



Beef Wellington

Credit: Binging with Babish

Beef Tenderloin

1 beef tenderloin
¼ pound prosciutto
3 Tbsp English Mustard
Salt and pepper
Puff pastry

Mushrooms Duxelles

10 mushrooms (chopped in food processor)
1 clove freshly crushed garlic
1 Tbsp thyme
2 Tbsp butter
Cognac
Heavy cream
Salt and pepper

Directions – Mushroom Duxelles

In a food processor, pulse the mushrooms until finely chopped. Then, finely chop the thyme.

Over medium heat, melt butter in a skillet. Add mushrooms and combine with butter. Add thyme. Using a garlic crusher, crush garlic and add to mushroom mixture. Continue to combine over medium heat for about 10-15 minutes or until the mushrooms are caramelized.

Once the mushrooms are caramelized, add a generous splash of Cognac and stir to deglaze the pan. Add heavy cream and cook for several minutes or until all the moisture is gone. You should be left with a paté-like mixture. Set aside.

Directions – Beef Wellington

Season the tenderloin liberally with salt and pepper. Leave kitchen string on tenderloin.

Place tenderloin into a ripping hot cast iron skillet. Sear on all sides and set aside.

Lay down a large layer of plastic wrap that can wrap around the circumference and length of the tenderloin.

Lay prosciutto on top of plastic wrap so that it overlaps each piece like roof shingling. There should be about 2 rows with 7 strips of prosciutto in each.

Grab your tenderloin, cut off any kitchen string and brush tenderloin with English mustard.

Spread an even layer of the mushroom duxelles on the prosciutto. Place the roast at the end of the prosciutto and duxelles wrapping. Use the plastic wrap to leverage the wrapping around the roast. Twist the ends of the plastic wrap to seal. Place in the fridge to firm up.

Preheat oven to 450°F.

Generously flour your work surface before rolling out your puff pastry. Your puff pastry should be 3 inches wider than your roast and 12 inches longer.

Place plastic wrap on your work surface and place the dough on top. Grab your tenderloin from the fridge and unwrap. Place the tenderloin at the edge of the dough square.

Using the plastic wrap, roll the dough around the tenderloin and fold the edges down. Wrap the plastic wrap around the roast and then seal the edges. Put it in the fridge for 20 minutes to firm up.

After firmed up, unwrap from plastic and place on a parchment paper-covered baking sheet. Brush the roast down with a beaten egg and use the back of a paring knife to decoratively score the dough. Sprinkle with flaky kosher salt.

Insert a temperature probe into the thickest part of the roast. Bake at 450°F until the roast registers as 120°F internally. Let rest for 15 minutes and then slice open to reveal the fruits of your labor.