

Beef Wellington, Broccoli Puree, Red Wine

The ultimate main course for a dinner party and very fitting for the KidsOut Have a Ball at Home. What better is there than a beef wellington with a rich red wine sauce and a simple garnish it would be a really show stopper this is why I chose this main course so what is stopping you. *Adam*

Serves 4

Fillet Of Beef

800g Fillet of Beef cleaned with sinew taken off

You will need:

1 tbsp	Olive oil	Black Pepper
1 tbsp	Dijon Mustard	200ml of red wine sauce already prepared from the shop .
2 tbsp	Pommery mustard	
	Salt	

Heat the oil in a large frying pan on a medium heat, once the pan is hot, add the beef and Sear the fillet, turning regularly making sure that all sides are coloured.

Season with salt and pepper.

Remove from the heat once the outside has browned.

Cover with the Pommery mustard and the Dijon mustard wrap in cling film and leave to rest in the fridge

Mushroom Duxelle

250g	Chopped Button Mushrooms	100ml	Whipping Cream
4no	Large Shallots chopped		Butter
2no	Clove of garlic, chopped		Salt
100ml	Dry Madeira		Pepper

Melt the butter in a suitable sized pan, then add the chopped mushrooms and cook quickly without colour. Remove from the pan and set aside

In the same pan soften the chopped shallots and garlic.

Add the Madeira and reduce, then add the mushrooms followed by the cream and cook until it has thickened.

Season with salt and pepper and leave to one side

Pancakes

150g	Plain flour	140ml	Full Fat milk
2no	Whole Eggs		Oil

Make a smooth batter by whisking the milk, eggs and flour together.

Heat some oil in a frying pan. When it becomes hot, add the batter to make a very thin layer in the bottom of the pan.

Cook until the colour becomes a nice golden brown, then turn the pancake over and cook the other side. Repeat this process until the batter has all gone, set the cooked pancakes to one side

To Wrap the beef

400g of puff pastry Rolled out about ¼ inch thick

1 Whole Egg Mixed with 1 tbsp milk

Place a sheet of cling film onto the work surface and lay the pancakes onto it. Ensure that the pancakes fully cover the cling film without gaps.

Spread the mushroom duxelle evenly over the pancakes

Lie the beef on top and wrap the pancakes with the mushrooms on it tightly around the fillet and tie the ends and allow it to rest in the fridge overnight or for an afternoon.

After the beef has rested (the next morning)

Roll out the puff pastry into a thin sheet about 1/4 cm thick

Remove the beef from the fridge, take out of the cling film and place on top of the pastry.

Wrap the pastry tightly around the fillet making sure it is sealed tightly. Brush the pastry with the egg wash.

Broccoli puree

2no Heads of broccoli
25g butter

100ml Water
Salt

Grate the top of the broccoli and peel the stalks and slice thinly

In a container add the broccoli, water and butter.

Place a pan onto the stove.

Allow to get hot

Add the contents of the container into the pan and cook quickly

Season

Place into the blender and blend till smooth

Cool quickly and reserve till required

To cook the Beef Wellington

Preheat the oven to 180°C

Place the Wellington in the oven for 20-25 minutes. Once cooked, the pastry should be a golden brown and the core temperature should be about 52 to 55°C.

Remove from the oven and leave to rest in a warmer for at least 10 minutes

To Serve

To serve cut the Wellington into four equal pieces, and serve with a large spoonful of the Broccoli puree and serve sauce on the side

Prepared especially for KidsOut by Adam Simmonds

<https://www.greatbritishchefs.com/chefs/adam-simmonds>



Wine Pairing

Chateau Gardegan Bordeaux Superior – around £8.50



