

Rustic Kitchen

BISTRO & BAR

"THE COOKING SHOW"

Executive Chef Tom Holloway

BEEF WELLINGTON

RECIPE

INGREDIENTS:

- 4 6oz Filet Mignons
- 1 Puff Pastry Sheet 11"x11"x1/4"
- 4 oz Mushroom Duxelle
- 2 Slices Prosciutto
- 8oz Port Wine Reduction
- 1# Roasted Root Vegetables

PREPARATION:

Season the filet mignons with salt and pepper. In a hot sauté pan, sear on all sides for a few minutes to lock in the juices (3 to 4 minutes). Let the filets rest.

Cut the puff pastry sheet into quarters. Once filets are cool and rested place a 1 oz dallop of the duxelle mixture on the center of each filet.

Take a slice of prosciutto and cut it in half. Wrap the half slice around the filet.

Carefully drape the quartered puff pastry sheet over the top of the filet. Brush the edges with eggwash and tuck the edges under the filet and crimp the edges to create a seal. The filet should be totally surrounded by the puff pastry and there should be no openings in the puff pastry. Using some scrap dough, form some small balls by rolling the dough between the palms of your hand. These balls will resemble holly berries. Also using some scrap dough cut out little football shapes that will resemble the holly leaves. Eggwash the entire top of the Wellingtons and attach the leaves and berries. Brush the leaves and berries with eggwash. The Wellingtons are ready for the oven.

Bake the Wellingtons in a 375° oven for 17 minutes to get a medium doneness. Remove the Wellingtons from the oven and allow them to rest for 2 minutes.

Serve the Wellingtons with roasted root vegetables (parsnips, carrots, fingerling potatoes, etc.) and the port wine reduction.

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MUSHROOM DUXELLE

INGREDIENTS:

- 1# Button Mushrooms
- ½ Red onion
- 8 Thyme Sprigs, whole
- 1 TBSP Butter
- 2 TBSP EVOO
- 1.5 oz Cognac
- 2 each Bay Leaves

PREPARATION:

Being preparing the Mushroom Duxelle. Using food processor pulse half of a red onion-Leave slightly large. Add 1 pound whole, cleaned, Button Mushrooms. Chop finely (To a Mince).

In the Hot nonstick pan, use butter and EVOO, saute mushroom/onion mixture until saturated. Add the thyme sprigs and bay leaves and cook until mushroom mixture is tender.

Deglaze the pan with a splash of cognac (NO FLAMBE) Cook out until the pan is dry.

Put into a bowl and then into the refrigerator to cool completely!

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PORT WINE REDUCTION

INGREDIENTS:

- 1/2 cup or 1-2 diced shallots
- 2 cups red ruby port
- 1 teaspoon black peppercorns
- 2-3 bay leaves
- 1 handful fresh sprigs of Thyme
- 2 cups veal stock

PREPARATION:

At medium-high heat in same sauté pan used to sear filet, add shallots and caramelize while stirring and beginning to scrape up browned bits of filet. Deglaze pan with 2 cups of port wine and reduce by half. Transfer reduced port wine sauce to reduction pan (to reduce liquid more evenly).

At medium-high heat add 2 cups veal stock, peppercorns, sprigs of thyme and bay leaves. Reduce sauce till viscosity of napé – thickness of sauce coats back of spoon.

Into a serving bowl strain solids from sauce using a small chinois or strainer and discard solids mount with butter – add and gently mix in chunks of butter to increase viscosity/thickness and smooth finish of sauce.