

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 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:

- 3 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:

<input checked="" type="checkbox"/>	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

	Transfer the beef to a countertop along with the puff pastry	1
	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.	