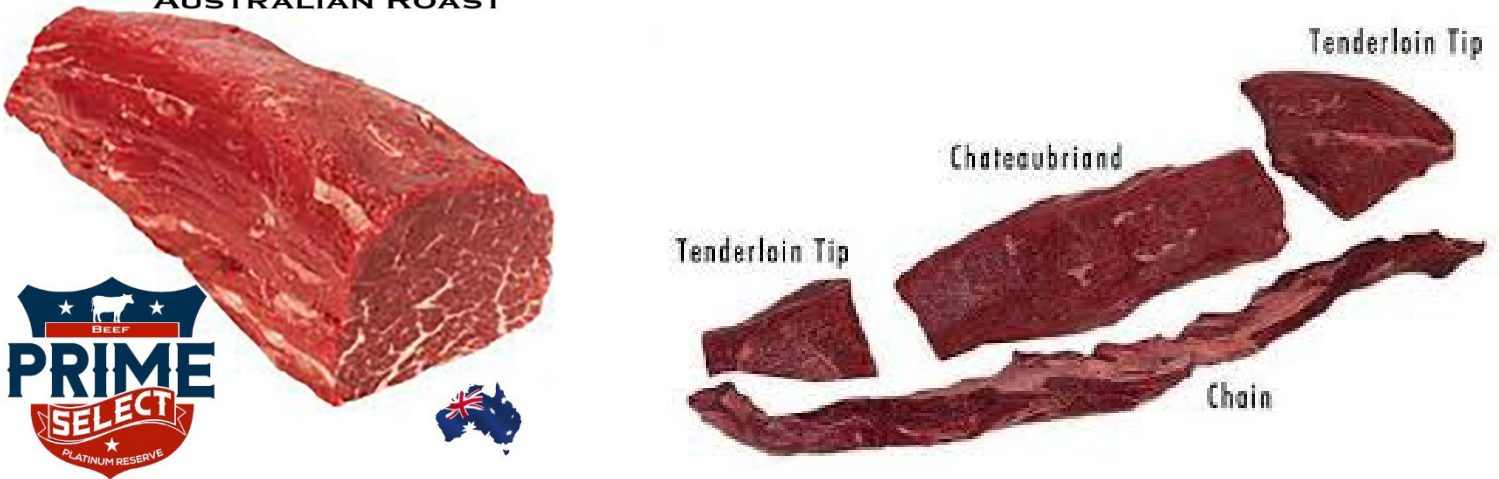


“PRIME BEEF CHATEAUBRIAND TENDERLOIN JAMES” WHOLE GRILLED. HAPPY BIRTHDAY JAMES!

A TRIMMED PRIME BEEF
CHATEAUBRIAND WHOLE
AUSTRALIAN ROAST



MAJOR ADVICE FOR ALL OF MY RECIPES (OR ANY RECIPE FOR THAT MATTER):

PLEASE EVALUATE BY TASTING AND MODIFY IF NEEDED DURING EVERY STEP OF EACH RECIPE TO YOUR TASTE. DO THIS FOR EVERY STEP OF ALL MY RECIPES, PLEASE AND THANK YOU. EACH TIME YOU PURCHASE INGREDIENTS FOR A DISH, THEY WILL BE SOMEWHAT DIFFERENT. CONSTANT TASTING AND BALANCING OF INGREDIENTS AND SEASONINGS ARE THE SECRET TO ANY SUCCESSFUL RECIPE.

INGREDIENTS :

FOR THE PRIME BEEF OF TENDERLOIN. YOU WILL NEED MOST IMPORTANTLY A DIGITAL INSTANT READ THERMOMETER. THIS DISH CAN NOT BE COMPLETED WITHOUT ONE! YOU WILL ALSO NEED A GREAT HIGH TEMPERATURE LEVEL GRILL BRUSH FOR BASTING.

