

Beef Wellington

Ingredients (6 People)

- 1.1 kg beef fillet
- 800 g button mushrooms or fresh porcini
- 150 g ham
- 2 rolls of rectangular puff pastry
- 1 sprig of rosemary
- Thyme, parsley
- 2 egg yolks (for brushing)

For the sauce

- 200 ml red wine
- 1 teaspoon of flour
- Vegetable stock

For the crepes

- 2 eggs
- 130 g flour 00
- 300 ml milk
- salt



Equipment

- Cling film
- Food processor
- Lattice pastry roller (or score the pastry by hand, about 40 min more)

PLAN AHEAD

About 13 hours in total. I did steps 1-7 on day 1 (from the morning) and steps 8-10 the next morning.

Method

1 Season the fillet OUT OF FRIDGE 1 HR

PREP 10 MIN

REST 1 HR

- Pat the fillet dry with kitchen paper.
- Season it with salt and pepper, covering every side. Make a uniform layer of salt and pepper, even if it seems to you too much.
- Wrap it in cling film and let it rest in the fridge for about 1 hr.



2 Sear and chill OUT OF FRIDGE 2 HRS PREP 10 MIN

REST 30 + 30 MIN

- Take the fillet out of the fridge about 2 hours ahead.
- Use a cast-iron pan or a heavy pot. Add enough oil to cover the whole base, and brush the sides of the pan with oil too. Add the sprig of rosemary.
- When the oil is very hot, sear the fillet on all sides, turning it constantly so it seals straight away. Keep going until it's well browned, at least 20 minutes, depending on the size of the fillet.

I kept it on the heat for about 15 min, you can see the resulting colour in the photos.



- Transfer the fillet to a rack. Let it cool completely at room temperature (30 min), then chill it in the fridge for at least 30 min. This helps the meat firm up and hold in its juices.

3 Make the red wine sauce PREP 20 MIN

- Prepare some vegetable stock.
- Pour the 200 ml of red wine into the pan you seared the fillet in and let the sauce reduce.

In my opinion you need more than 200 ml, I'll try again and then I'll update the recipe.

- Once it has thickened (reduce it enough: when you taste it, there should be no sharp wine flavour left), pass it through a sieve, season with salt and pepper, and return it to the pan.
- Add one or two ladles of stock. Then add the sifted flour A LITTLE AT A TIME (1 teaspoon) to thicken the sauce, stirring constantly.
- Make sure there are no lumps, then pour it into a container. You'll reheat it later, in a bain-marie or in the microwave.



4 Make the mushroom duxelles PREP 1 HR

REST 1 HR

- Clean the mushrooms, removing any soil, then chop them finely with a food processor (don't even try with a knife, you'll lose time). Add a little parsley.
- Heat the oil in a pan, add the mushrooms and cook over a medium heat until they release all their water (at least 15 min).
- Season with salt and pepper and let them cool completely.



5 Make the crepes PREP 30 MIN REST 30 MIN

- In a bowl, beat the eggs with the milk and a pinch of salt, add the sifted flour and mix with a whisk. Keep mixing until the batter is smooth and even.
- Heat a 24 cm non-stick pan and brush it with a little butter. Add a small ladle of batter and let it set over a moderate heat.
- Let the crepes cool (at least 30 min).

The wider the pan, the better. For a lump-free batter, pass it through a fine-mesh sieve.



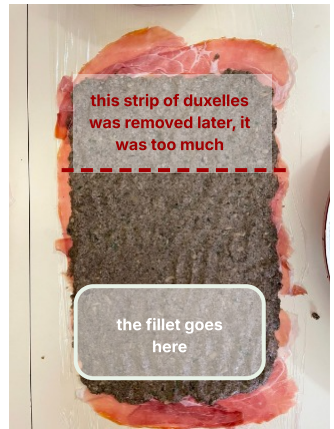
6 First wrap: prosciutto and duxelles

PREP 15 MIN

REST 30 MIN

- On a sheet of cling film (or 2 overlapping sheets), lay out the ham slices so they slightly overlap. Use only the soft part of each slice, not the harder, more seasoned edge.
- Spread an even layer of duxelles over the ham. Press it down well.
- Lay the meat on the mushroom bed and roll it up until it's completely enclosed, twisting the ends tight. Rest it in the fridge for 30 min.

No harm if the prosciutto goes around one and a half times, but the duxelles layer must be precise. Either way, check the size of the fillet before building these layers.



7 Second wrap: crepes

PREP 15 MIN

REST 2 HRS

- On a sheet of cling film (or 2 overlapping sheets), lay out the crepes so they slightly overlap.
- Place the fillet on top and wrap it in the crepes. Trim off any excess.
- Wrap it tightly in cling film once more and return it to the fridge for about 2 hours.

I left it in the fridge overnight.



8 Third wrap: puff pastry OUT OF FRIDGE 10 MIN

PREP 15 MIN

REST 10 MIN

- Take the first roll of puff pastry out of the fridge about 10 min before using it. Not more.
- Beat two egg yolks with a little milk.
- Lay a sheet of baking paper over the pastry and roll over it with a rolling pin, stretching it to match the size of the fillet. Brush it with the beaten yolk and milk.
- Wrap the fillet, folding the edges in neatly, trimming any excess (otherwise it will stay raw) and sealing them.
- Take the other pastry roll out of the fridge. Brush the whole surface well, not too generously.

Remember: the fillet needs to be out of the fridge for at least 1 hour before baking.

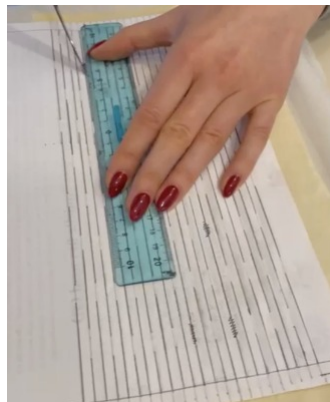
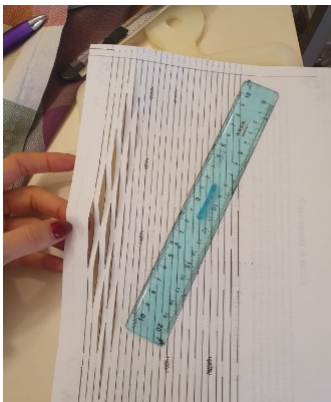


9 Add the pastry lattice OUT OF FRIDGE 10 MIN

PREP 10-60 MIN

- Take the second roll of puff pastry out of the fridge about 10 min before using it.
- Using a lattice pastry roller, cut the decorative net from the pastry. Leave a margin both horizontally and vertically.
- Lay the lattice over the Wellington and trim off the excess.
- Brush it with yolk and decorate with thyme.

Fun fact: I didn't have that roller. Alternative: I draw the score lines on a sheet of paper (lines 5 cm long, 1 cm between lines, 0.5 cm between columns). Cut them with a utility knife, then use a knife to trace the cuts from the sheet onto the pastry. I made 23 columns and it was too many; 16-18 are enough. PLEASE. Buy the roller.



10**Bake and serve****BAKE 30 MIN****REST 10 MIN**

- Bake the Wellington in a static oven, preheated to 200 °C, for about 20 min.
- Then let it rest for 10 min before carving.

You did it! Now go get some endorphins from your hosts.

