

Published December 22nd, 2010

**"Personal" Beef Wellingtons**

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Beef Wellington. Photo Susie Iventosch

Charlie Vollmar, Epicurean Exchange

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This elegant staple of 1960s dinner parties derives its name from the Duke of Wellington, the 19th century English statesman and military officer. The dish is not due to his gourmet tastes, however, but rather because the final dish is said to resemble the shiny dark military boots he wore. Beef Wellington is traditionally a 2-4 pound beef tenderloin topped with mushrooms duxelle, and foie gras pate, and then encased in puff pastry. This variation uses individual filets that are wrapped in their own pastry "package."

Ingredients (Serves 4)

- 4 (6 ounce) 1 1/2-inch thick cut filet mignon, trimmed of fat and silver skin
- Kosher salt and freshly ground black pepper
- 1 tablespoon olive oil
- One-half (17-1/4 ounce package) frozen puff pastry (1 sheet) thawed
- 1 tablespoon unsalted butter
- 2 shallots, minced

- 2 cloves garlic, minced
- 12 cremini mushrooms, washed, trimmed and finely chopped
- 1/4 cup dry white wine
- 1 teaspoon each kosher salt and freshly ground black pepper
- 6 ounces duck liver pâté
- 1 large egg beaten with 2 teaspoons water

## Directions

- Preheat oven to 425°F. Line a baking sheet with parchment paper and set aside.
- Prepare the Filets: Season one side of the filets with kosher salt and freshly ground black pepper. Heat the olive oil in a large heavy skillet over medium-high heat until slightly smoking. Place filets seasoned-side down in the skillet, and sear until golden brown, about 2 minutes. Season second side of the filets with kosher salt and black pepper, and turn, searing the other side for an additional 2 minutes. Remove filets from pan and place on a plate to cool completely.
- Prepare the Mushrooms: Heat the butter in a medium sauté pan until frothy. Add the minced shallots and garlic and sauté until soft, about 1 minute. Add the chopped mushrooms, wine and seasonings. Sauté mushrooms until soft and all the liquid has evaporated, approximately 5 - 7 minutes. Allow mushrooms to cool completely.
- Roll out the puff pastry on a lightly floured surface to a 14-inch square, and cut into 4 (7-inch) squares.
- Spread one-quarter of the pâté on the top of each prepared filet. Spread one-quarter of the mushrooms duxelle on top of the pâté-covered filet. Place each filet, mushroom/pâté-side down, in the center of a puff pastry square. Using a pastry brush, paint the inside edges of the pastry with the egg wash. Fold the pastry over the filet as though wrapping a package and press the edges to seal. Place the packages seam-side down on the parchment-covered baking sheet. If you would like, decorate the top of each package with extra dough). Brush egg wash over the tops and sides of each package. Place packages in the pre-heated oven and bake until the pastry is golden brown and an instant-read thermometer registers 140°F for medium rare, about 20 minutes.
- Remove from the oven and let rest for 10 minutes before serving.

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