

# INDIVIDUAL BEEF WELLINGTONS

## WITH MOREL MUSHROOMS

You can make this recipe for small family gatherings.

*This recipe serves 4.*

### INGREDIENTS

- Puff **pastry**
- 4 x 180g slices of **beef** fillet
- 500g **chestnut mushrooms** (*finely chopped*)
- 20g **dried morels**
- 300 ml double cream
- 1 generous glug of sweet sherry (*optional*)
- 1 egg (*beaten, for the eggwash*)
- 4 small shallots (*peeled and very finely chopped*)
- Large handful of fresh thyme leaves
- Salt and black pepper



### PREPARATION METHOD

**Roll out your puff pastry** on a well-floured work surface and cut into four squares. Put into the fridge for 5 min to firm up a little.

*\*\*\* This will make sure the pastry does not just melt into a gooey mess in the oven before it has had a chance to puff up. \*\**

1. **Rinse the dried morels in cold water** then put them in a small bowl and cover with hot water. Leave to soak for 20 minutes then drain. Meanwhile, heat some oil in a frying pan until very hot.
2. **Fry the beef** for 1 minute on each side, season, then set aside.
3. **Put the shallots in a pan** and fry for 4 minutes or until softened, then **add the butter, chestnut mushrooms and morels** and cook for a few minutes. *Add the glug of sherry, if you're using any.* Turn up the heat and cook until most of the sherry has evaporated and the mushrooms are looking dry and not too mushy. Add the thyme, check the seasoning and cook for 1 more minute, then take the pan off the heat.
4. **Preheat the oven to 200° C.** Remove the pastry from the fridge – it should be malleable but not too soft. Put a large tablespoon of the mushroom mixture into the centre of the pastry. Put the steak on top. Draw up the corners and edges of the pastry so they meet and overlap slightly in the middle. Brush with the eggwash. Repeat with the other three beef fillets and pastry squares. There will be a good amount of mushroom mixture left over : you will use it for the sauce later.
5. **Cook in the oven for about 14 minutes** for medium rare – *or cook for longer or shorter depending on how you like your beef.*
6. **Five minutes before the Wellingtons are ready**, reheat the mushroom mixture to **make the sauce**. When it is hot, add the **double cream** and cook on a high heat for 2 min. Taste and adjust the seasoning if necessary, then take off the heat and cover to keep warm.
7. When the Wellingtons are ready, remove them from the oven and serve with the sauce and a glass of red wine !