



Beef wellington



DIFFICULTY: HARD



PREPARATION TIME: 1 HOUR



COOKING TIME: 30-45
MINUTES



SERVES: 2-4

Ingredients

Crepes

65 g plain flour
1/2 tsp salt
125 ml milk
1 egg
Olive oil spray

Mushroom Duxelle

250 g button mushrooms, cleaned and trimmed
1-2 cloves garlic, crushed
1 tbsp thyme leaves
50 g butter
Salt and pepper to taste

Wellington

600 g trimmed fillet of beef (Chateaubriand)
30 x 30 cm sheet puff pastry
1 egg, beaten
Salt and pepper to taste

Method

Sieve the plain flour and salt into a medium sized bowl, make a well and add 2/3 of the milk in the centre. With a whisk start mixing in the centre and slowly incorporate more flour as you work your way out to the edges, when it becomes a paste add the egg and continue whisking. Once incorporated add the rest of your milk. If there are lumps, strain through a sieve. Set the batter aside.

Place the mushrooms, garlic and thyme into the bowl of a food processor and chop until very small.

Heat a frypan on Induction level 8 or medium to high with gas. Add the butter and once melted add mushroom mixture. While cooking, moisture will be released from the mushrooms, continue to cook until all moisture has evaporated, then season with salt and pepper to taste and set aside to cool.

Season the fillet of beef with salt and pepper. Heat a large frypan on Induction level 9 or high on gas. When there is a little smoke coming off the pan add the meat and cook it until it is a dark golden brown colour on all sides, then remove and set aside.

Heat a frypan on Induction level 7 or medium high on gas and spray with a little oil spray. Stir the crepe mix and using a small ladle, pour into the middle of the pan. Tilt the pan down at the front and then rotate in a clockwise direction to try and get the pan evenly covered with crepe batter. Repeat the process until all the crepe mixture is used.

Place the puff pastry on a flat board, place 1 crepe in the middle of the puff pastry, pressing half the duxelle on top and then place the meat on top of the duxelle. Top the meat with the remaining duxelle and then drape another crepe on top. Lift the sides of the bottom crepe and tuck the top one so it is between that and the puff pastry.

Wrap the beef wellington with pastry, folding sides of the pastry underneath. Ensure plastic film from the pastry is removed. Place beef wellington on the universal pan lined with baking paper. Brush pastry with beaten egg to glaze.

Preheat the oven on Circotherm to 170°C with Power Boost. Insert MultiPoint MeatProbe into the centre of the beef. Place beef in the oven on

shelf level 3 and connect meat probe to oven. Select the MultiPoint Probe temperature to 55-60°C for medium.

Notes

If not cooking with the MultiPoint MeatProbe cook the beef for 30 minutes for medium or longer depending on the desired degree of doneness.

This recipe uses a NEFF's CircoTherm®, Induction and MultiPoint MeatProbe. We use Australian tablespoons and cups: 1 teaspoon equals 5 ml; 1 tablespoon equals 20 ml; 1 cup equals 250 ml. All herbs are fresh (unless specified) and cups are lightly packed. All vegetables are medium size and peeled, unless specified. All eggs are 55–60 g, unless specified.