

BEEF WELLINGTON

Ingredients:

- 2 x 250 g beef fillet - tenderloin
- Fine powder steak seasoning (no chunks of peppercorn, for example)
- 500g brown mushrooms
- 1 thyme sprig
- 1/2 pack of puff pastry (from frozen)
- 8 slices prosciutto
- 2 egg
- Flour (for counter)
- Salt, pepper, olive oil



Serve with Red Wine Sauce!

Instructions:

- (1) Remove puff pastry from freezer. Leave on counter to thaw (takes a bit over an hour).
- (2) Season beef¹. Wrap each piece of tightly in several layers of cling film to set shape. Chill in fridge for 30 minutes.
- (3) Heat pan on high with a thin layer of olive oil. Sear quickly on each side, just until browned (do not cook further). Put on a plate to cool.
- (4) Finely chop mushrooms and fry in the same pan that the beef seared in, with a bit of extra oil and the thyme sprig and a pinch of salt and pepper. Cook until you're left with a mushroom 'paste'. Remove from pan to cool.
- (5) Lightly flour the counter and roll the puff pastry out, quite thin. Should be large enough to wrap the beef separately.
- (6) Lay a large sheet of cling film on the counter. Lay out 4 pieces of prosciutto, layered slightly. Spread half the mushrooms over the prosciutto, then place the beef in middle. Use the cling film to help wrap around 30 minutes.
- (7) Make an egg wash with the egg yolks, a bit of water and a pinch of salt. Spread the egg wash over the puff pastry (makes it sticky).
- (8) Place the beef in the middle of the puff pastry and wrap up tightly. Try not to let the pastry layer more than necessary.
- (9) Score the top of the pastry lightly, then bake at 450 for about 12 minutes, or until the pastry is lightly browned. Alternatively: Bake in an air fryer at 180 C (350 F) for 20 minutes (or a little bit less if they're smaller).
- (10) Remove from oven, slice across, and serve immediately.

¹Side note: Tenderloin is very expensive. I've used baseball sirloins (less than half the price) which are also very good, but less tender.