



COWDRAY

FARM SHOP & CAFÉ

RECIPE CARD

BEEF WELLINGTON

Great for a celebratory dinner with friends



Match it with **Surani**, a Puglian red wine made from Cabernet Sauvignon and Primitivo grapes.



Buy all the listed ingredients overleaf and qualify for a **10 % discounted bundle price.**

Alternatively ready-made Beef Wellingtons are available to buy from the Farm Shop freezers.

BEEF WELLINGTON

(serves 4)

Ingredients

375g Puff pastry ready rolled
500g Cowdray beef fillet
300g chestnut mushrooms
3 shallots
2 cloves of garlic
2 tsp Dijon mustard
1 egg
Thyme

Method

- Preheat your oven to 180 degrees centigrade
- Seal off the beef in a pan with the thyme to lock in the flavour and season with salt and pepper
- Keeping the pan to one side, place the beef on to a tray and roast in the oven for 10-12 minutes for medium rare (15-17 minutes for medium to well done)
- Take out of the oven and chill it down in the fridge until completely cold (around 20 minutes)
- Roughly chop the shallots, garlic and mushrooms
- Sweat down the shallots, garlic and mushrooms in the same pan as the beef to incorporate more flavour
- Put the mushroom mixture aside to cool
- Take your pre-rolled puff pastry and roll it slightly more to make it large enough to completely cover the beef
- Spread the mushroom mixture and garlic over the pastry evenly, leaving a 1-inch space at the bottom for sealing
- Brush the beef with a thin layer of Dijon mustard and place in the centre of the pastry lengthways
- Roll the pastry over the beef creating a big tube
- Egg wash the edges of the pastry and stick together
- Seal the ends by gently pushing together
- Using a fork crimp the edges so they look neat and tidy
- Egg wash the whole Wellington
- Rest in the fridge for around 20 minutes
- Preheat your oven to 180 degrees centigrade
- Take the Wellington out of the fridge and place in the centre of the oven for 30 -35 minutes or until the pastry is cooked and golden brown
- Leave to rest for a further 10 minutes so the pastry and meat absorb the juices

Serve with creamy mash potatoes, seasonal vegetables and a sauce of your choice.