1 OR MORE WHOLE PRIME BEEF OF TENDERLOIN (5 TO 7 LBS., TRIMMED BY YOUR BUTCHER FOR COOKING WHOLE, REMOVING THE ADDITIONAL FAT AND ALL SILVERSKIN LAYERS. YOU NEED TO HAVE YOUR BUTCHER CUT THE SMALLER ENDS OFF AND GRILL THEM SEPARATELY. THIS LEAVES A TRUE CHATEAUBRIAND ROAST. IF GRILLED WITH THE WHOLE ROAST, THE ENDS WOULD BE WELL DONE. IF GRILLED SEPARATELY, YOU CAN TAKE THE SMALLER CUTS OFF EARLIER. NEVER BUY FROZEN OR PREVIOUSLY FROZEN PRIME BEEF. PLEASE DO NOT OVERCOOK THE TENDERLOIN, ANYTHING ABOVE MEDIUM RARE IS A SIN. I PREFER TO REMOVE THE ROAST WHEN IT REACHES 115 DEGREES (F). REMEMBER, THE CHATEAUBRIAND WILL CONTINUE COOK. AFTER REMOVING IT, LET IT REST FOR AT LEAST 15 TO 20 MINUTES, LIGHTLY COVERED WITH FOIL. IT WILL EMIT JUICES THAT WILL NEED TO BE ADDED TO THE “SMOKEY EVANS BEEF SAUCE” AT THE LAST MINUTE.)

GENEROUS AMOUNTS OF COURSE SEA SALT AND FRESH GROUND PEPPER

1 1/2 OZS. TONY CHACHERE'S ORIGINAL CREOLE SEASONING

ONION AND GARLIC POWDER AS NEEDED

ENOUGH CANOLA OIL TO RUB ALL THE BEEF (THIS IS EXPLAINED DURING THE SEASONING INSTRUCTIONS SEGMENT.)

2 CUPS OR MORE OF BLEU'S BUTTER SAUCE (DESCRIBED LATER IN THIS RECIPE)

R.S. "SMOKEY EVANS" BEEF SAUCE" AU JUS (DESCRIBED LATER IN THIS RECIPE)

INGREDIENTS:

FOR BLEU'S PRIME BEEF OF TENDERLOIN BUTTER SAUCE. MAKE THIS TO YOUR TASTE, MODIFY IF YOU FEEL LIKE IT.

5 TO 6 STICKS OF KERRYGOLD PURE IRISH BUTTER (UNSALTED)

2 TBS EXTRA VIRGIN OLIVE OIL

SEA SALT AND FRESH GROUND PEPPER TO TASTE

2 OR MORE WYLER'S BEEF BOUILLON CUBES (ONLY WYLER'S, NO SUBSTITUTE, TO TASTE)

JUICE FROM 1/2 FRESH LIME

JUICE FROM 1/2 FRESH LEMON

4 TBS FLAT-LEAF PARSLEY FRESH AND CHOPPED

INSTRUCTIONS:

FOR THE PRIME BEEF OF TENDERLOIN BUTTER SAUCE. MAKE THIS TO YOUR TASTE, MODIFY IF YOU FEEL LIKE IT.

HEAT THE BUTTER ON A MEDIUM SET STOVE TOP BURNER.

ADD EVOO

ADD WYLER'S BOUILLON CUBES AND ALLOW TO DISSOLVE

ADD FRESH LIME AND LEMON JUICES, STIR CONSTANTLY

ADD SEA SALT AND FRESH GROUND PEPPER

LET COOK ON MEDIUM LOW FOR AT LEAST 10 MINUTES

LAST, JUST BEFORE THE FIRST BASTING OF THE ROAST BEFORE GRILLING, ADD THE FRESH CHOPPED ITALIAN FLAT LEAF PARSLEY. (NEVER USE CURLY PARSLEY, WHICH IS ACTUALLY GREEN HORSE HAY, NOT FOR HUMAN CONSUMPTION. JUST MY OPINION)

INGREDIENTS:

FOR THE "SMOKEY EVANS' BEEF SAUCE" AU JUS

(BROWN SAUCE FOR STEAKS AND MOST OTHER BEEF DISHES)

PLEASE REMEMBER THAT THIS RECIPE SHOULD BE OVERALL MADE TO TASTE.

