BRITISH (ENGLAND)

Beef Wellington

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Complex	**6**	**1 hr 30 min + 2 hr**	**45 min**	**Bake**	**Tenderloin**

Ingredients

- 1 kg (2¼ lb) centre-cut beef tenderloin, trimmed and tied
- 1 tsp salt
- ½ tsp black pepper
- 1 tbsp oil
- 2 tbsp English or Dijon mustard
- 12 slices prosciutto or thin-sliced Parma ham
- 500 g (1 lb 2 oz) all-butter puff pastry, thawed
- 1 egg yolk, beaten with 1 tsp water
- Flaky salt, to finish

MUSHROOM DUXELLES

- 500 g (1 lb) chestnut or cremini mushrooms
- 2 shallots, finely chopped
- 1 tbsp butter
- 2 sprigs thyme, leaves only
- 60 ml (¼ cup) dry white wine or sherry

Steps

1. Season the tenderloin with the salt and pepper. Heat the oil in a heavy skillet over high heat and sear the beef for 1–2 minutes per side, until browned all over. Chill for 10 minutes, then brush with the mustard.
2. Pulse the mushrooms in a food processor until finely chopped. Cook with the shallots, butter and thyme in a dry wide pan over medium-high heat for 10–12 minutes, until the moisture has cooked off and the paste is dry. Add the wine and cook until it disappears. Cool completely.
3. Lay the prosciutto on plastic wrap, overlapping slightly, in a rectangle large enough to wrap the beef. Spread the duxelles over it, set the beef on one edge and roll tightly, twisting the ends of the wrap. Chill for at least 1 hour.
4. Roll the pastry out to a rectangle about 3 mm (⅛ in) thick. Unwrap the beef and place it on the pastry, trim the excess, brush the edges with egg and fold it snugly around. Seal the seam, place seam-side down on a lined tray and chill 30 minutes.
5. Heat the oven to 200°C (400°F). Brush the pastry with the egg wash, score a light pattern with a knife, and sprinkle with flaky salt.
6. Bake for 35–40 minutes, until the pastry is deep golden. A thermometer should read 48–50°C (118–122°F) for medium-rare.
7. Rest for 15 minutes on a wire rack before slicing with a sharp serrated knife into thick slices.

Notes

- **Make ahead:** assemble up to 24 hours ahead and keep it chilled, wrapped; bake from cold, adding 5 minutes.
- **Dry duxelles:** wet filling is the main cause of a soggy base; cook it until it looks like paste.
- **Serving:** red wine gravy, buttered green beans and roast potatoes.

- **Chef's touch:** resting on a rack lets steam escape underneath, so the pastry base stays crisp.