



Beef Wellington

Executive Chef John Clements, CEC, CCA

Ingredients

1 3-lb center cut beef tenderloin

1 tbsp extra virgin olive oil

1/2 tsp salt and and pepper

1/4 cup flour, for rolling puff pastry

1 sheet puff pastry, thawed if frozen

Duxelles (see recipe)

Salt, pepper and thyme to taste

Directions | Serves 4

1. Drizzle the tenderloin with olive oil and season with salt and pepper.
2. Sear the tenderloin all over, including the ends in a hot, heavy-based skillet lightly coated with olive oil - about 2-3 minutes. Allow to cool.
3. On a lightly floured surface, roll the puff pastry out to about 1/4-inch thickness. Depending on the size, you may have to overlap 2 sheets and press them together.
4. Using a rubber spatula, cover evenly with a thin layer of duxelles, seasoning with salt and pepper and sprinkling with thyme.
5. In a separate bowl, beat eggs to create and egg wash.
6. Set the beef in the center of the pastry and fold over the longer sides, brushing with egg wash to seal. Trim ends if necessary. Fold over the shorter sides to completely seal the beef. Brush with egg wash and top with salt.
7. Place the beef seam-side down on a baking sheet.
8. Brush the top of the pastry with egg wash and make a 2-3 slits in the top of the pastry - this creates vents that will allow the steam to escape when cooking.
9. Bake at 350° F. for 20-25 minutes until pastry is golden brown and beef registers to 125° F. on a thermometer.
10. Remove from oven and rest before cutting into thick slices.





Beef Wellington - Duxelles

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Ingredients

- 1 1/2 lbs Cremini mushrooms
- 1 lb baby spinach, chopped
- 2 shallots, peeled and chopped
- 4 garlic cloves, peeled and chopped
- 2 springs fresh thyme
- 2 tbsp butter
- 2 tbsp extra virgin olive oil
- Salt and pepper to taste

Duxelles Directions

1. Add mushrooms, shallots, garlic and thyme to a food processor and pulse until finely chopped. Mix in spinach.
2. In a large sautee pan, add butter and olive oil and set over medium heat.
3. Add the shallot and mushroom mixture and sautee for 8-10 minutes until most of the liquid has evaporated.
4. Season with salt and pepper and set aside to cool.

