

# Jason Pettit – Capital Radio Recipe



## **3<sup>rd</sup> Birthday Bash Bonanza – Beef Wellington.**

This classic dish is always a showstopper and, in this recipe, I have broken it down into the key stages to guarantee success and happy diners!

Actual hands-on preparation time is less than 30 minutes to create this.

### **Ingredients – serves 6 people**

500 gm	mixed mushrooms (chestnut / button / portobello)
4 Tbsp	butter
1 lg	white onion (peeled & finely chopped)
1 ea	garlic clove (peeled & finely chopped)
½ cup	cooking cream
2 Tbsp	soy sauce
	few sprigs of fresh thyme (leaves picked off)
	black pepper to taste
600 gm	beef fillet joint (cut from the centre & cleaned / trimmed)
2 Tbsp	cooking oil
2 Tbsp	English mustard
	salt & black pepper to season generously
500 gm	puff pastry (defrosted – block or ready rolled)
1 ea	egg (beaten)
4 ea	pancakes (see crepe suzette recipe)
	flour for dusting work top

Serve with potatoes (roasted / boiled / new), vegetables and sauce of choice (rich gravy / green peppercorn / onion gravy).

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## **Method**

### Step 1 – beef fillet

Brush the beef fillet joint with the cooking oil and then season generously with salt and black pepper all over.

Pre-heat a pan over a high heat until almost smoking hot then carefully place the beef fillet in.

Once well browned, turn over with tongs.

Repeat until browned on all sides and ends then remove from the pan and set on a plate.

Brush the English mustard over the beef generously and leave to cool for 10 minutes.

Wrap the beef fillet tightly in cling film and twist the ends like a Christmas cracker. Place in the refrigerator for at least 2 hours.

### Step 2 - mushrooms

Place the cleaned mushrooms into a food processor and pulse blitz a few times until no large chunks remain (do not blend smooth!) – you will need to scrape the sides between pulses.

Heat the butter in the same pan used for the beef (you may need to wipe it out with paper towel first) over med-high heat then add the mushrooms and toss to coat in butter. Continue cooking, stirring frequently as the mushrooms release their liquid.

Once the liquid has evaporated, add the finely diced onion, garlic & thyme leaves and mix.

Continue cooking until the onions have softened and the garlic has lost its 'rawness' – approx. 2 minutes.

Add the cream and soy sauce and mix. Cook until the mixture thickens and forms one large mass when the pan is shaken.

Season to taste with black pepper then decant into a bowl, cool for 10 minutes then place in the fridge until required.

### Step 3 - assembly

Roll out the puff pastry to an oblong long enough to wrap the beef fillet and approx. 8 – 10cm wider across the ends and approx. 5mm thick.

Overlap sheets of clingfilm on the worktop then place the pastry on it.

Overlap the pancakes on the pastry then spread the mushroom mix evenly over the pancakes.

Place the beef fillet on top and using the clingfilm to help, slowly roll the pastry  $\frac{3}{4}$  around the beef. Where the pastry will meet, brush with egg wash and then continue rolling allowing an overlap of pastry of approx. 4cm then trim off an excess pastry.

Fold in the 2 opposing sides of pastry on each end and then trim off the other flaps of pastry. Roll the beef over so the seam is uppermost. Fold up

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the end flaps to seal completely then roll the beef back so the seam is on the bottom.

Place onto a baking sheet lined with foil back in the fridge for at least 30 minutes.

## Step 4 - cooking

Pre-heat your oven to 220°C / 425F.

Liberally brush the pastry with egg wash.

Use a sharp knife to score a decorative pattern over the pastry and in several places, cut slits to allow steam to escape during cooking.

Place in the oven and set a timer for 35 – 45 minutes (35 minutes beef will be rare – 45 minutes beef will be medium rare).

You can check the 'doneness' by inserting a temperature probe into the centre of the beef (core temp of 43C is rare – 49C is medium rare).

Remove from the oven and allow to rest for 10 minutes on a wooden carving board before serving.

## Notes from the chef:

*I recommend using the centre cut of fillet (also known as chateau-briand) as it is generally, an even thickness therefore ensuring the meat cooks equally.*

*Beef fillet is the most unused muscle in a cow and whilst it remains tender whatever the age of the animal, having next to no intra muscular fat, also means that it has very little flavour when cooked.*

*If you have a cut of meat of uneven thickness, ask your butcher to fold and then tie the meat to an even thickness. Once the beef has been browned, simply cut the string off and discard and then proceed as per the recipe.*

*Take the beef out of the fridge and packaging at least 30 minutes before browning. Season generously at this stage.*

*Resting the seared beef fillet in the fridge for several hours will help ensure it does not overcook.*

*Resting the finished wellington after assembly relaxes the pastry and stops it from shrinking during cooking.*

*The high oven temperature is required to ensure the layers of puff pastry separate and not only become crunchy and flaky, but crucially, the puffed layers create a barrier that stops the beef from over cooking.*

*Any mixture of mushrooms can be used including dried portobello (commonly called porcini) but you will need to use a small amount of dried as the flavour is intensified hugely.*

*You can use sheets of filo pastry instead of pancakes but work quickly as filo dries out and breaks up very quickly once removed from packaging.*

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Tbsp - tablespoon

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