

BEEF WELLINGTON

4-5 pound filet of beef tenderloin
¾ lb, fresh mushrooms
5 tbs. butter

Trim tenderloin. Roast the meat on roasting pan in a hot oven (425) with trimmings and any extra fat on top for 30 minutes (turn after 15 min.). Skim the fat from the roasting pan, but save the juices.

Sauté Mushrooms, finely chopped, in butter over very low heat until they are dry and soft. Season them with salt and pepper to taste and set them aside to cool.

Pastry recipe:

3 cups flour
2 teaspoons salt
1 ¾ stick of butter
4 teaspoons vegetable oil
¾ cup cold water

Dorure recipe:

1 beaten egg plus 1 tsp water

Cut the butter and oil into flour: add salt. Sprinkle in cold water and toss. Roll out to 1/8-inch thick sheet. Dot with bits of firm butter. Fold so 2 sides meet in center. Seal by pinching, fold ends to center and seal. Wrap in waxed paper and chill. Cut the dough sheet into a rough oval and reserve the trimmings. Lay the cooled filet in the center of the oval and spread it with the cooled mushroom mixture. Carefully wrap the meat in the pastry, overlapping and pressing all the seams together firmly. Seal the edges with egg white. Put the wrapped filet, seam side down on a buttered cookie sheet and brush the pastry with dorure. Make herringbone slits on top. Roll out the reserved pastry trimmings on a floured board and cut out crescent or star shapes with a decorative cutter or knife. Lay the cutouts on the pastry in any pattern desired and brush them with dorure. Chill the filet for at least one hour. Bake the filet in a hot oven (425) for 15 min. then at 375 for 30 min. Let rest for 20 min. Carve into 1¼-inch slices.

Sauce Recipe:

4 tsp arrowroot
1-cup beef stock
1-cup Madeira
4 tbsps finely chopped green onions

To the reserved pan juices (may be lumpy but they will dissolve) add arrowroot dissolved in a little cold water (approximately 1/2 cup) and cook the juices until they are clear. Add beef stock, Madeira, and finely chopped green onions. Salt and pepper to taste. Cook the sauce without letting it boil for 5 minutes. Serve in sauce or gravy boat.