



Beef Wellington

Recipe by Wajiullah Spiby

INGREDIENTS

1x2kg beef eye fillet
500g pork mince
500g chicken mince
500g chicken livers
300g good thick pork sausage
Seasoning
500g honey brown mushrooms
1kg standard cup mushrooms
3 cloves garlic
¼ bunch thyme
2 eggs
1 onion
½ bunch continental parsley

DIRECTIONS

1. Trim the beef fillet. Season both sides with salt and pepper.
2. Heat the vegetable oil in a large pan, and fry beef until it turns a deep golden colour on all sides. Remove and cool in fridge.
3. Sweat onions in pan on low heat with garlic, thyme and sliced mushrooms until moisture is absorbed. Season well and cool.
4. Chop chicken livers and drain.
5. Blend chicken mince, pork mince and egg make to a mousseline. Fold through mushrooms and chopped livers. Cool.
6. Place a large sheet of cling wrap on bench. Spread the mince and mushroom farce over the cling wrap – make the rectangle large enough to fully wrap the beef fillet. Chill.
7. Wrap the cooled, sealed eye fillet with the farce. Place in fridge.
8. Pre-heat oven to 210 °C.
9. Lay a rectangular piece of puff pastry on bench. Place the mixture-covered fillet on one sheet of pastry, and top with another rectangular piece, making sure the parcel is well sealed.
10. Brush pastry with egg yolks with a pinch of salt (helps to colour). If desired, make pastry lattice to go on top, and brush with yolk mix.
11. Place in 210 °C oven, and cook until internal thermometer in the beef reaches 58 °C.
12. Let cool if not serving immediately. Reheat to serve.



Sundays

with Lucie Cutting

on 936AM and the ABC listen app

