

Exclusive Recipe



ANUIL



Beef Wellington

By Tulio Retyk

Ingredients

- 1 Beef Fillet
- 2 Rolls of Puff Pastry
- 10 Slices of Jamón Serrano (or Parma Ham)
- 400gr of Portobello or Porcini mushrooms
- 1 Spoonful Dijon mustard
- Salt, fresh black pepper
- 1 Cup of barbeque sauce
- 2 Spoons of tomato sauce
- 2 Spoons of Worcester sauce
- 1 Spoon of white spirit vinegar
- ½ Cup Red dry wine
- 1 Clove of garlic (pasted in the mortar)
- 1 Spoon sugar
- Salt, fresh black pepper, and Rosemary.
- 1 Egg

Method

Very important: the fillet must be at room temperature, take out of the fridge at least 1 ½ hours before use. Cut the head and the tail and leave to drain the excess liquid.

- 1 Place the pan on the stove and add enough olive oil and butter to seal the meat
- 2 Take it off the heat and spread the Dijon Mustard over it - then set aside to rest
- 3 Take a piece of cling film, extended on the table and put the Jamon Serrano on the film. Put the mushrooms in the food processor to make a paste, also add some salt. Then spread the mushroom paste over the Jamon Serrano
- 4 Put the beef fillet over the edge of the cling film and start to roll it until cover. Put it in the fridge.
- 5 Now place the puff pastry on the table, put the fillet rolled in jamon and mushrooms in one of the edges of the pastry and roll it. Beat the egg and egg washed the whole roll.
- 6 Preheat the oven to 200°C and bake the Wellington for 20 minutes, after that, reduce the temperature to 170°C and bake for another 20 minutes. Remove from the oven
- 7 The Sauce.
Add the barbeque sauce, tomato sauce and the Worcester sauce to a pan, heat until blended. Then add the sugar, salt, black pepper, Rosemary and pasted clove of garlic allow to simmer for a few mins. Then lastly add the red wine, stir and reduce until thickened and then add the white vinegar.