

Beef Wellington



This delicious beef tenderloin entrée, wrapped in puff pastry with a layer of mushroom duxelles, is a delicious way to celebrate Christmas or ring in the New Year.

Ingredients

1 onion
1 shallot
2 Tbl. butter
Salt and pepper
Splash of sherry
1 pound white mushrooms
Chopped parsley and thyme
Beef tenderloin, silver skin removed
1 package frozen puff pastry
2 to 3 Tbl. olive oil
Dijon mustard

Instructions

Heat oven to 375 degrees.

Rough chop mushrooms with stems, onion, and shallot. Blend in food processor with butter and sherry until finely minced. Add chopped parsley, thyme, salt, and pepper. (This mixture, known as duxelles, can also be served as an appetizer spread on crackers or bread.) Spread mixture onto sheet pan and cook for 20 minutes or until lightly browned, stirring occasionally to ensure even cooking. Remove from oven, set aside to cool.

Remove silver skin on tenderloin, if needed.

Put a sauté pan big enough to fit the tenderloin on medium high heat to start getting hot. Add olive oil and let it get smoking hot. Salt and pepper the beef, then sear on all sides in the pan until caramelized, which will add flavor. Remove from pan and set to cool.

Defrost prepared puff pastry.

To assemble, lay out one sheet of pastry and put half of the duxelles mixture along the length of the pastry sheet in the center.

Coat entire tenderloin with Dijon mustard, then place on top of the duxelles mixture. Top the tenderloin with remaining duxelles and bring sides of pastry up to encase it. Tuck in ends and roll the tenderloin over so that the pastry seam is hidden.

Cut leaf shapes from a second sheet of pastry to decorate your Wellington with a vine motif (or create your own design). Beat one egg and use your hands or a pastry brush to coat the pastry top before baking.

Cook at 375 degrees for approximately 20 minutes, then check the internal temperature of the beef. When it reaches 125 degrees, remove the Wellington from the oven.

Set on a wire rack to rest. As it rests, the beef will continue to cook. When the internal temperature reaches 130 to 135 degrees, it will be a perfect medium rare and ready to serve with your favorite sides.