

Wellington beef |

Recipe for 4 servings

Description

An all time ageless French ultimate classic!

Note

You can also add bacon slices, right after adding the duxelles. Or simply wrap the beef in them for an extra kick in taste! Or change the meat for fish like salmon, it will become a Coulubiach.

Ingredients

Wellington

- 1 Unit(s) Puff pastry
- 4 Unit(s) Beef filet mignon
- 4 Handful(s) Baby spinach
- 2 Unit(s) Foie gras scallop
- Salt and pepper
- Vegetable oil

Mushrooms

- 125 Gr Button mushrooms
- 50 Gr French shallot
- 1 Sprig(s) Thyme
- 2 Drop(s) Truffle oil
- 1 Clove(s) Garlic
- Salt and pepper
- Vegetable oil

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **450 F°**

Prep

Slice the mushrooms.

Cut the garlic.

Chop the shallot and take the leaves out of the thyme.

Sear the beef on all its sides.

Season and sear the foie gras on both sides for 30 sec and leave aside in the fridge.

In a pan with butter and oil, cook the spinach for few minutes and keep aside in the fridge.

Duxelles

In a pan with vegetable oil and a knob of butter, cook and colour the mushrooms. Then add the garlic and the shallots, and the thyme. Once everything is properly cooked, leave it room temperature. In a food processor, mix everything to end up with a smooth texture. Salt & pepper and truffle oil.

Wellington

On an even and dry table, bring down the puff pastry with a roller until it's half a cm thick. Cut squares out of it, big enough to wrap the beef in.

On a cooking tray covered with parchment paper, lay down the cut pastry on it. Delicately pour the duxelles on every square while making sure there is still a cm wide that remains free.

Brush a little bit of water all around the edges of the puff pastry, lay the beef at the very center and then some more duxelles on top of it.

Put the cold foie gras on top and add a bed of cold spinach too,

Afterwise, put another puff pastry square to seal everything shut.

With some egg wash, again brush them all over and then throw everything into the oven at 450F for 8mins. (45C)

Bon appétit!