- 7 OZS. OF WATER
- 9 CUBES OF WYLER'S BEEF BOUILLON (ONLY WYLER'S BRAND BOUILLON)
- 2 TBL WORCESTERSHIRE SAUCE (OR TO TASTE)
- 1/3 TSP WHITE PEPPER (NO SALT AT ALL. THE WYLER'S HAS PLENTY. PLEASE DO NOT ADD ANY BUTTER. THIS IS AU JUS SAUCE)
- 2 TBL WHITE SUGAR (ADD A SMALL AMOUNT AT A TIME TO MAKE SURE THE SAUCE IS NOT TOO SWEET) YOU *COULD* ALSO USE LIGHT BROWN SUGAR TO TASTE. THE AMOUNT OF BROWN SUGAR WILL BE DIFFERENT BECAUSE IT IS LESS STRONG PER UNIT THAN WHITE SUGAR.

INSTRUCTIONS:

FOR THE "R.S. SMOKEY EVANS' BEEF SAUCE AU JUS"

PLACE WATER IN SMALL POT. ADD BOUILLON. LET BOUILLON DISSOLVE SLOWLY USING MEDIUM HEAT. ADD WORCESTERSHIRE SAUCE, (A LITTLE AT A TIME LIKE THE SUGAR) WHITE PEPPER, AND ADD SUGAR, A SMALL AMOUNT AT A TIME, TASTE, WHEN THE SUGAR BALANCE TASTE PLEASING, CONTINUE TO COOK THE SAUCE. IF THE SAUCE IS TOO STRONG FOR YOUR TASTE, YOU CAN ADD ADDITIONAL WATER. IF IT IS LESS STRONG THAN PREFERRED, CONTINUE TO COOK. THE SAUCE WILL REACH A THICKER CONSISTENCY BUT WILL GAIN IN STRENGTH.

IF YOU ARE MAKING THIS SAUCE FOR A SPECIFIC DISH SUCH AS A WHOLE TENDERLOIN, TRY TO CAPTURE SOME OF THE JUICES FROM THE COOKING OF THE BEEF AND ADD IT TO THE SAUCE.

DEPENDING ON THE SIZE OR AMOUNT OF TENDERLOINS BEING PREPARED, YOU MAY NEED TO DOUBLE OR TRIPLE THE AMOUNT YOU CREATE OF THIS RECIPE OF SMOKEY'S BEEF SAUCE. IN THIS CASE, AU JUS. (MIXED WITH LIQUID FROM THE MEAT YOU ARE COOKING, TO TASTE.)

NOTES: YOU CAN ALSO OFFER THE BUTTER SAUCE AS AN OPTION FOR SERVING THE ROAST FOR GUEST WHO MAY PREFER A DIFFERENT FLAVOR OR ALSO YOU COULD USE THE MOST COMMON SAUCE FOR PRIME BEEF, ONE OF A THOUSAND VERSIONS OF HORSERADISH SAUCES AS OPTIONS.

MAIN PREPARATION GRILLING INSTRUCTIONS:

SEASONING, PRE-GRILL INSTRUCTIONS, AND GRILLING THE PRIME BEEF CHATEAUBRIAND WHOLE ROAST INSTRUCTIONS

PREPARE AND READY THE SEASONINGS

MAKE THE BUTTER SAUCE

MAKE THE “SMOKEY EVANS SAUCE AU JUS

**BEGIN WITH YOUR TRIMMED AND READY TO GRILL CHATEAUBRIAND ROAST (OR
ROASTS)**

**BEFORE PREPARING THE BEEF FOR GRILLING, PREPARE THE GRILLING UNIT
(PIT). CHARCOAL OR GAS GRILLS CAN ACCOMPLISH THIS GRILLING FEAT. THIS
FEAT IS A GRILLING BY TRUE FIRE, NOT A SLOW, LONG PROCESS. TOTAL
COOKING TIME TO 115 DEGREES (F) SHOULD NOT TAKE EVEN 15 MINUTES,
BUT A HOT FIRE MUST ALWAYS BE ACCOMPLISHED AND MAINTAINED, WITH
EITHER CHARCOAL OR GAS GRILLING UNITS. ALWAYS HAVE A LARGE PITCHER
OF WATER GRILL SIDE FOR FIRE FLARE UPS THAT ARE MORE FIRE THAN A
HARDY VERY HOT FLAME!**

