



18. Make: Beef Wellington

“Enjoy it, because when the Beef Wellington comes out, you’re never going to see friends and family as excited as you will when you take that first slice off.”

It’s unclear whether this was the favorite meal of Arthur Wellesley, the 1st Duke of Wellington and namesake of the dish, but one thing is for certain: Gordon’s iconic Beef Wellington is the ultimate special-occasion showstopper. Gordon modernizes this old classic with his trusty cast iron pan, which gives the beef color, depth, and flavor. Dijon mustard tenderizes, marinates, and gives a gentle kick to the filet mignon. Layers of prosciutto, savory chive crepe, mushrooms and puff pastry literally seal the deal on what will become your go-to dish to impress.

SERVES 4 to 5

PREP 60 minutes

COOK 45 minutes

For the mushroom duxelle:

3 tablespoons olive oil

2 portobello mushrooms, finely diced
(about 4 cups)

Salt

Freshly ground black pepper

1 teaspoon thyme leaves

For the chive crepes:

2 eggs

1 cup flour, lightly packed
and leveled

1 cup milk

1 teaspoon chopped chives

1 teaspoon thyme flowers

Pinch salt

Nonstick cooking spray

MAKE THE MUSHROOM DUXELLE

- 1 Place a medium sauté pan over medium high heat. Add oil and when hot, add mushrooms. Season well with salt and pepper and add the thyme. Stirring frequently to be sure mushrooms don’t stick, cook until all the moisture has evaporated, about 10 minutes. Remove from heat and cool.

MAKE THE CHIVE CREPES

- 1 In a large mixing bowl, combine eggs, flour, milk, chives, thyme and salt. Whisk until incorporated. Transfer to the refrigerator to rest for at least 30 minutes.
- 2 Lightly spray a 10-inch nonstick pan and place over low heat. Add 1/4-cup batter to the pan and swirl the pan so the batter spreads evenly along the bottom into a very thin pancake. Let it cook for 25 to 30 seconds until set, then using an offset spatula to lift one side, flip and cook on other side for just a few seconds. Move quickly because you don’t want any browning to occur. Remove crepe to plate. Continue cooking until batter is finished, making about 5 crepes. Place a parchment square between so they don’t stick.

CONTINUED

18. MAKE: BEEF WELLINGTON CONTINUED

Assembly of Wellington:

1 pound center cut beef tenderloin,
room temperature

Salt

Freshly ground black pepper

1 tablespoon grapeseed oil

1 tablespoon Dijon mustard

4 slices prosciutto

1 9.6 ounce sheet puff pastry
(thawed if frozen)

2 egg yolks

MAKE THE WELLINGTON

- 1 Season beef liberally with salt and pepper on all sides. Use your hands to press salt and pepper in while rolling and shaping beef to be cylindrical. Heat a cast iron skillet and add grapeseed oil, then sear beef, cooking 60 seconds per side. Remove beef to sheet tray and pour the juices from the pan over it. While hot, brush Dijon mustard all over, and then let it rest.
- 2 Take a damp towel and moisten your cutting board. Layer three pieces of plastic wrap overlapping each other on the board. Depending on the width of the tenderloin, take 2 to 3 pancakes and trim into squares the length of the tenderloin, then line them up vertically on the plastic. Layer on the prosciutto slices. Spread the mushroom duxelle over the ham. Season with salt and pepper. Pour resting juices from the beef over the mushrooms, then place beef at the bottom of the crepe. Using the plastic wrap to lift as you pull the crepe over the beef, roll the beef up completely, smoothing plastic and twisting the ends to form a tight package. Refrigerate for 20 minutes.
- 3 Preheat convection oven to 425 degrees F° or non-convection to 450 degrees F°.
- 4 Again use a damp towel to moisten cutting board, then layer three pieces plastic wrap. Place puff pastry in center. Use a rolling pin or dowel to evenly roll it to 1/8-inch thick, trimming if necessary to fit beef. Unwrap beef and place on the pastry 1/3 of the way up. Lightly brush pastry with egg wash and season with salt and pepper. Lift the plastic wrap up and roll the pastry over the beef, until the edges meet, then massage the pastry, smoothing it evenly across and sealing the seam. Twist the plastic taking the excess pastry with it, until pastry melts together, and cut off the ends. Unwrap the wellington, discard the plastic and smooth the ends, then brush with egg wash. Use the back of a knife to gently score the wellington and create a decorative pattern. Season with more salt, place on a parchment-lined tray and insert thyme sprig. Refrigerate for 5 minutes.
- 5 Place in the center of the oven and bake for 18 to 20 minutes, until golden brown. Remove and let rest for 5 minutes before slicing and serving.

