

Mini Beef Wellington

1 T olive oil
1 lb of beef tenderloin cut into 1 inch cubes
¾ lb fresh mushrooms, minced
1 med shallot cut into fine dice
2 sprigs fresh thyme
¼ C white wine
½ C cream
salt and pepper to taste
1 lb puff pastry, thawed
2 eggs beaten
¼ C water

t = teaspoon
T = tablespoon
C = cup



Preheat oven to 350°

In a 5 qt sauté pan heat the oil over medium heat. Lightly sear the beef cubes until they are nicely browned on all sides. Allow to cool. Sauté the mushrooms, shallots and thyme for 3 - 4 minutes. Deglaze the pan with the wine, reducing the liquid until almost dry. Add the cream and reduce by half. Season the mushrooms mixture with salt and pepper to taste and allow to cool.

Place a sheet of puff pastry on a floured work surface. Combine egg and water to create an egg wash. Brush the egg wash over the puff pastry. Evenly space the beef cubes across the puff pastry. Top each beef cube with a small amount of the mushroom mixture. Place the remaining sheet of puff pastry over the beef cubes and press to seal around each mound of beef. Using a small very sharp knife separate the beef Wellington neatly and evenly. Place on a parchment lined nonstick jellyroll pan and bake until crisp (12 - 15 minutes).

TIP

Place the warm Wellingtons on a serving tray that has been scattered with fresh thyme. The thyme will give off a beautiful aroma as the warm pastries are taken by your guests.