

Beef Wellington

This recipe is from *Does this taste funny?* By Stephen and Eve Colbert. I just make one that is about 3 lb. instead of two to serve six people. As an alternative to the Port wine reduction sauce he suggests, I use the orange-fig sauce ([Link](#)) that he recommends with duck. I get the beef tenderloin at Earth Fare in Charleston or Busch's in Ann Arbor. I prefer to buy sliced mushrooms rather than clean and slice them myself.



Ingredients:

- 4 lb. Beef tenderloin
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1 large shallot
- 8 oz. sliced, white mushrooms
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 6 oz. prosciutto
- 1 1/2 Tbsp. Dijon mustard
- 1 sheet of puff pastry (two per box)
- 1 egg

Equipment:

- Kitchen twine
- Food processor
- Rolling pin
- Rimmed baking pan
- Parchment paper
- Pastry brush

Beef Wellington:

| ☑ | Directions | Time (min) |
|---|---|------------|
| | Choose a cut from the center of the loin that is a consistent diameter and the same length as a sheet of puff pastry (the beef will shrink when browned) and about 3 lb. weight | 5 |
| | Trim fat and silver skin from the main cut of beef | 3 |
| | Trim and cut the remaining tenderloin into steaks and other lean pieces for other uses. Reserve. | 4 |
| | Heat 2 Tbsp. olive oil in a pan and brown the piece on all sides, including the ends. Set aside and allow to cool. | 10 |
| | Peel and mince a large shallot | 2 |
| | Wipe out the pan and then melt 2 Tbsp. of butter. | 1 |
| | Sauté the shallots until wilted. | 1 |
| | Add the mushrooms. Stir until liquids have evaporated and the mushrooms are browned. | 12 |
| | Transfer the mushrooms to a food processor. Add 1/4 tsp. salt and 1/8 tsp. pepper and then pulse into a spreadable form. | 2 |
| | Transfer to a bowl and allow it to cool. | 2 |
| | Tear off two sheets of plastic wrap and overlap them to make a large square on the countertop. | 1 |
| | Make a rectangle of prosciutto slices large enough to wrap a piece of beef | 2 |
| | Spread the mushroom mixture on the prosciutto | 1 |
| | Season the beef with salt and pepper. Spread 1 1/2 Tbsp. Dijon mustard on the beef. | 2 |
| | Center the beef on the prosciutto and use the plastic to roll the prosciutto onto the beef to enclose it. Twist the ends of the plastic to seal it. | 10 |
| | Refrigerate overnight | 20 hrs. |
| | Heat the oven to 450 degrees | |
| | Line a rimmed baking pan with parchment paper | 1 |

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| | Transfer the beef to a countertop along with the puff pastry | 30 |
| | Roll out one of the sheets of the pastry to form a rectangle large enough to wrap the beef | 2 |
| | Lift the plastic and transfer the beef onto the pastry. Discard the plastic. Roll the pastry and pinch the seam together. | 1 |
| | Trim the end of the pastry to remove excess and fold it under to form a smooth end. Transfer to a rimmed baking sheet. | 2 |
| | Cut vents in the top of the pastry 1" apart | 1 |
| | In a bowl, whisk an egg | 1 |
| | Combine pastry scraps, roll flat, and cut decorative leaves | 2 |
| | Brush top of pastry roll with egg. Apply decorative leaves and brush again. | 2 |
| | Roast and then rotate the pan. Check the internal temperature. | 20 |
| | Roast until internal temperature of 125 degrees (medium rare) | 15 |
| | Let stand before serving | 20 |
| | Total: Overnight plus 4 hrs. | |