

BEEF WELLINGTON

EQUIPMENT

MIXING BOWLS LARGE AND SMALL, CLINGFILM, CHEF KNIFE, MEDIUM SIZE FRY PAN, FOOD PROCESSOR WITH BLADE, SPOONS, PASTRY BRUSH, ICE, TONGS, BREAD KNIFE, SPATULA

INGREDIENTS

600GM BEEF FILLET, 100GM SWISS BROWN MUSHROOMS, 1 BUNCH SPINACH, 6 SLICES PROSCIUTTO, 3-4 SPRIGS OF THYME, 2 EGG YOLKS, 1 SHEET OF PUFF PASTRY, 1 BUNCH BROCCOLINI, SALT, PEPPER OLIVE OIL

METHOD

PLACE A MEDIUM SIZE FRYPAN OVER MEDIUM HEAT

CLEAN ANY "SILVERSKIN" FROM THE BEEF AND SEASON IT WITH SOME THYME SPRIGS, SALT AND PEPPER

POUR A LITTLE OLIVE OIL IN THE PAN AND ADD THE BEEF AND SEAL OVER HIGH HEAT UNTIL GOLDEN ON ALL SIDES, ONCE SEALED SET ASIDE

IN THE BOW OF A FOOD PROCESSOR ADD SOME MORE SPRIGS OF THYME AND SOME ROUGHLY CHOPPED MUSHROOMS, BLITZ THE MUSHROOMS UNTIL FINE AND POUR INTO A MIXING BOWL, REPEAT WITH ANY REMAINING MUSHROOMS

RE-HEAT THE FRYPAN OVER MEDIUM HIGH HEAT, ADD A LITTLE OIL AND PLACE ALL OF THE MUSHROOM MIX IN, SEASON WELL WITH SALT AND PEPPER AND COOK THE MUSHROOMS FOR 4-5 MINS, THE MUSHROOMS ARE READY WHEN ALL THE MOISTURE HAS BEEN COOKED OUT IN THE PAN

SET THE MUSHROOMS ASIDE TO COOL

SET THE OVEN TO STEAM SETTING 100 DEGREES AND PLACE WASHED SPINACH LEAVED ON A PERFORATED TRAY, ONCE THE OVEN IS HOT STEAM THE SPINACH FOR 4 MINS, REMOVE FROM THE STEAMER AND PLACE INTO A BATH OF ICED WATER TO COOL

ONCE COOL SQUEEZE THE WATER OUT OF THE SPINACH

ONCE THE MUSHROOMS, SPINACH AND BEEF ARE ALL COOL LAY OUT A LARGE SHEET OF CLING FILM AND LAY THE PROSCIUTTO OUT EVENLY ABOUT THE SAME LENGTH AS YOUR BEEF.

ON TOP OF THE PROSCIUTTO SPOON OVER THE MUSHROOM MIX AND PRESS IN TO THE PROSCIUTTO, NEXT PLACE THE SPINACH OVER THE MUSHROOMS AND EVEN OUT THE SPINACH LAYER TO COVER THE MUSHROOMS

NEXT PLACE THE BEEF FILLET ON TOP AND WITH THE AID OF THE CLING FILM ROLL UP THE BEEF INTO A LARGE TIGHT SAUSAGE, PINCH THE ENDS AND CONTINUE ROLLING TO ACHIEVE A TIGHT ROLL

PLACE THE BEEF IN THE FRIDGE FOR 30-40 MINS OR THE FREEZER FOR 15 MINS TO SLIGHTLY HARDEN

PLACE 2 EGG YOLKS INTO A BOWL AND SET ASIDE

REMOVE THE BEEF FROM THE FRIDGE/FREEZER AND DISCARD THE CLING FILM

LAY OUT A SHEET OF PUFF PASTRY AND PLACE THE BEEF ROLL INTO THE MIDDLE, EGG WASH ONE END AND ROLL THE PASTRY AROUND THE BEEF, KEEP THE SEAM AT THE BOTTOM

SEAL THE ENDS BY FOLDING THE PASTRY IN ON ITSELF, SPRAY A TRAY WITH OIL SPRAY AND PLACE THE BEEF ON THE TRAY, GENEROUSLY EGG WASH THE ENTIRE SURFACE

METHOD.. CONT'D

PLACE THE WELLINGTON IN A PRE-HEATED OVEN COMBI SETTING 210 DEGREES FOR 20 MINS

ONCE COOKED REMOVE FROM THE OVEN AND SET ASIDE TO REST FOR AT LEAST 10 MINS, CHANGE THE OVEN SETTING TO STEAM MODE AND PLACE THE BROCCOLINI ON A PERFORATED TRAY

ONCE THE BEEF HAS RESTED PLACE THE BROCCOLINI IN THE OVEN AND STEAM FOR 6 MINS

SLICE 2 CM FROM THE END OF THE WELLINGTON AND DISCARD, THEN SLICE A 3-4CM SLICE FROM THE BEEF, PLACE ON A PLATE

REMOVE THE BROCCOLINI AND SEASON WITH OLIVE OIL AND SALT AND SERVE A FEW STALKS ALONG SIDE THE BEEF, GARNISH WITH SOME FRESH HERBS AND SERVE

HINTS & TIPS

- ONE OF THE KEYS TO A SUCCESSFUL WELLINGTON IS TO LET IT REST, ANY RUNNING JUICES WILL MAKE THE PASTRY SOGGY
- YOU CAN MAKE YOUR WELLINGTON A DAY IN ADVANCE AND LEAVE THE FINAL BAKE UNTIL YOU NEED IT, REMEMBER TO BRING IT TO ROOM TEMPERATURE BEFORE BAKING
- THIS DISH IS A WINNER FOR DINNER PARTIES, YOU CAN MAKE LARGER WELLINGTONS BY PATCHING TOGETHER PUFF PASTRY SHEETS OR EVEN MAKING YOUR OWN TO MAKE IT A 10/10 DISH