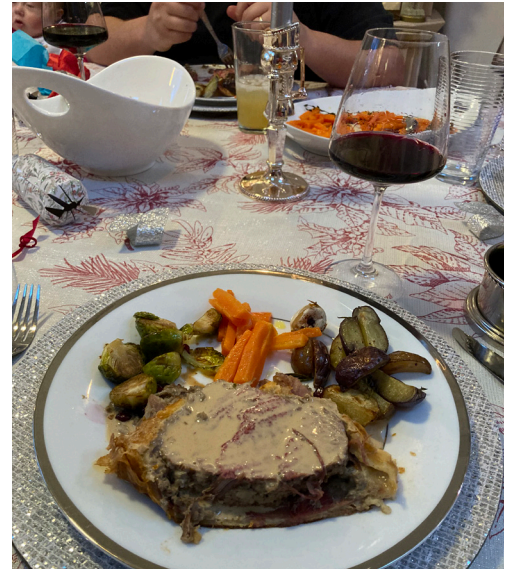


# Beef Wellington

*I made Beef Wellington for one of our family Christmases. It's surprisingly easy and everyone was blown away by it. Get the beef prepared through wrapping and refrigerating the day before or earlier in the day and you just have to wrap it in puff pastry and bake it for dinner. Sauce can be made up until adding cream and refrigerated until ready to finish, as well. Just heat in skillet, add cream and go on from there. I highly recommend serving it with a full bodied Cabernet Sauvignon. We enjoyed Austin Hope Cabernet Sauvignon with it and it was glorious!*

6 to 8 servings

3 hours to prepare



## **Duxelles:**

24 oz. white button mushrooms  
2 shallots, peeled and roughly chopped  
4 cloves garlic, peeled and roughly chopped  
2 sprigs fresh thyme, leaves only  
2 Tbsp unsalted butter  
2 Tbsp extra-virgin olive oil  
Kosher salt and freshly ground pepper

## **Beef:**

3 lb. center cut beef tenderloin, trimmed and tied so evenly shaped into a cylinder  
Extra-virgin olive oil  
Kosher salt and freshly ground black pepper  
12 thin slices prosciutto  
6 sprigs fresh thyme, leaves only  
2 Tbsp Dijon mustard  
1 lb. puff pastry  
flour, for rolling out puff pastry  
2 large eggs lightly beaten

## **Sauce:**

2 Tbsp extra-virgin olive oil  
2 shallots, sliced  
2 cloves garlic, peeled and smashed  
3 sprigs fresh thyme, leaves only  
1 cup cognac or brandy  
1 box beef stock  
2 cups cream  
2 Tbsp Dijon mustard



## Directions for Duxelles:

1. Add mushrooms, shallots, garlic, and thyme to a food processor and pulse until finely chopped.
2. Add butter and olive oil to a large saute pan and set over medium heat.
3. Once butter has melted, add the shallot and mushroom mixture and saute for 8 to 10 minutes until most of the liquid has evaporated.
4. Season with salt and pepper and set aside to cool.

## Directions for Beef:

5. Drizzle beef with olive oil, then season with salt and pepper.
6. Heat a heavy-based skillet and coat lightly with olive oil.
7. Sear beef in hot skillet all over, including the ends - about 2 to 3 minutes. Remove from heat, remove beef from pan (reserving pan to make sauce in) cut twine off and smear lightly all over with Dijon mustard. Set aside.
8. Lay out about 1.5 feet of plastic wrap (enough so that it will completely wrap the beef) on the counter.
9. Shingle the prosciutto so it forms a rectangle that is big enough to encompass the entire filet of beef - 6 slices across, 2 slices down, to form a rectangle that will completely wrap around the beef.
10. Using a rubber spatula cover the prosciutto evenly with a thin layer of duxelles.
11. Season the surface of the duxelles with salt and pepper and sprinkle with fresh thyme leaves.
12. Place beef in the center of the rectangle and roll up in the duxelles covered prosciutto using the plastic wrap to tie it up nice and tight. Tuck in the ends of the prosciutto as you roll to completely encompass the beef. Roll it up tightly in plastic wrap and twist the ends to seal it completely and hold it in a nice log shape. Set in the refrigerator for at least 30 minutes to ensure it maintains its shape (at this point you may refrigerate up to overnight).
13. Preheat oven to 425 degrees.
14. On a lightly floured surface, roll the puff pastry out to about a 1/4-inch thickness. Depending on the size of your sheets you may have to overlap 2 sheets and press them together. Remove beef from refrigerator and cut off plastic. Set the beef in the center of the pastry and fold over the longer sides, brushing with egg wash to seal. Trim ends if necessary then brush with egg wash and fold over to completely seal the beef - saving ends to use as a decoration on top if desired. Top with coarse sea salt. Place the beef seam side down on a baking sheet.



15. Brush the top of the pastry with egg wash then make a couple of slits in the top of the pastry using the tip of a paring knife to create vents that will allow the steam to escape when cooking. Bake for 40 to 45 minutes until pastry is golden brown and beef registers 125 degrees F on an instant-read thermometer. Remove from oven and rest before cutting into thick slices.

**Directions for Sauce:**

16. Add olive oil to pan that beef was seared in and heat over medium.

17. Add shallots, garlic, and thyme; saute for 1 to 2 minutes, then, off heat, add cognac or brandy and flambe using a long kitchen match (or piece of spaghetti).

18. After flame dies down, return to the heat, add stock and reduce by about half.

19. Strain out solids. At this point, you can refrigerate until you want to finish the sauce right before dinner.

20. Add 2 cups cream and mustard. Reduce by half again and serve.

21. ENJOY!!!

