



BEEF WELLINGTON

MISE EN PLACE

- Defrost the puff pastry in your fridge, overnight.
 - Pick the fresh thyme leaves for your duxelles.
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BEEF WELLINGTON *(serves 4)*

Recipe by KATHRYN JOEL

2 lbs well-trimmed center cut fillet of beef

grapeseed or canola oil for searing beef

olive oil for cooking mushrooms

12oz cremini mushrooms, roughly chopped, or you can use portabello mushrooms

1 large shallot, finely chopped

1 clove of garlic, finely chopped

2 sprigs fresh thyme, leaves picked and chopped

1/2 cup dry white wine

Dijon mustard

12-18 slices prosciutto, as needed

puff pastry, all butter preferred (for example Superstore Presidents' Choice), defrosted in your fridge

egg wash (1 egg whisked with a pinch of salt)

salt & pepper

To serve: Red Wine Sauce (or use a red wine demi-glace), Celeriac Purée, Pan Seared Brussels Sprouts (recipes follow)

** NOTE: you can prepare one large, or two smaller Wellingtons*

- Trim the fillet of beef well, retaining the trimmings for the red wine sauce (recipe follows).
- Season the beef fillet well, with salt and pepper.
- Heat oil in a large sauté pan over a high heat then brown the beef well all over. Set it aside to cool on a wire rack, without washing the pan – you'll use the pan to cook your mushrooms.

- Meanwhile whizz the mushrooms, shallot and garlic in a food processor then sauté them in olive oil, together with the fresh thyme in the same pan, seasoning with salt to taste.
- Continue cooking the mushrooms until all of the liquid has evaporated, then deglaze with the white wine and reduce it completely. The finished duxelles should be dry.
- Set the duxelles of mushrooms aside to cool. To speed this process up, you can transfer it to a bowl, and place over a bowl of ice water.
- Once the beef has cooled, dry it well with paper towel.
- Now place a sheet of plastic wrap on your counter and arrange a rectangle of prosciutto slices large enough to cover the beef fillet completely.
- Spread the duxelle evenly on the prosciutto.
- Use a pastry brush to brush the cooled beef with Dijon mustard, then place it on the prosciutto, presentation side down.
- Wrap the beef fillet in the duxelles and prosciutto, forming a neat cylinder, then roll it tightly in the plastic wrap, and chill in the fridge for 30 minutes or more.
- Preheat your oven to 425°F.
- Roll out the defrosted puff pastry so that you have a piece big enough to wrap your beef fillet. (Always keep puff pastry chilled when you are not working with it.)
- Uncover the prosciutto wrapped beef fillet and lay it on the pastry, presentation side down. Brush the edges with egg wash for sealing.
- Wrap the fillet in the pastry, then chill in the fridge for 30 minutes.
- Before roasting, score the pastry (optional) without cutting through it.
- Arrange the Wellington on a parchment lined sheet pan, brush with egg wash, and place in the preheated oven, reducing the temperature to 400°F.
- Roast for approximately 25 to 35 minutes, depending on the size of the fillet of beef, and testing with an Instant Read Thermometer (130-140°F for medium rare). If you made two Wellingtons instead of one the roasting time will be reduced. If the pastry browns too quickly, loosely cover with a sheet of foil to prevent it from over browning.
- When done, rest on a rack for 5-10 minutes then slice thickly to serve. Serve with seared brassicas or other greens, and an (optional) Red Wine Demi-Glace or a Demi-Glace, seasoned and finished with butter.

Celeriac Purée

1 large celeriac, peeled and diced into 1 inch cubes

Milk (whole) to cover

1 bay leaf

100 ml whipping cream

50 g butter, cold and diced

Salt to taste

- Place the peeled and diced celeriac in a medium pan and cover with the whole milk.

- Add the bay leaf, and bring up to a simmer.
- Cook until tender, about 20 minutes, then add the whipping cream.
- Strain through a sieve, retaining the milk and cream, and transfer to a blender. Purée, adding enough of the hot milk to make a purée.
- Gradually add the cold butter while running your blender, and season to taste with salt.

Brussels Sprouts

1 lb brussels sprouts, trimmed and halved lengthways

3-4 tbsp Olive oil

Splash of aged balsamic vinegar, to taste, or substitute lemon juice

Salt to taste

- In a wide skillet heat the olive oil, then add the brussels sprouts, arranging them cut side down and cook for 3 to 4 minutes until browned.
- Turn and cook another 3-4 minutes.
- Toss with a splash of balsamic vinegar, and salt to taste.

Red Wine Sauce

Beef trimmings from tenderloin (above)

Unscented high smoke point oil (grapeseed or canola)

2 shallots, peeled and diced

1 stick celery, diced

1 carrot, peeled and diced

1 sprig fresh thyme

1 clove garlic, lightly smashed

1 tbsp red wine vinegar, or to taste

500 ml (2 cups) red wine

500 ml (2 cups) beef or veal stock

Cold diced butter to finish

- Heat a sauté pan over a high heat, adding some cooking oil.
- Add the beef trimmings and sear well on all sides.
- Add the shallots and cook for just a minute then add the carrot and celery and cook, stirring for a few minutes.
- Add the thyme and garlic and continue to cook, stirring, just until fragrant.
- Add the vinegar, and reduce.
- Add the red wine and reduce by half.
- Add the beef or veal stock and bring up to a simmer.
- Simmer until your sauce coats the back of a spoon (up to an hour).
- Strain into a small pan.
- To finish reheat and gradually add in cold, diced butter to emulsify.

EQUIPMENT

Food processor for mushrooms

Cutting board and knives

Sauté pan for searing

Sheet pan for roasting

Cooling rack

Parchment paper

Plastic wrap