



## Classic Beef Wellington

*This recipe will show your friends and family you have some serious skills in the kitchen. Beef Tenderloin is baked in puff pastry with mushrooms and shallots for a dish that will surely be remembered.*

**Recipe time: 1 Hour 30 Minutes**

**Makes 4 servings**

- 1 center cut beef Tenderloin Roast, (about 2 pounds)
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper, divided
- 8 ounces mushrooms (**\*Do ahead of time—wash and dry**)
- 1 large shallot
- 2 tablespoons dry red wine
- 2 tablespoons Dijon-style mustard
- 1/2 teaspoon dried thyme leaves
- Flour
- 1 sheet frozen puff pastry (1/2 package), thawed  
**(\*Do ahead of time—Thaw at room temperature, remove pastry sheet from the box and outer wrapping about 30 minutes before class.)**

1. Preheat oven to 425°F.
2. Heat 1/2 teaspoon oil in large nonstick skillet on medium-high heat until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of beef roast. Place roast in skillet; brown evenly. Remove roast from skillet.
3. Place mushrooms and shallot into food processor; pulse on and off about 10 times until finely chopped. Do not overprocess. **OR**, you can skip the food processor and finely chop by hand.



4. Heat 1/2 teaspoon oil in same skillet over medium-high heat until hot. Add mushrooms and shallot; cook 4 to 6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2 to 3 minutes until all liquid is evaporated. Stir in mustard, thyme, remaining 1/4 teaspoon pepper. Cook 2 to 3 minutes. Remove from skillet to medium bowl; cool. Put bowl in freezer to quick cool.
5. Line rimmed baking sheet with aluminum foil and place in pre-heated oven.
6. Unfold pastry dough on a lightly floured cutting board. Roll pastry out to 12 by 9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edge of dough. Place roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges. Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut 4 (2-inch) vents in top of pastry. Insert oven-safe meat thermometer into center of roast.

*Cook's Tip: Use any excess dough to decorate Wellington.*

7. Bake in 425°F oven 35 to 50 minutes or until golden brown and thermometer registers 135°F for medium rare; 150°F for medium.
8. **OPTIONAL** – Make potatoes and/or a vegetable for sides when the Wellington is in the oven.
9. Transfer Beef Wellington to carving board. Let stand 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Carve into slices. and serve with your favorite vegetables.

***Nutrition information per serving:** 386 Calories; 153 Calories from fat; 17g Total Fat (6 g Saturated Fat; 8 g Monounsaturated Fat;) 119 mg Cholesterol; 584 mg Sodium; 9 g Total Carbohydrate; 1.2 g Dietary Fiber; 42 g Protein; 5.4 mg Iron; 10.4 mg NE Niacin; 1.1 mg Vitamin B<sub>6</sub>; 5.8 mcg Vitamin B<sub>12</sub>; 6.3 mg Zinc; 43.6 mcg Selenium; 103.1 mg Choline.*

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.*