



A.1.-Bœarnaise Chateaubriand

 **Gluten Free**  **Dairy Free**

READY IN



82 min.

SERVINGS



22

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 tsp pepper black
- 0.8 cup butter divided (1-)
- 1 egg yolk
- 2 Tbsp parsley fresh finely chopped
- 2 tsp tarragon or dried fresh chopped
- 0.5 cup a.1. original sauce divided
- 2.5 lb new potatoes peeled
- 2 lb beef tenderloin roast

- 0.5 tsp salt
- 2 Tbsp shallots chopped

Equipment

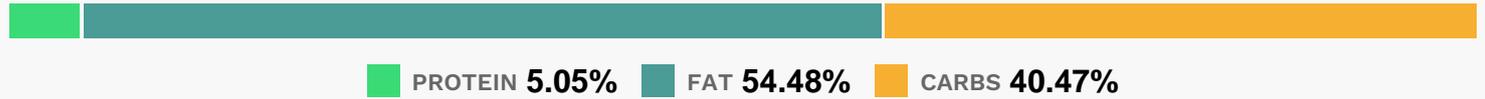
- frying pan
- sauce pan
- oven
- whisk
- double boiler
- baking pan

Directions

- Preheat oven to 425F.
- Place roast in baking pan; brush with 2 Tbsp. of the steak sauce.
- Bake 35 to 40 minutes or until internal temperature reaches 140F for medium-rare or 155F for medium doneness, brushing with 2 Tbsp. of the remaining steak sauce after 20 minutes.
- Let stand 15 minutes (internal temperature will rise 10F during standing).
- Place potatoes in large saucepan.
- Add enough water to cover. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 10 to 12 minutes or until potatoes are tender.
- Drain potatoes, leaving potatoes in pan.
- Cut 1/4 cup of the butter into pieces; add to potatoes along with the parsley. Toss tightly until potatoes are evenly coated. Season with the salt and pepper. Cover to keep warm.
- Fill bottom of double boiler with a few inches of water. Bring to boil on medium-high heat. Meanwhile, mix remaining 1/4 cup steak sauce and shallots in top of double boiler; place directly on burner (not over the bottom part of the double boiler filled with water) and cook 3 minutes or until thickened, stirring frequently.
- Add 2 Tbsp. of the remaining butter; stir until melted.
- Remove from heat.
- Add egg yolk and tarragon; stir with wire whisk until well blended.

- Place over bottom of double boiler filled with simmering water; cook and stir until thickened.
- Add the remaining 6 Tbsp. butter, 2 Tbsp. at a time, stirring with wire whisk after each addition until butter is completely melted.
- Remove from heat; cover to keep warm.
- Cut meat into slices. Top with the sauce.
- Serve with the potatoes.

Nutrition Facts



Properties

Glycemic Index:11.26, Glycemic Load:6.68, Inflammation Score:-3, Nutrition Score:3.5034783054953%

Flavonoids

Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg, Apigenin: 0.74mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 105.79kcal (5.29%), Fat: 6.51g (10.02%), Saturated Fat: 1.39g (8.67%), Carbohydrates: 10.89g (3.63%), Net Carbohydrates: 9.7g (3.53%), Sugar: 1.72g (1.91%), Cholesterol: 8.84mg (2.95%), Sodium: 194.23mg (8.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin C: 10.77mg (13.06%), Vitamin B6: 0.16mg (8.13%), Potassium: 230.8mg (6.59%), Vitamin A: 325.01IU (6.5%), Vitamin K: 6.7µg (6.38%), Manganese: 0.1mg (4.86%), Fiber: 1.19g (4.76%), Phosphorus: 35.59mg (3.56%), Magnesium: 13.04mg (3.26%), Vitamin B1: 0.04mg (2.98%), Copper: 0.06mg (2.95%), Vitamin B3: 0.56mg (2.82%), Iron: 0.51mg (2.81%), Folate: 10.76µg (2.69%), Vitamin B5: 0.19mg (1.88%), Vitamin E: 0.27mg (1.8%), Vitamin B2: 0.03mg (1.54%), Calcium: 12.17mg (1.22%), Zinc: 0.18mg (1.21%)