

Beef Wellington

You will need:



- Fillet of Beef
- 3 tbsp olive oil
- 80g Mushrooms,
- 50g/2oz butter
- 1 large sprig fresh Thyme
- 3 slices Prosciutto or Parma Ham
- 80g Pate
- Salt and pepper to season
- Teaspoon of Dijon Mustard
- Puff Pastry
- a little flour for dusting
- 1 egg for beating.

Included:

- Fillet of Beef approx 300g-
- 80g Mushrooms
- Sprig of Thyme
- Parma Ham
- Pate
- Pastry

Optional extras not included

- Oil (either olive or rape-seed)
- Dijon Mustard
- Butter
- Salt and Pepper
- Flour
- Egg

Method:

Step 1



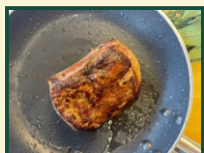
- Dice the mushrooms being careful not to nip the tips of your fingers.

Step 2



- Pre-heat the pan on the hob. While things are hotting up, drizzle a little oil over the beef then season with salt and pepper.

Step 3



- Once hot, drop the fillet in the pan. Listen to that sizzle! Beautiful... Turn occasionally to ensure all sides are seared to a golden brown. Remove the fillet onto a plate to cool and put the pan back on the heat.

Step 4



- Melt the butter in the pan then add the mushrooms and sprig of thyme stirring occasionally until the mushrooms are golden brown and soft. Once soft, peel off a few leaves of thyme and drop into the pan before removing from the heat to cool.

Step 5



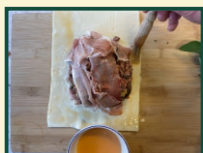
- Once cooled, mix the mushroom and pate together.



Step 6

- Lay out the pastry and place the fillet on top. Place 2 slices of Parma ham on to the pastry and put your fillet on top (as per the picture) before spreading over the mustard.

Step 7



- Spread the pate and mushroom mix over the mustard covered fillet. Lift the Parma ham from underneath onto the sides of the fillet and lay the last slice of ham over the top. Paint the beaten egg (water is also fine) around the outside of the fillet.

Step 8



- Bring up the pastry, drape over the top and press down well making sure you don't tear the pastry! Use a fork to complete the seal and trim off the excess pastry, leaving about 10mm around the edges.

Step 9



- Brush the whole wellington with the beaten egg and score the pastry very lightly, making sure not to cut into the pastry.

Step 10



- Roll out the trimmed pastry and use it to personalise your Beef Wellington with a few stars, or hearts or even a cheeky little message... Do not glaze the decoration as this will allow it to stand out.

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Baking and Serving *your* Beef Wellington



- Pre-heat the oven to 180 °C

- Place the Beef Wellington on to a piece of baking parchment then onto a baking tray if you have not done so already.



- Place the Beef Wellington in the oven and cook until the pastry has turned a lovely golden brown colour.

Ovens do vary, so as a guide.

Rare 24-35mins @ 200 °C

Medium Rare 25-45mins @ 180 °C

Then allow to rest for a few minutes.

*If you like your beef cooked through a little more,
allow to rest longer.*



Slice into thick portions. Possible accompaniments could be a selection of vegetables and or sweet potato fries and a red wine jus, beef gravy with glug of red wine works well too. Finally serve with a whole lotta love.

Enjoy Matt x