CHARCOAL GRILL INFORMATION

**IF CHARCOAL GRILL IS USED, USE AMPLE AMOUNT TO CREATE AN EXTREMELY
HOT FIRE. STACK CHARCOAL IN A PYRAMID SHAPE ON THE LEFT SIDE OF THE
GRILL SO THAT THERE WILL BE A SPOT TO THE FAR- RIGHT OF THE GRILL
WHICH HAS NO DIRECT FLAME. USE JUST ENOUGH FIRE STARTER, LIGHT
COALS AND LET THEM GET WHITE HOT (COVERED BY WHITE DUST AND
FLAMING A BLUE-RED FIRE.) DO NOT SPREAD THE COALS UNTIL JUST BEFORE
PLACING THE BEEF ON THE GRILL. MAKE SURE THE SPREAD IS UNIFORM AND
SPREAD ONLY WIDE ENOUGH TO PROVIDE A HOT FIRE UNDER ALL THE BEEF.
DO NOT WASTE ANY COALS WHICH ARE NOT DIRECTLY UNDER THE BEEF TO BE
GRILLED. THIS IS A FAST GRILLING PROCESS AND MUST ALWAYS BE
MONITORED. HAVE A LARGE PITCHER OF WATER AVAILABLE TO CONTROL
MAJOR FLAREUPS. DO NOT PANIC, THIS IS A GRILLING BY DIRECT FLAME AND
THERE SHOULD ALWAYS BE A VISIBLE FIRE UNDER THE BEEF. YOU MAY NEED
THE COOL SPOT TO MONITOR THE TEMPERATURE OF THE MEAT OR PLACE THE
MEAT THERE IN CASE OF A MAJOR A (INFERNO) FLAME UP. PLEASE DO NOT
PANIC, THIS ROAST RECIPE IS DEVELOPED TO USE A ROARING FLAME,
PROBABLY MORE DIRECT FLAME AND HOT FIRE THAN YOU HAVE EVER USED
BEFORE.**

GAS GRILL INFORMATION

**IF GAS GRILL IS USED, MAKE SURE THERE IS AN AMPLE AMOUNT OF GAS
(PROPANE OR NATURAL) FUEL TO CREATE AND MAINTAIN AN EXTREMELY HOT**

FIRE. THIS IS A FAST GRILLING PROCESS AND MUST ALWAYS BE MONITORED. HAVE A LARGE PITCHER OF WATER AVAILABLE TO CONTROL MAJOR FLAREUPS. DO NOT PANIC, THIS IS A GRILLING BY DIRECT FLAME AND THERE SHOULD ALWAYS BE A VISIBLE FIRE UNDER THE BEEF.

SEASONING BEFORE GRILLING

LAY THE ROAST OUT ON A FLAT PAN (PLATTER) WITH HIGH SIDES (LARGE ENOUGH TO COMFORTABLY CONTAIN ALL THE BEEF TO BE GRILLED.)

RUN ROOM TEMPERATURE WATER OVER ALL THE BEEF

DRY ALL PARTS OF THE BEEF WITH PAPER TOWELS, VERY WELL DRY

SPRINKLE FINE SEAT SALT OVER ALL THE BEEF AND HAND RUB IT INTO THE MEAT

PLACE THE SALTED BEEF BACK ON THE PLATTER WITH LAYERS OF PAPER TOWELS UNDER AND ON TOP OF THE BEEF AND PLACE IT BACK IN THE REFRIGERATOR FOR 15 TO 20 MINUTES

REMOVE THE BEEF AND AGAIN RUB ANY VISIBLE SALT BACK INTO THE MEAT

FROM THIS TIME ON THE MEAT WILL NOT BE COOLED AGAIN AND YOU MUST LET IT START TO GET TO ROOM TEMPERATURE. (THE BEEF *MUST*** BE AT LEAST AT ROOM TEMPERATURE WHEN IT HITS THE FLAMING GRILL)**

RUB THE BEEF WITH A LIGHT COAT OF CANOLA OIL AND LET IT SIT FOR A FEW MINUTES ON THE COUNTER.

