

Christmas Day Beef Wellington

Ingredients:

Prepare Tenderloin:

3 pound beef tenderloin; trimmed (ask the butcher to trim)

Olive oil to coat tenderloin with

Salt and pepper to season tenderloin

Liver pate, 6.5 oz (found in deli department next to finer cheese)

Duxelle (minced mushroom mixture): In a pinch sauté mushrooms and onion and add to 4 Tablespoons pesto- blend in food processor

2 pints mushrooms sliced

2 shallots or 1 small red onion

3 Tablespoons minced garlic

Thyme, 2 sprigs fresh –leaves only no stems. Or 1 tsp dried

2 Tablespoons each butter and olive oil for sautéing

Salt and pepper to taste

Pastry:

1 package frozen puff pastry

1 egg, whisked

Sauce:

2 Tablespoons olive oil

1 tablespoon garlic, minced

1 shallot minced or 3 Tablespoons onion, finely diced

2 sprig Thyme or 1 teaspoon dried

1 10.5 oz can beef consommé

1/2 cup heavy cream

Salt/pepper to taste

Directions:

Preheat oven to 425 degrees.

To make the Duxelle heat butter and olive oil in a large skillet on medium high heat and sauté sliced mushrooms, garlic, shallots and thyme until soft. Cool slightly and puree in a food processor. In a pinch process mushroom, onion with pesto.

To prepare tenderloin heat olive oil in a large roasting pan. Rub tenderloin with more olive oil and season with salt and pepper. Sear all sides of the tenderloin and transfer to a sheet pan.

Smear the tenderloin with the pate and coat with the duxelle mixture

Unroll thawed puff pastry dough and lightly roll out with a rolling pin. Place the tenderloin in the middle of the dough and fold up like a package; trim any excess overlap dough. Egg wash the seams close and flip on top baking pan seam side down. With extra dough from the fold roll out stems and leaves and egg wash on top of the wellington for a design. Eggs wash the rest of the wellington and make a few small slits in the dough to let air escape during the cooking process. Bake in oven for 40 minutes or until a thermometer reads 125 degrees. Allow to rest before cutting

For sauce heat olive oil in a sauce pan and sauté garlic, shallots and thyme. Add consommé and reduce by half. Reduce the heat and add heavy cream and allow to thicken, season with salt and pepper. Serve sauce on the side.

To Serve:

Place rested beef wellington on a large service platter and surround with roasted vegetables and potatoes. You can cut the wellington at the table or precut into slices before bringing the platter to the table. Serve sauce on the side in a pretty dish.

Yield: Serves 8

Recipe by "Help from Hayley"

<http://www.helpfromHayley.com>