

BEEF WELLINGTON

4 beef tenderloin filets, 1.5 inch-thick
1 T olive oil
salt and pepper

for the mushroom duxelles

4 ounces mushrooms
1 shallot, finely diced
1/2 T olive oil
1 T butter
salt and pepper
dash of nutmeg
1 T Madeira wine (or Sherry)

puff pastry
slices of foie gras
egg wash (1 egg beaten slightly with 1 tsp water)



Heat oil on a large skillet until it starts to smoke. Season the meat with salt and pepper and sear the filets on both sides over high heat; 2 minutes per side. Reserve.

Prepare the duxelles: finely dice the mushrooms (preferably by hand) and squeeze 1/4 cup portions at a time in a fine cloth (twist the cloth to tighten the squeeze) to release their bitter juices. Heat the olive oil and butter in a large skillet, add the shallots and cook for a couple of minutes. Add the squeezed mushrooms, saute until fully cooked and most of the liquid has evaporated, about 8 minutes. Season lightly with salt and pepper, add the nutmeg, Madeira wine, and cook for a couple of minutes. Reserve.

Assemble the Wellingtons: roll out the puff pastry to enclose each individual piece of meat. On the center of the pastry, add a slice of foie gras, 2 tablespoons of duxelles, and set the seared filet mignon on top. Enclose it in the pastry, with the seam facing up, then invert the whole package, so that the duxelle layer is on top. Brush the surface of the wellingtons with egg wash, placing small cutouts of pastry as a decoration, if you wish. (Wellingtons can be assembled 6 hours in advance, keep refrigerated).

Cut some slits through the pastry, and place the packages in a 400F oven until the internal temperature of the meat reaches 125-130F for medium-rare – about twenty minutes (it will continue cooking a little more while it rests). Remove from the oven and allow it to sit for 10 minutes before serving.