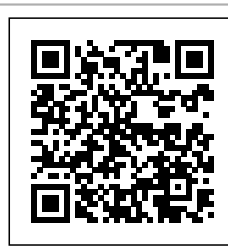


Ultimate Beef Wellington



Scan Code To Watch Video!



Recipe by: Laura Vitale

Serves 8

Prep Time: 45 minutes

Cook Time: 1 hours 0 minutes

Ingredients

For the mushroom filling:

- __ 1lb of Cremini Mushrooms, cleaned, trimmed and roughly chopped
- __ 2 Shallots, roughly chopped
- __ 3 Cloves of Garlic, roughly chopped
- __ 3 Sprigs of Thyme, leaves picked from the stem

For the remaining ingredients:

- __ 2 Sheets of Puff Pastry, thawed
- __ 2.5lb Filet of Beef, trimmed of any fat and tied with some kitchen twine in a few places
- __ 3 Tbsp of Dijon Mustard
- __ 1 Egg, beaten
- __ 8 Slices of Prosciutto
- __ Salt and Pepper to taste

For the sauce:

- __ 2 Tbsp of Butter
- __ 1 Shallot, minced
- __ 1/2 cup of Cognac or Brandy
- __ 1 Cup of Beef Stock
- __ 1/2 cup of Heavy Cream
- __ 1 Tbsp of Whole Grain Dijon Mustard
- __ Salt and Plenty of Freshly Ground Black Pepper

1) In the bowl of a food processor, add the mushrooms, shallots and garlic and pulse until very finely chopped (you might need to do this in batches) cook in the butter and olive oil along with the thyme and salt and pepper and cook on medium heat until all the moisture cooks out and the mushroom mixture has cooked down by about half, set aside to cool completely.

2) While the mushrooms are cooking, season the beef really well on all sides with plenty of salt and pepper then sear in a screaming hot cast iron skillet with a touch of neutral oil until very deeply browned, set aside to cool. Once the beef is cooled, brush evenly on all sides with the mustard.

3) Lay a couple sheets of plastic wrap on your work surface (overlapping) and lay out the prosciutto in a single layer (large enough to roll the beef in) then carefully smear the cooled mushrooms mixture on the prosciutto, place the beef on one end and roll tightly with the prosciutto using the plastic wrap as your guide.

4) Wrap the beef tightly in the plastic wrap, refrigerate for 30 minutes.

5) On a very lightly floured surface, lay the two pieces of puff pastry making sure to lightly overhang the edge of one piece onto the other (brush some of the beaten egg under it to help stick) then roll the whole thing out so you have one thin, even large piece of pastry.

6) Unwrap the beef from the plastic, place it on one edge of the pastry, rolling it tightly and brushing the seam with the beaten egg to seal it. Cut the leftover pastry, pinch the sides of the pastry, tuck under the beef, lightly score the top, then place on a parchment paper lined baking sheet and refrigerate for 30 minutes.

7) Preheat your oven to 400 degrees, brush the top and sides with the beaten egg, insert a thermometer deeply into the side of the beef, then roast until the temperature of the beef reaches 120 degrees. Allow to cool for 30 minutes before serving, in that time, make the sauce.

8) In a saucepan, add the butter and shallots, cook until soft and translucent, add the brandy, allow to reduce by half, add the beef, allow that to reduce as well, then add the cream, season well with a pinch of salt and plenty of black pepper, cook until mixture thickens and coats the back of a spoon, whisk in the mustard and pour into a gravy boat.

9) Slice the wellington into even pieces and serve with the peppercorn cream sauce.

