



Individual Beef Wellingtons

Duxelles Ingredients

300g clean mushrooms, roughly broken into pieces
2 tablespoons unsalted butter
2 large shallots, minced
1 ½ tablespoons thickened cream
¾ Madeira (optional)
¾ teaspoon salt
¼ teaspoon freshly ground black pepper
1 tablespoon fresh thyme leaves, minced

Duxelles Directions

Process half the mushrooms in a Magimix food processor until finely chopped.
Place in a medium sized bowl and repeat with remaining mushrooms.

Heat butter in a Le Creuset Sauté Pan over low to medium heat until butter is foaming.
Sauté shallots until softened but not brown.
Increase heat to medium to high; stir in mushrooms and continue to sauté stirring frequently for 7-10 minutes, or until most of the liquid given off by mushrooms has evaporated.
Add cream, Madeira, salt and pepper, and continue to cook until mixture is dry.
Remove from heat and stir in thyme.

Allow to cool refrigerated for at least 2 hours.

Beef Wellington Ingredients

4 thick, lean pieces beef tenderloins, approximately 200g each
1 tablespoon olive oil
100g Cognac pâté (Olive Grove)
1 sheet ready-made puff pastry
1 egg, beaten
flour for dusting

Red Wine Sauce Ingredients

½ cup red wine
30g unsalted butter
¾ cup tomato ketchup
3 sprigs fresh thyme, finely chopped
½ cup beef stock

Directions

Heat oil in a "Le Creuset Sauté Pan" until hot.

Set tenderloins in a pan and sear until well browned on both sides.
Approximately 1 minute each side.
Remove from pan and allow to cool completely.

Do not wash pan.

Lightly dust pastry sheet with flour; cut into quarters and using rolling pin, gently stretch pastry so that each square is approximately 12cm per side.

Brush edges so that each square is approximately 12cm per side.
Brush edges of pastry with beaten egg.
Divide duxelles between pastry and spread to edges allowing a 1cm border.

Spread pâté evenly over one side of each tenderloin.
Place one tenderloin, pâté side down onto the centre of each prepared pastry square.
Fold in two opposite sides of pastry and repeat with remaining sides. Gently press together, completely encasing the beef.
Place Beef Wellingtons seam side down on a lightly greased baking sheet and bake in a pre-heated 180°C oven for 10 minutes (rare) or maximum 20 minutes (well done).

Red Wine Sauce Directions

While Beef Wellingtons are cooking, re-heat previously used sauté pan.

Add red wine and continue to heat over a medium heat until most of the wine has evaporated, stirring to release any browned bits on bottom of the pan.
Stir in tomato ketchup, thyme and stock
Allow to reduce to approximately ½ cup.
Add butter and adjust seasoning.

Remove Beef Wellingtons from oven and serve immediately with red wine sauce.