

# Beef Wellington

**FEEDS**

**4-6**

**PREP**

**30 min**

**COOK**

**1 hour**

## **Ingredients**

2 tbsp. olive oil, 3 <sup>1</sup>/<sub>4</sub> pound beef tenderloin, trimmed, 4 tbsp. butter, 2 cups finely chopped mushrooms, 2 garlic cloves, crushed, 6 oz. smooth liver pate, 1 tbsp. finely chopped fresh parsley, 2 tsp English mustard, 1 sheet ready-to-bake puff pastry, thawed if frozen, 1 egg, lightly beaten, salt and pepper, to taste

## **Directions**

1. Place a large skillet over high heat and add the olive oil. Rub the salt and pepper into the beef and seal on all sides for a rare steak. Set aside to cool.
2. Heat the butter in a skillet over medium heat, add the mushrooms, and saute for 5 minutes. Reduce the heat, then add garlic, and cook for another 5 minutes. Put the mushrooms and garlic in a bowl, add the pate and parsley, and mix together with a fork. Let cool.
3. Rub the mustard into the beef tenderloin. Roll out the pastry into a rectangle large enough to wrap the whole beef with some extra. Spread the mushroom paste in the middle of the pastry, leaving a 2-inch gap between the paste and the edge of the pastry. Lay the beef on top. Brush the edges of the pastry with beaten egg and fold it over, edges overlapping, and across the meat to completely enclose it.
4. Preheat the oven to 425° then place the wrapped beef in a roasting pan with the pastry seam underneath and brush the surface with beaten egg. Place in the refrigerator for 15 minutes to chill, then transfer to the preheated oven and bake for 50 minutes. Check on the pastry after 30 minutes. If golden brown, cover with aluminum foil in order to prevent burning. Allow meat to rest for 15 minutes before serving.