

Beef Wellington with Sautéed Mushrooms

A classic dish that never gets old. Whether you're cooking for two, the whole family or a large dinner party, Beef Wellington is the entrée to serve when you want to impress!

Ingredients

4-5 ounce filet mignons at room temperature

Puff pastry sheets

Baby portabella mushrooms

Worcestershire sauce

Egg

Butter

Flour

Olive oil

Kosher salt, pepper

Pastry brush, parchment paper

Preheat oven to 425°

Defrost puff pastry sheets: According to directions and time of use, either defrost in the refrigerator for the day or on the counter for about 20 minutes if using immediately.

Sear filet mignon: Melt 1T butter and 1T olive oil in a non-stick skillet over medium high heat. Sprinkle kosher salt and freshly-ground pepper on each side of the filet.

When pan is heated and butter is melted, add filets. Sear filets for 2 minutes – undisturbed – then flip and sear for another 2 minutes for medium rare. Add additional minute on each side for medium.

Remove filets from pan, cover with foil and refrigerate at least one hour.



Sauté mushrooms: Thinly slice 2 baby portabella mushrooms per filet. In the same skillet over medium heat, sauté the mushrooms for one minute. Add 1-2T of Worcestershire sauce and sauté for one more minute. Sprinkle with salt and pepper.

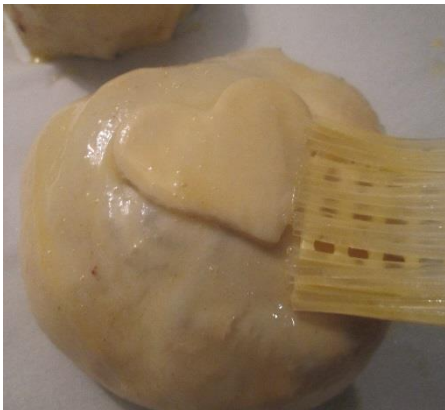
Mushrooms should be browned but still firm.



Prepare puff pastry: On a lightly-floured surface, carefully unroll sheet (one sheet per 4 filets). With a rolling pin, flatten sheet until it's about ¼" thin. Slice sheet into four equal quarters.

Make egg wash: In a small bowl, whisk together one egg and 1T of cold water.

Wrap filets: Place sautéed mushrooms in the center of each puff pastry quarter. Add 1T cold butter on top of the mushrooms. Set filet on top of the butter. Take opposite ends of the pastry square and enfold filet. Repeat with the remaining two ends. With a pastry brush or your fingers, use the egg wash to "glue" the puff pastry together. Wrap the rest of the pastry square around the filet until fully encased (this is the bottom of the Wellington). Continue to use egg wash to seal any openings. Trim excess pastry and cut out decoration if desired. (Wellingtons can be placed in an airtight container and refrigerated for one day until use. Bring to room temperature before baking.)



Bake Wellingtons: Line a jelly roll pan with parchment paper or non-stick foil. Set Wellingtons – seam side down - on the sheet and brush the top and sides with egg wash. Bake at 425° for 18 minutes for medium rare and 20-22 minutes for medium.

Prepare dish for serving: Remove from oven and allow to rest for at least five minutes. Place on plate with oven-roasted asparagus or other side dish.

