

Beef Wellington

Fillet Mignon Roast (or steaks if you want to do individual wellingtons)

Allow 1 1/2 inch slice per person as a guide (leftovers are fantastic though)

1 lbs brown or wild mushrooms

1 sprig of fresh thyme (yes get the fresh its worth it)

1 box puff pastry

100g thin sliced prosciutto

2 egg yolks beaten with 1 TSP water and pinch of salt

Coarse Kosher salt and coarse fresh ground pepper

Sauce

2 TBS Olive Oil

200g beef trimmings (can use some of the end part of fillet or even could be stewing beef)

4 large shallots sliced

12 whole black pepper corns

1 bay leaf

1 thyme sprig

Splash of wine vinegar

1 750 ml bottle of red wine (you can save up leftovers and use) don't use wine you wouldn't drink

750 ml beef stock

1) Wrap beef tightly in saran wrap (use 3 layers) to set shape. Refrigerate overnight

2) Remove saran wrap and pre heat good frying pan. Add TBS olive oil, roll around in pan, sear fillet on all sides until nice brown colour. Remove from pan and set aside to cool

3) Finely chop mushrooms (use food processor if you have one). In the same frying pan add olive oil if required, add mushrooms, thyme leaves. Season well. Cook on med-high heat uncovered until all liquid is gone, stirring often. About 10 minutes remove from pan to cool.

4) May skip this step, If puff pastry will be too small to wrap beef lay out puff pastry on parchment paper overlap a few inches with another piece and roll together. If spliced pieces together refrigerate 15 minutes for it to rest and cool.

5) Lay large piece of saran wrap on counter lay the prosciutto out, overlapping each piece in middle so it will completely wrap beef. Spread the mushroom mixture over the ham evenly.

6) Season all sides of fillet with salt and pepper and place it over mushrooms. Using saran too help roll prosciutto/mushrooms over beef roll sides in. Roll tight and twist ends of saran wrap to get a nice tight roll. Refrigerate 30 minutes.

7) Lay out puff pastry on saran wrap. Brush the pasty with egg wash. Remove ham beef roll from saran and using saran roll pastry over beef leave a little overlap and trim off excess pastry. All ends of pastry should be sealed. Wrap tightly in saran and refrigerate for at least 30 minutes.

Make sauce

1) Heat oil in large frying pan. Put beef trimmings in brown then stir in shallots, peppercorns, bay leaf and thyme, stirring often until shallots turn golden brown.

2) Pour in vinegar and let bubble until almost gone, then add wine and boil until almost completely reduced, stirring constantly. Add beef stock, bring to boil, lower heat and simmer for 1 hour. Preheat oven to 400 F. Discard any scum floating on top. Reduce till you have a nice consistency sauce.

3) Remove beef from saran (for fancy presentation use paring knife and slice small slits into pastry not going very deep in curved patterns) brush with egg wash and put on cookie sheet lined with parchment paper. Cook at 400 f for about 12 minutes till pastry is golden brown. Remove from oven and rest for 10 minutes.

4) Strain sauce using a fine strainer. Carve wellington and serve.

This takes a long time but the results are AMAZING. Great way to impress friends, even better way to get out of doghouse and impress the wife.