



## Coffee-Crusted Beef Wellingtons

READY IN



129 min.

SERVINGS



8

CALORIES



498 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 0.5 cup beef broth
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter
- ☐ 0.3 cup carrots finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 0.8 cup freshly coffee brewed
- ☐ 2 teaspoons hot-brewed coffee freshly ground
- ☐ 1 large eggs lightly beaten

- ☐ 2 large eggs lightly beaten
- ☐ 5 ounce center-cut filet mignons
- ☐ 2.5 tablespoons flour all-purpose
- ☐ 0.5 pound mushrooms fresh minced
- ☐ 2 garlic cloves minced
- ☐ 0.8 teaspoon garlic powder
- ☐ 0.5 cup madeira wine
- ☐ 0.8 cup madeira wine
- ☐ 0.3 cup onion finely chopped
- ☐ 0.5 teaspoon pepper
- ☐ 0.8 teaspoon pepper
- ☐ 8 puff pastry shells frozen with part of 2 pepperidge farm [10-ounce] packages) thawed
- ☐ 1 leaf garnishes: rosemary fresh
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 2 shallots minced
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup whipping cream

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ plastic wrap
- ☐ measuring cup
- ☐ broiler pan

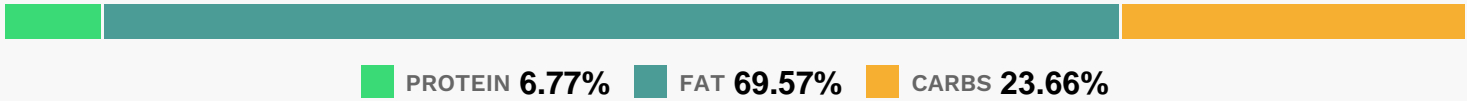
## Directions

- ☐ Combine first 4 ingredients; stir well. Pat filets dry. Coat both sides of filets with spice rub.

- ☐ Heat 1 tablespoon oil in a large skillet over medium-high heat until skillet is hot. Sear filets, in 2 batches, 1 to 1 1/2 minutes on each side.
- ☐ Remove filets from skillet; place on a plate, and cover and chill until ready to assemble Wellingtons. (Don't clean skillet.)
- ☐ While filets are chilling, melt 3 tablespoons butter in same skillet over medium-high heat.
- ☐ Add onion, carrot, celery, and garlic; saut 5 minutes or until very tender.
- ☐ Add 3/4 cup Madeira, brewed coffee, and broth; simmer 5 minutes.
- ☐ Remove from heat, and let cool.
- ☐ Transfer sauce to a 4-cup glass measuring cup, and chill overnight, if desired, or pour cooled sauce into ice cube trays and freeze. Once frozen, seal frozen sauce cubes in zip-top freezer bags.
- ☐ Melt 2 tablespoons butter in same skillet over medium-high heat.
- ☐ Add mushrooms, shallots, 1/2 teaspoon salt, and 1/2 teaspoon pepper; saut until all liquid evaporates.
- ☐ Add 1/2 cup Madeira; cook over medium-high heat until all liquid evaporates.
- ☐ Remove from heat, and let cool. Cover and chill until ready to assemble Wellingtons.
- ☐ Roll each of 8 puff pastry shells to about 1/8" thick on a lightly floured surface; spoon 1 heaping tablespoonful mushroom filling in center of each pastry. Top each with a chilled filet.
- ☐ Brush edges of each pastry square with 1 beaten egg. Wrap 2 opposite sides of pastry over each filet, overlapping them; seal seam with beaten egg. Wrap remaining 2 sides of pastry over filet, and seal with beaten egg. Seal any gaps with beaten egg and press pastry around filet to enclose completely. Wrap Wellingtons individually in press-and-seal plastic wrap.
- ☐ Place wrapped Wellingtons in large zip-top freezer bags, and freeze overnight or up to 1 month.
- ☐ To bake, place oven rack on lowest oven shelf; preheat oven to 425
- ☐ Place a broiler pan on oven rack; heat pan 5 minutes.
- ☐ Brush tops and sides of frozen Wellingtons with 2 beaten eggs. Carefully place frozen Wellingtons, seam side down, on preheated pan.
- ☐ Bake at 425 for 36 minutes.
- ☐ While Wellingtons bake, melt 2 tablespoons butter in a saucepan over medium heat; add 2 1/2 tablespoons flour and cook, stirring constantly, 1 minute.

- ☐ Add reserved Madeira sauce; cook, stirring constantly, over medium heat 6 to 8 minutes or until slightly thickened. (If using frozen Madeira sauce cubes, thaw cubes in a saucepan over medium heat before adding to flour mixture.) Stir in whipping cream; simmer 5 minutes or until desired thickness.
- ☐ Add 1/2 teaspoon salt.
- ☐ Remove from heat.
- ☐ Arrange baked Wellingtons on a serving platter.
- ☐ Cut a small slit in top of each pastry, and tuck several sprigs of fresh herbs into each slit.
- ☐ Serve with Madeira sauce.
- ☐ Note: You can bake beef Wellingtons the same day they're assembled. After wrapping beef filets in pastry, cover and chill Wellingtons 1 hour.
- ☐ Bake as directed above, reducing the baking time to 20 to 25 minutes.

## Nutrition Facts



## Properties

Glycemic Index:59.73, Glycemic Load:13.74, Inflammation Score:-8, Nutrition Score:11.480434894562%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

## Nutrients (% of daily need)

Calories: 497.76kcal (24.89%), Fat: 36.85g (56.69%), Saturated Fat: 12.11g (75.69%), Carbohydrates: 28.2g (9.4%), Net Carbohydrates: 26.56g (9.66%), Sugar: 2.73g (3.04%), Cholesterol: 94.08mg (31.36%), Sodium: 754.93mg (32.82%), Alcohol: 3.86g (100%), Alcohol %: 2.04% (100%), Caffeine: 9.96mg (3.32%), Protein: 8.07g (16.14%), Selenium: 21.49µg (30.7%), Vitamin A: 1409.03IU (28.18%), Vitamin B2: 0.41mg (24.18%), Manganese: 0.41mg (20.28%), Vitamin B1: 0.26mg (17.18%), Vitamin B3: 3.43mg (17.14%), Folate: 61.8µg (15.45%), Vitamin K: 13.7µg

(13.05%), Phosphorus: 123.33mg (12.33%), Iron: 2.1mg (11.68%), Copper: 0.18mg (9.16%), Vitamin B5: 0.9mg (9.02%), Potassium: 272.08mg (7.77%), Vitamin E: 1.13mg (7.53%), Vitamin B6: 0.15mg (7.48%), Fiber: 1.64g (6.55%), Magnesium: 22.63mg (5.66%), Zinc: 0.81mg (5.42%), Vitamin D: 0.67µg (4.46%), Calcium: 44.08mg (4.41%), Vitamin B12: 0.23µg (3.79%), Vitamin C: 2.17mg (2.63%)