

Roast Chateaubriand of Beef

Ingredients	Cooking Utensils	Serving Utensils
5 to 7 lb. Chateaubriand beef roast	roasting pan with rack	serving platter
flour	whisk	serving fork
salt	cup	serving knife
water		gravy boat
		serving ladle

Preheat the oven to 550°F. Put the roast on the rack in the roasting pan, fat side up. Sprinkle the top with flour. Place the roast in the oven and immediately reduce the temperature to 350°F. Cook 18 to 20 minutes per pound, about 1 1/2 to 2 1/2 hours for a medium rare roast. Add water every 30 minutes as needed to the bottom of the roasting pan to prevent burning. Toward the end of the cooking process, boil some water in the teakettle on the stove over high heat. Remove the roast from the oven and place it on the serving plate. Remove the rack from the pan and place the pan with the drippings on the stove top over medium low heat. Whisk in some boiling water and flour to make the gravy. Carve the roast at the sideboard and serve hot with the gravy.