

## **Classic Beef Wellington**

This recipe will show your friends and family that you have some serious skills in the kitchen. Beef Tenderloin is baked in puff pastry with mushrooms and shallots for a dish that will surely be remembered.

## **INGREDIENTS**

1 center cut beef Tenderloin Roast, chain removed (about 2 pounds)

1 teaspoon olive oil, divided

1/2 teaspoon salt

1/2 teaspoon pepper, divided

8 ounces mushrooms

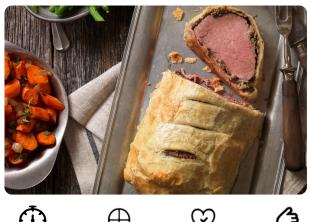
1 large shallot

2 tablespoons dry red wine

2 tablespoons Dijon-style mustard

1/2 teaspoon dried thyme

1 sheet frozen puff pastry (1/2 package), thawed



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1.50	4	42 Cal	42g
Hours	Servings		Protein

## **COOKING**

1. Heat 1/2 teaspoon oil in large nonstick skillet on medium-high heat until hot. Combine salt and 1/4 teaspoon pepper. Press evenly onto all surfaces of beef Tenderloin Roast. Place roast in skillet; brown evenly. Remove roast from skillet.

2. Heat oven to  $425^{\circ}$ F. Place mushrooms and shallot into food processor; pulse on and off about 10 times until finely chopped. Do not over process. Heat remaining 1/2 teaspoon oil in same skillet over medium-high heat until hot. Add mushrooms and shallot; cook 4 to 6 minutes until tender and all liquid is evaporated, stirring often. Add wine; cook 2 to 3 minutes until all liquid is evaporated. Stir in mustard, thyme, remaining 1/4 teaspoon pepper. Cook 2 to 3 minutes. Remove from skillet to medium bowl; cool.

3. Line rimmed baking sheet with aluminum foil and place in oven. Unfold pastry dough on lightly floured cutting board. Roll pastry out to 12 by 9-inch rectangle; lay dough with shortest edge toward you. Spread mushroom mixture onto pastry dough, leaving 1/2-inch border around edge of dough. Place roast in center of mushrooms. Fold pastry dough neatly around roast, stretching dough if necessary. Cut off excess pastry dough; press to seal overlapping edges. Remove baking sheet from oven and dust lightly with flour. Place pastry-wrapped roast, seam-side down, on baking sheet. Cut 4 (2-inch) vents in top of pastry.

4. Bake in  $425^{\circ}F$  oven 35 to 50 minutes or until golden brown and instant-read thermometer inserted into center of roast registers  $135^{\circ}F$  for medium rare;  $150^{\circ}F$  for medium. Transfer Beef Wellington to carving board. Let stand 10 minutes. (Temperature will continue to rise about  $10^{\circ}F$  to reach  $145^{\circ}F$  for medium rare;  $160^{\circ}F$  for medium.) Carve into slices and serve with your favorite vegetables.

## **NUTRITION**

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein	GLUTEN FREE	ALL NATURAL
4		17g	119mg		9g	42g	1	0

<sup>\*</sup>The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

 $Courtesy\ of\ BeefIts Whats For Dinner.com$