

# Beef Wellington

Cuisine: **English**  
Food category: **Beef**



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Company: **Retigo**



## Program steps

Preheating:

200 °C

|   |             |       |                                       |             |        |       |  |
|---|-------------|-------|---------------------------------------|-------------|--------|-------|--|
| 1 | Hot air     | 100 % | Termination by time                   | 00:15 hh:mm | 195 °C | 100 % |  |
| 2 | Combination | 25 %  | Termination by core probe temperature | 60 °C       | 210 °C | 100 % |  |

| Ingredients - number of portions - 6 |       |      |
|--------------------------------------|-------|------|
| Name                                 | Value | Unit |
| real beef tenderloin                 | 900   | g    |
| 5 tbsp vegetable oil                 | 25    | ml   |
| Egg (for egg wash)                   | 1     | pcs  |
| puff pastry                          | 2     | pcs  |
| dijon mustard                        | 15    | g    |

| mushroom duxelles                               |       |      |
|-------------------------------------------------|-------|------|
| Name                                            | Value | Unit |
| fresh mushrooms like seps,button, shitake, etc. | 350   | g    |
| shallot                                         | 2     | g    |
| garlic cloves, finely chopped                   | 1     | g    |
| butter soft                                     | 45    | g    |
| fresh thyme                                     | 2     | pcs  |

| Nutrition and allergens                                                                                                        |          |
|--------------------------------------------------------------------------------------------------------------------------------|----------|
| Allergens: 1, 10, 7, A<br>Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn<br>Vitamins: A, B, C, D, E, K, Kyselina listová |          |
| Nutritional value of one portion                                                                                               | Value    |
| Energy                                                                                                                         | 299.2 kJ |
| Carbohydrate                                                                                                                   | 0.8 g    |
| Fat                                                                                                                            | 18.6 g   |
| Protein                                                                                                                        | 34.1 g   |
| Water                                                                                                                          | 0 g      |

## Directions

Generously season the beef roast with salt, pepper, and a drizzle of oil.

Place it on a rack over a container to catch the juices. Bake for 15 minutes for medium-rare.

Finely chop the shallot, Paris mushrooms, and garlic clove. In a pan, sauté them in butter with a sprig of thyme until all the juices have evaporated. Set aside.

Roll out the puff pastry to create a surface large enough to wrap the roast. Brush the roast with Dijon mustard, then place it on the back third of the pastry. Evenly spread the mushroom filling over the meat.

Fold the pastry to completely wrap the roast, ensuring the edges overlap under the meat. Remove any excess pastry. Turn the Wellington so the seam is underneath, then brush the edges with egg yolk.

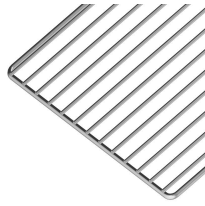
Place the Wellington on a baking sheet. Insert a meat thermometer laterally into the meat. Bake and set the thermometer for a final temperature between 50 °C (rare) and 60 °C (medium).

When it comes out of the oven, let the meat rest for 10 to 15 minutes before slicing

## Recommended accessories



Enameled GN  
container



Stainless wire shelving