Beef Wellington

Description

Gordon Ramsey's Recipe!

Summary

Yield: 4
Prep Time: 1 1/2 hours
Category: Meats
Cuisine: American

Ingredients

- 2 1/2 lb beef tenderloin
- 3 tbsp olive oil
- 1 lb sliced mushrooms
- 4 tbsp butter
- 1/2 cup white wine
- 12 slices prosciutto italian ham
- 1 sprigs fresh thyme
- 1 pkg puff pastry, thawed according to package directions
- 2 egg yolks

Instructions

Heat oven to 425.

Sit the beef fillet on a roasting tray, brush with 1 tbsp olive oil and season Season with the black pepper, if desired.

Roast for 30 minutes or until an instant-read thermometer inserted into the beef reads 130°F. Cover the pan and refrigerate for 1 hour.

While the beef is cooling, chop mushrooms as finely as possible so they have the texture of coarse breadcrumbs.

Heat 2 tbsp of the olive oil and butter in a large pan and fry the mushrooms on a medium heat for about 10 mins stirring often, until you have a softened mixture.

Season the mushroom mixture, pour in white wine and cook for about 10 mins until all the wine has been absorbed.

The mixture should hold its shape when stirred.

Remove the mushroom from the pan to cool and discard the thyme.

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Overlap two pieces of cling film over a large chopping board.

Lay 12 slices prosciutto on the cling film, slightly overlapping, in a double row.

Spread half the mushrooms over the prosciutto, then sit the fillet on it and spread the remaining mushrooms over.

Use the cling film's edges to draw the prosciutto around the fillet, then roll it into a sausage shape, twisting the ends of cling film to tighten it as you go. Chill the fillet while you roll out the pastry.

Sprinkle the work surface with the flour.

Unfold the pastry sheet on the work surface.

Roll the pastry sheet into a rectangle 4 inches longer and 6 inches wider than the beef.

Brush the pastry sheet with the egg mixture.

Spoon the mushroom mixture onto the pastry sheet to within 1-inch of the edge.

Place the beef in the center of the mushroom mixture.

Fold the pastry over the beef and press to seal.

Place seam-side down onto a baking sheet.

Tuck the ends under to seal.

Brush the pastry with the egg mixture.

Chill for at least 30 mins and up to 24 hrs.

Heat oven to 425 degrees.

Brush the Wellington with a little more egg yolk and cook until golden and crisp - 20-25 mins for medium-rare beef, 30 mins for medium.

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Allow to stand for 10 mins before serving in thick slices.

Notes

Sealing the pastry

Use the rounded end of a fork or spoon handle to seal the edges rather than the prongs of a fork - using the prongs will only pierce the pastry rather than joining it.

Use up leftover pastry

Any leftover pastry is fine to use for something else, even if covered in egg. Simply roll it into a ball and refrigerate until needed.

Keep it air-free Drape over the top layer of pastry very carefully, smoothing it down with your hands as you go. You don't want any air trapped between the pastry and the meat.

Trim carefully

Lower the chances of the edges separating by giving yourself lots of room - and don't trim the pastry too close to the meat.

Gordon's tips

Brush the meat as well as the pastry with egg wash. This will make the top layer of pastry stick to the meat and stop it from rising and leaving a gap.