NEXT, COVER COMPLETELY AND CONSISTENTLY WITH FRESH GROUND PEPPER AND A SMALL AMOUNT MORE OF SEA SALT. RUB THIS INTO THE MEAT AND CREVASSES AND IF THERE ARE ANY AREAS THAT DO NOT APPEAR TO BE WELL COATED, ADD MORE PEPPER. MAKE SURE THE OIL AND SALT AND PEPPER ARE CONSISTENTLY COVERED ON EVERY PART OF THE ROAST INCLUDING THE END SIDES.

LIGHTLY SPRINKLE THE TONY'S, ONION, AND GARLIC POWDER OVER THE ENTIRE ROAST. JUST A LIGHT COVERING, NOTHING COMPARED TO THE PEPPER AND ADDITIONAL BIT OF SALT AMOUNTS ALREADY ON THE MEAT. HAND RUB THE ENTIRE ROAST AGAIN DRIVING ALL THE SEASONINGS INTO THE BEEF. LET SIT UNTIL ROOM TEMPERATURE IS SUCCESSFULLY ATTAINED. ONCE AGAIN, IF THE ROAST IS NOT CONSISTENTLY COVERED WITH THE PEPPER ESPECIALLY, ADD SEASONS TO COVER THESE AREAS. RUB IT IN, RUB IT IN.

BY THIS TIME, THE GRILL SHOULD BE READY. ALL GRILLS ARE DIFFERENT. MAKE SURE YOU HAVE YOUR PITCHER OF WATER AVAILABLE. IF THE GRILL 5

OR MORE BURNERS, TURN 2 OF THE BURNERS OFF ON THE FAR-RIGHT SIDE OF THE GRILL (IF THE GRILL HAS AT LEAST 5 OR MORE. IF THE GRILL HAS LESS THAN FIVE BURNERS, ONLY TURN OFF ONE). IF YOU CANNOT HOLD YOUR HAND 18" ABOVE THE GRILL (OVER THE HOTTEST PART OF THE FIRE) FOR A COUPLE OF SECONDS EASILY, THE GRILL IS TOO HOT. ADJUST GRILL WHILE MAINTAINING A HOT FIRE. SHUT THE GRILL LID.

AFTER THE BEEF IS AT ROOM TEMPERATURE AND AFTER COMPLETING THE SEASONING, BASTE THE BEEF WITH THE BUTTER SAUCE USING THE GRILL SAUCE BRUSH THOROUGHLY AND COMPLETELY AND ALLOW TO REST FOR A FEW MINUTES. YOU ARE NOW READY TO PLACE THE ROAST ON THE ROARING GRILL ON THE ROAD TO EXTREME FLAVOR. BE ALERT AND DO NOT LEAVE THE PIT'S SIDE UNTIL THE TENDERLOIN ROAST GRILLING IS COMPLETE AND THE MEAT HAS BEEN REMOVED TO THE PLATTER TO BRING TO THE KITCHEN AND FIRE FUELS ARE OFF.

