

HOMEMADE CHEFS

Beef Wellington

4-6 servings (4 large or 6 small portions)

Ingredients:

2 lbs. button mushrooms, washed and cut in half
1 tbsp. chopped rosemary
2 oz olive oil
¼ cup of breadcrumbs
½ white onion diced small
1 oz. butter
2 tbsp. brandy
2 oz. heavy cream
Salt and pepper to taste
1 (12 inch x 8 inch) sheet of puff pastry
Egg wash (1 beaten egg)
2 lb. beef tenderloin, trimmed
Additional canola oil for searing the meat

Preparation:

- In a large mixing bowl, toss the mushrooms, rosemary, salt, pepper and olive oil together
- Place in a baking tray and bake at 400 degrees for 20 minutes
- In a large sauté pan, melt the butter on medium heat and sweat the onion
- Add the mushrooms to the pan and cook on high heat for 2 minutes
- Add the brandy (turn off the flame at this point to avoid a large flame)
- Add the cream and bring to a boil. Cook for 2 minutes
- Add bread crumbs
- Place the mushroom mixture in a food processor and blend until a chunky puree. Let it cool
- Season the tenderloin with salt and pepper
- Sear the beef on all sides on high heat with a little bit of canola oil in a large pan
- Place the beef in a baking tray and bake at 350 degrees for 12 minutes cook to about a 100 degrees internally
- Layout the puff pastry and spread the mushroom filling over the pastry leaving a margin of 2 inches all around the sheet
- Place the beef in the middle of the sheet
- Fold the pastry over the beef to create a log
- Tuck in the ends underneath the log
- Place in a baking tray with the seals of the folds down
- Brush with egg wash
- Bake at 400 degrees for 15 minutes until golden. Beef should be at medium rare 140 degrees internally
- If you like to further cook the meat then lower the oven to 350 and bake for additional time
- Let rest for 10 minutes before carving

Recipe courtesy of Chef Jorge Montes



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