

## **Ted: *Beef Wellington***

Beef Wellington is not a dish I grew up eating, but it does hold a special place in my heart. About 10 years ago, my wife and I had a wonderful dinner date the week between Christmas and New Years, and we ate the most delicious Beef Wellington.

I took it upon myself to learn how to make it at home, and have refined my recipe over the years. Now it's become a tradition for us, every year during the week between Christmas and New Year's, to cook at home and enjoy it as a special holiday meal. Just a heads up, this is a heavy and filling dish, so eat lightly that day.

### **Ingredients (1 serving):**

- 4 oz mushrooms
- 1 clove garlic
- ½ teaspoon salt
- ½ teaspoon black pepper
- fresh thyme, to taste
- 6 oz beef tenderloin
- 1 tablespoons oil, for searing
- 1 tablespoons english mustard, to taste
- 1 sheet puff pastry, thawed, rolled-out, and cut into 7x7in square
- egg wash, 1 egg beaten with 1 tablespoon water

### **Directions:**

- In a food processor, place mushrooms, garlic, salt, pepper, and thyme and blend into a fine paste (about 30-60 seconds).
- Cook the mushrooms over medium-low heat in a medium-sized frying pan while stirring frequently for 7-10 minutes and begin to form a paste. Remove the mushroom mixture from the heat and set it aside.
- Preheat the oven to 400°F (200°C).
- Season the outside of the filet with salt and pepper and place on a medium-sized frying pan after the pan has been oiled and placed on high heat. Sear the filet on both sides (about 1-2 minutes per side). Once seared, transfer the meat to a plate or cutting board to rest.
- Using a basting brush, generously paint the mustard over the resting piece of beef, making sure to coat both sides.
- To assemble the Wellingtons, lay out a piece of puff pastry on a lightly floured surface and layer about 1 tablespoon of the mushroom mixture on the center of the pastry using the back of a spoon to flatten the paste to about the size of the filet
- Place the mustard-coated beef fillet on top of the mushroom mixture, then top the piece of beef with another spoonful of the mushroom mixture, making sure to pat it down flat across the top of the meat. Close the Wellington by folding the puff pastry over the center of the meat.
- Using your hands, carefully seal the edges of the pastry then transfer SEAM-SIDE DOWN to a baking tray lined with parchment paper. Lightly brush the outside of each Wellington with egg wash. Lightly score the tops of the pasty in a checkered pattern using a knife, being careful not to pierce the pastry.
- Bake the Wellingtons in a 400°F (200°C) oven until the pastry is fully cooked and golden brown (about 20 minutes). Allow the Wellington to rest at least 10 minutes before cutting into it.