TAKE THE ROAST(S) TO THE SIDE OF THE GRILL. REMEMBER, YOU TURNED OFF THE FAR-RIGHT COUPLE OF BURNERS AND CLOSED THE LID. NOW, OPEN THE LID AND PLACE THE ROAST ON THE FIRE. THE FIRE WILL EXPLODE, AND FLAME WILL CONSUME THE ROAST. (UNLESS YOU HAVE CREATED A DANGEROUS RAGING FIRE INFERNO CONTINUE REALIZING THIS IS A GRILL BY HOT FIRE AND THERE WILL BE NORMAL FLARE UPS WITH EACH OR THE TURN AND BASTE ACTIVITIES. OTHERWISE, IF IN DOUBT, GET THE ROAST OFF OF THE GRILL TO THE COOL PART OF THE GRILL OR TO THE PLATTER IF THIS HAPPENS UNTIL THE OUTBURST HAS BEEN TAMED.) IF YOU NEED TO USE SOME WATER TO PLACE THE FIRE UNDER CONTROL, DO SO AND THEN CONTINUE. QUARTER TURN THE MEAT EVERY 2 MINUTES AND COVER THE ROAST WITH ANOTHER COATING OF THE BUTTER SAUCE WITH EACH ROTATION. (REMEMBER THE ROAST REALLY HAS 4 SIDES) REMEMBER, YOU WANT A HARDY COATING OF COLOR CRUST ON THE OUTSIDE AND RARE IN THE INSIDE. NEVER PANIC. REMEMBER, IF THERE IS A FRIGHTENING FLARE UP, REMOVE THE ROAST AND GET THE FIRE UNDER CONTROL) EACH TIME THE ROAST IS TURNED AND BASTED, THE FLAME WILL RISE AGAIN. UNLESS IT BECOMES AN INFERNO, AT WHICH TIME YOU WILL USE THE PITCHER OF WATER TO LOWER THE FIRE LEVEL (AT ANY TIME THIS MAY HAPPEN. IF AN INFERNO OCCURS MORE THAN ONCE, LOWER ALL BURNER LEVELS A SMALL AMOUNT. **BE SURE NOT TO POUR THE WATER ON TOP OF THE ROAST, POUR IT IN BETWEEN THE BURNERS CLOSEST TO THE OVERPOWERING FLAME, OR AT THE END OF THE GRILL. NOT MUCH WATER WILL BE REQUIRED TO BRING THE FIRE TO A MANAGEABLE CONTROL. THE FIRE MUST STILL BE VERY HOT.** CONTINUE TO ROTATE, TURN AND BASTE THE ROAST WITH THE BUTTER SAUCE **EACH TIME WHILE TESTING THE TEMPERATURE VERY OFTEN WITH THE DIGITAL INSTANT READ THERMOMETER. MAKE SURE, MAKE SURE, THE MEAT IS REMOVED FROM THE GRILL AT OR BEFORE IT REACHES 115**

DEGREES (F). IF IT IS MORE COMFORTABLE, MOVE THE MEAT TO THE COOL AREA OF THE GRILL TO MONITOR ITS TEMPERATURE. **PLEASE, Do NOT OVERCOOK THE MEAT UNDER ANY CIRCUMSTANCES.** AT THAT POINT, (AFTER HAVING SOMEONE WASH THE PLATTER OR USE A NEW ONE), GET THE MEAT OFF OF THE GRILL AT ONCE, RETURN THE MEAT AND PLATTER TO THE KITCHEN AND LIGHTLY COVER THE ROAST WITH FOIL FOR AT LEAST 20 MINUTES. PLEASE DO NOT FORGET TO TURN THE GRILL BURNERS AND GAS SUPPLY OFF. AFTER RESTING THE ROAST, SLICE AND SERVE!

MY SUGGESTION OF SIDE DISHES FOR JAMES' GRILLED CHATEAUBRIAND ROAST ARE MY GRILLED ASPARAGUS TOPPED WITH MY CREOLE HOLLANDAISE SAUCE, MY TWICE BAKED STUFFED POTATOES, AND FRESH OUT OF THE OVEN HOT GARLIC FRENCH BREAD. (DO NOT FORGET TO DIP THE BREAD IN THE SAUCE.) MAYBE MY CAESAR SALAD.

PLEASE READ OVER THIS RECIPE SEVERAL TIMES. MAKE YOURSELF FAMILIAR WITH ALL THE ASPECTS OF THIS DISH. IT IS COMPLEX BUT EASY ONCE YOU GAIN THE KNOWLEDGE AND A COMFORT AND CONFIDENCE THAT YOU CAN ACCOMPLISH SUCCESS WITH THIS RECIPE. PLEASE TAKE YOUR TIME, DO NOT PANIC, AND BE OVER CAUTIOUS TO NOT OVERCOOK THIS DELICACY. PLEASE ENJOY, WILLIAM S. "BLEU" EVANS

HAPPY BIRTHDAY JAMES. I LOVE YOU, BILL SEPTEMBER 1ST!

