



Beef Wellington



Dairy Free



Popular

READY IN



130 min.

SERVINGS



4

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound beef tenderloin filet
- ☐ 4 servings salt and pepper
- ☐ 4 servings olive oil extra virgin
- ☐ 1 pound mushrooms (we used half cremini, half shiitake)
- ☐ 4 slices ham thin canned (Parma ham if you can get it)
- ☐ 2 tablespoons mustard yellow english (we used Coleman's Original Mustard)
- ☐ 7 ounces puff pastry frozen (needs 3 hours to defrost in refrigerator if using)
- ☐ 2 egg yolks beaten

Equipment

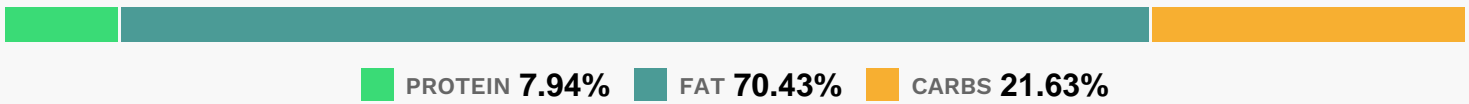
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Sear fillet on all sides: Season the fillet generously with salt and pepper.
- ☐ Heat a tablespoon or two of oil in a large pan on high heat. Sear the fillet in the pan on all sides until well browned (hint: do not move the fillet until it has had a chance to brown).
- ☐ Remove the fillet from the pan and let cool. Once cooled, brush the fillet on all sides with mustard.
- ☐ the mushroom duxelles: Chop the mushrooms and put them into a food processor and purée.
- ☐ Heat the sauté pan on medium high heat.
- ☐ Transfer the mushroom purée into the pan and cook, allowing the mushrooms to release their moisture.
- ☐ When the moisture released by the mushrooms has boiled away, remove the mushrooms from the pan and set aside to cool.
- ☐ fillet in mushroom paste and ham:
- ☐ Roll out a large piece of plastic wrap.
- ☐ Lay out the slices of ham on the plastic wrap so that they overlap.
- ☐ Spread the mushroom mixture over the ham.
- ☐ Place the beef fillet in the middle, roll the mushroom and ham over the fillet, using the plastic wrap so that you do this tightly.
- ☐ Wrap up the beef fillet into a tight barrel shape, twisting the ends of the plastic wrap to secure. Refrigerate for 20 minutes.

- ☐ oven to 400°F.
- ☐ out puff pastry, wrap beef fillet: On a lightly floured surface, roll out the puff pastry sheet to a size that will wrap around the beef fillet.
- ☐ Unwrap the fillet from the plastic wrap and place in the middle of the pastry dough.
- ☐ Brush the edges of the pastry with the beaten eggs.
- ☐ Fold the pastry around the fillet, cutting off any excess at the ends (pastry that is more than 2 layers thick will not cook all the way, try to limit the overlap).
- ☐ Place on a small plate, seam side down, and brush beaten egg yolks all over the top. Chill for 5–10 minutes.
- ☐ with egg wash and score:
- ☐ Place the pastry-wrapped fillet on a baking pan.
- ☐ Brush the exposed surface again with beaten eggs.
- ☐ Score the top of the pastry with a sharp knife, not going all the way through the pastry.
- ☐ Sprinkle the top with coarse salt.
- ☐ in oven:
- ☐ Bake at 400°F for 25–35 minutes. The pastry should be nicely golden when done. To ensure that your roast is medium rare, test with an instant read meat thermometer. Pull out at 125–130°F for medium rare.
- ☐ Remove from oven and let rest for 10 minutes before slicing. Slice in 1-inch thick slices.
- ☐ Recipe adapted from this video for making Beef Wellington by Chef Gordon Ramsay.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.93, Inflammation Score:-3, Nutrition Score:14.301739153655%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 499.03kcal (24.95%), Fat: 39.75g (61.15%), Saturated Fat: 8.75g (54.68%), Carbohydrates: 27.47g (9.16%), Net Carbohydrates: 25.59g (9.31%), Sugar: 3.64g (4.04%), Cholesterol: 102.48mg (34.16%), Sodium: 1018.05mg (44.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.08g (20.15%), Selenium: 29.2µg (41.72%), Vitamin B2: 0.65mg (38.25%), Vitamin B3: 6.49mg (32.43%), Vitamin B1: 0.33mg (21.82%), Copper: 0.43mg (21.38%), Vitamin B5: 2.01mg (20.11%), Folate: 71.11µg (17.78%), Phosphorus: 173.91mg (17.39%), Vitamin E: 2.56mg (17.08%), Vitamin K: 16.48µg (15.69%), Manganese: 0.3mg (15.09%), Iron: 2.2mg (12.2%), Potassium: 416.7mg (11.91%), Vitamin B6: 0.18mg (9.06%), Zinc: 1.15mg (7.7%), Fiber: 1.88g (7.51%), Vitamin D: 0.74µg (4.97%), Magnesium: 19.56mg (4.89%), Vitamin B12: 0.26µg (4.35%), Vitamin C: 2.38mg (2.89%), Vitamin A: 133.24IU (2.66%), Calcium: 20.63mg (2.06%)