a gueridon or buffet service line**

Key Terms & Knowledge

Sub Primal Loin

Tenderloin

PSMO

IMP# 189, 189a, 190, 190a

Butt Tenderloin

Short Tenderloin

Chateaubriand

Filet Mignon

Tournedos

Tenderloin Major

Side Muscle / Head or Wing

Chain

Tail

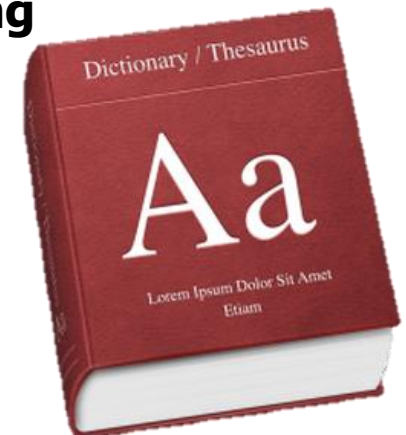
Sear

Roasting

Internal Temps. for Sm. Roast

Resting

Carry-Over Cooking



Beef Tenderloin

The beef tenderloin yields some of the most popular cuts and menu selections for the guest

It has exceptional taste and tenderness

The whole muscle can produce

Center Cut Roast

Filet Mignon

Tournedos

Tenderloin Roast

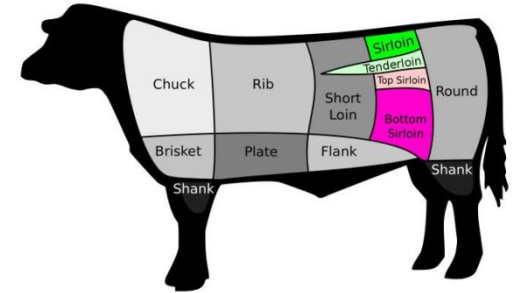
Tenderloin Tips



Beef Tenderloin

The Beef Tenderloin is located with the Hindquarter Loin (Short Loin / Sirloin)

It has an average weight of 5 Pounds with .75 to 1.25# of fat and trim.



PSMO – Peeled Side Muscle On

IMP#

- 189 Beef Loin, Tenderloin, Full
- 189A Beef Loin, Tenderloin, Full, Side Muscle On, Defatted
- 190 Beef Loin, Tenderloin, Full, Side Muscle Off, Defatted
- 190A Beef Loin, Tenderloin, Full, Side Muscle Off, Skinned



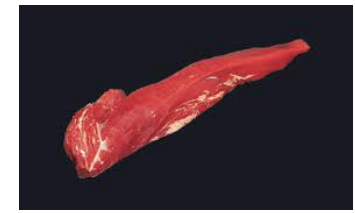
189



189A



190



190A

Beef Tenderloin

The Full Beef Tenderloin has 4 Main Sections

Tenderloin Major
Side Muscle
Chain
Tail

Side Muscle

Tenderloin Major



Tail

Chain

The Beef Tenderloin Major has 2 Sections

Butt Tenderloin

Tournedos

Medallions

Filet Mignon

Short Tenderloin

Chateaubriand

Tournedos



Dry Heat Cooking Methods

The Full Beef Tenderloin Two Minor Sections

**Chain
Tenderloin Tips**



**Tail
Tenderloin Tips
Tenderloin Strip Cuts**



Dry Heat Cooking Methods
& Braising

Chateaubriand

Center Cut Roast of The Beef Tenderloin

Auguste Escoffier #2294

“*Chateaubriands* are obtained from the center of the trimmed fillet of beef, cut two or three times the thickness of an ordinary fillet steak. However, when it is to be cooked by grilling the *Chateaubriand* should not be more than 500g (1lb 2oz) in weight as, if larger than this, the outside tends to become too dry and hard before the inside is properly cooked.

Many strange ideas have been put forward concerning the proper accompaniment for *Chateaubriand*, correctly speaking it should be Sauce Colbert or similar sauce and small potatoes cooked in butter. In modern practice though, *Chateaubriands* are served with any of the sauces and garnishes suitable for *Toungedos* and fillet steaks.”



