

Beef Wellington



Ingredients

- 400g King Island Trading Eye Fillet
- 400g Flat Mushrooms
- 4 Slices Prosciutto
- English Mustard (For Brushing Meat)
- 200g Puff Pastries
- 2 Egg Yolks
- 8 Charlotte/new Potatoes
- 1 Crushed Garlic Clove
- 1 sprig Thyme
- 2 large Baby Gem Lettuces
- Salt
- Pepper
- Olive Oil
- Mustard Vinaigrette (Optional)

Method

- Pre-heat the oven to 200c.
- Heat some oil in a large pan and quickly fry the seasoned beef all over until it's brown.
- Remove and allow to cool.
- The point of this is simply to sear the beef and seal all those juices in, you don't want to cook the meat at this stage.
- Allow to cool and brush generously with the mustard.
- Roughly chop the mushrooms and blend in a food processor to form a puree.
- Scrape the mixture into a hot, dry pan and allow the water to evaporate.
- When sufficiently dry (the mixture should be sticking together easily), set aside and cool.
- Roll out a generous length of cling film, lay out the four slices of Parma ham, each one slightly overlapping the last.
- With a pallet knife spread the mushroom mixture evenly over the ham.
- Place the beef fillet in the middle and keeping a tight hold of the cling film from the outside edge, neatly roll the prosciutto and mushrooms over the beef into a tight barrel shape.
- Twist the ends to secure the cling wrap.
- Refrigerate for 10 -15 minutes, this allows the Wellington to set and helps keep the shape.
- Roll out the pastry quite thinly to a size which will cover your beef.
- Unwrap the meat from the cling wrap.
- Egg wash the edge of the pastry and place the beef in the middle.
- Roll up the pastry, cut any excess off the ends and fold neatly to the 'underside'.
- Turnover and egg wash over the top.
- Chill again to let the pastry cool, approximately 5 minutes.
- Egg wash again before baking at 200c for 35 – 40 minutes.
- Rest 8 –10 minutes before slicing.
- Par boil the potatoes in salted water.
- Quarter them and leave the skin on.
- Sauté in olive oil and butter with the garlic and thyme, until browned and cooked through.
- Season.
- Remove the thyme and garlic before serving.
- Separate the outside leaves of the baby gem (leaving the smaller inner ones for salads) and very quickly sauté them in a pan of olive oil with a little salt and pepper – just enough to wilt them.
- Serve hearty slices of the Wellington alongside the sautéed potatoes and wilted baby gems.

Tip: A classic mustard vinaigrette makes a great dressing.

Recipe brought to you by Peninsula Bulk Meats