The Chateaubriand

Traditional vs. Contemporary

Traditional Modern Accompaniments:

Sauce Béarnaise, Tournéed Potatoes and Root Vegetables.
Carved & Served Table Side



Contemporary Accompaniment Suggestion:

Chimichurri Demi Glaze, Roasted Golden Beets, Grilled Ramps, and Bacon Fat Sautéed Parisienne Potatoes



The Chateaubriand

The Basics

**Center Cut Taken from the Beef Tenderloin Short End
Free of all Fat and Silver Skin**

Should be Enough for Two or More Guests (16oz minimum)

May be Roasted or Grilled

Roasted Chateaubriand Should be Trussed

Should be Aggressively Seasoned



The Small Roast Method

Applying The Cooking Method

The Small Roast Method

Small Roasting

Is a dry heat cooking method where a small roast (*5 pounds or under*) is seasoned, seared, and then placed into a pre-set oven and cooked to the desired internal temperature.

A Proper Roasted Item Qualities:

- ❖ Good Caramelized Outside
- ❖ Tender
- ❖ Juicy and Flavorful
- ❖ Cooked to the Proper Desired Temperature



Small Roast Equipment

Sauté Pan or Grill

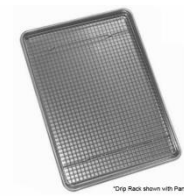
Oven

Sheet Pan with Wire Rack or Natural Rack

Butcher's Twine

Tongs

Oven Probe Thermometer



*Drip Rack shown with Pan



The Small Roast Method

Seasoning

Small roasts with little fat covering should be seasoned aggressively to penetrate meat and seared to ensure a good crust.

They also may be marinated to desired flavor profiles

Seasoning Selections:

- ❖ Choose Seasonings that will not burn during the Searing or Roasting Process
- ❖ Fresh Herbs may be applied after the searing process
- ❖ Seasonings and marinades should not overpower the natural flavor of the roast
Glazes may be applied after the searing process
- ❖ Lean small roast may be barded or larded
 - ❖ If not, the lean roast should be basted during the cooking process



The Small Roast Method

Cooking Temperatures

Marbled small roast can be cooked at 425F to well browed exterior.

Lean small roast can be cooked at 325F to help with tenderness and juiciness.

Degree of Doneness	Color	Internal Temperature ** Before Resting
Very Rare	Very Red / Raw Looking. Center is Cool to Touch	110F
Rare	Large Deep Red Center	115F
Medium Rare	Bright Red Center	120F
Medium	Rosy Pink to Red Center	125F–130F
Medium Well	Very Little Pink at Center	145F – 150F
Well Done	No Pink at All	165F

*** Small roast can carryover 5 to 10 degrees during the resting period*

The Small Roast Method

Small Roast Method

1. **Pre-Heat oven 30 Minutes 10 degrees higher than needed.**
2. **Trim excess fat, tendons, and silver skin leaving a thin covering of fat, if possible. * *Bard or lard if appropriate***
3. **Truss & Pat Dry**
4. **Season roast appropriately**
5. **Heat sauté pan on high**
6. **Add oil or clarified butter and heat to just under smoke point**
7. **Add roast and sear evenly on all sides to form a well colored surface**
8. **Place on appropriate size sheet pan with wire or natural rack**
9. **Place oven probe thermometer into roast set to desired internal temperature**
10. **Place in oven and turn temperature to proper setting**
11. **Roast for appropriate amount of time for desired internal temperature**
12. **Remove from oven. Hold and rest in warmer.**

**** If using a char-grill to sear, pre-heat grill 30 minutes prior, omit the truss, and steps 5 and 6***

Chateaubriand Service

Completing the Dish

Chateaubriand Service

Like any small roast the chateaubriand can be served :

As an a la carte menu item

On a carving station on a buffet

From a gueridon tableside



Resources

On Cooking 5th Edition

Chapter: 12 Principals of Cooking

Chapter: 13 Beef

Additional resources:

CHEF 1440: Station Diagram Review: Chef Fabrication Station

CHEF 1440: Online Review - Beef Tenderloin Fabrication

CHEF 1440: Online Review - Trussing Chateaubriand

CHEF 1440: Online Review - Small Roast Method: Chateaubriand

Book: NAMP Meat Buyers Guide

Website: Texas Beef Counsel - www.beeflovingtexans.com

Tutorial Lab

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