



COOKING CLASSES
AT SUR LA TABLE

**PREP NOW, EAT LATER:
BEEF WELLINGTON**

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet.

Proteins

- ☐ 1 (about 2 pounds) center-cut beef tenderloin
- ☐ 1/4 pound thinly sliced prosciutto

Produce

- ☐ 1 pound mushrooms (such as button, cremini, shiitake, portobello, or a mixed blend)
- ☐ 2 medium shallots
- ☐ 1 small bunch thyme
- ☐ 1 bunch chives

Dairy

- ☐ 4 tablespoons unsalted butter
- ☐ 4 ounces heavy cream
- ☐ 1 large egg

Frozen

- ☐ 1 package phyllo dough
- ☐ 1 (14-ounce) package puff pastry

Pantry Items

- ☐ Kosher or sea salt
- ☐ Freshly ground black pepper
- ☐ Vegetable or canola oil
- ☐ Dijon mustard
- ☐ Soy sauce
- ☐ All-purpose flour

Dry/Canned Goods

- ☐ Prepared horseradish

Other

- ☐ 4 ounces brandy, whiskey, or bourbon
- ☐ Finishing salt (such as Maldon or fleur de sel)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- ☐ Chef's knife
- ☐ Cutting board
- ☐ Paring knife or kitchen scissors

Hand Tools/Gadgets

- ☐ Measuring cups and spoons
- ☐ Liquid measuring cups
- ☐ Tongs
- ☐ Mixing bowls (various sizes)
- ☐ Whisk
- ☐ Tasting spoons
- ☐ Wooden spoon or silicone spatula
- ☐ Rolling pin
- ☐ Silicone or natural bristle pastry brush

Cookware

- ☐ Large skillet

Appliances

- ☐ Food processor

Bakeware

- ☐ Rimmed baking sheet

Tabletop

- ☐ Large plate for resting the tenderloin

Other

- ☐ Kitchen twine
- ☐ Plastic wrap
- ☐ Aluminum foil
- ☐ Parchment paper

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Beef Wellington

1. Preheat oven to 425°F if you plan to cook the beef Wellington after class.
2. Wash and dry all produce.
3. Thaw phyllo and puff pastry in the refrigerator overnight.
4. If you don't have a food processor, finely chop all mushrooms prior to class.
5. The refrigerator will be used to chill ingredients during class; make sure you have space to do so.

BEEF WELLINGTON

Yield: 6 to 8 servings

Center-cut beef tenderloin is also known as Châteaubriand. For best results, use a high-quality all-butter puff pastry, such as Dufour.

1 center-cut beef tenderloin, trimmed of silver skin and fat, about 2 pounds
Kosher salt and freshly ground black pepper
2 tablespoons vegetable or canola oil
2 tablespoons prepared horseradish
1 tablespoon Dijon, spicy brown, or hot English mustard
1 pound mushrooms (button, cremini, shiitake, portobello, or a mix), cleaned, trimmed, and roughly chopped
4 tablespoons unsalted butter
2 medium shallots, finely sliced (about 1/2 cup)
2 teaspoons fresh thyme leaves, finely minced
1/2 cup cognac, brandy, or barrel-aged spirit such as bourbon
1/2 cup heavy cream
2 teaspoons soy sauce
1 sheet phyllo dough
1/4 pound prosciutto, sliced paper-thin
Flour for dusting
14 ounces frozen or homemade puff pastry, thawed
1 egg, beaten
Coarse sea salt, such as Maldon or fleur de sel
1 bunch finely minced chives

1. **To prepare tenderloin:** Using butcher's twine, tie tenderloin at 1-inch intervals. Trim ends of twine. Season liberally with salt and pepper.

2. **To brown tenderloin:** In a cast-iron or stainless-steel skillet set over high heat, heat 2 tablespoons oil until just smoking. Transfer tenderloin to skillet and cook without moving until well browned on the first side, about 2 minutes. Rotate tenderloin and continue cooking until browned on all sides, about 10 minutes total. Transfer to a large plate.

3. In a small bowl, combine horseradish, mustard, and 1 teaspoon black pepper. When tenderloin is cool enough to handle, cut off and discard twine, then rub all surfaces with horseradish-mustard mixture. Place in refrigerator, uncovered.

4. **To prepare mushrooms:** To the bowl of a food processor, add half of the mushrooms and pulse until very finely chopped, scraping down the sides and redistributing mushrooms with a

spatula as necessary, about 10 short pulses. Transfer to a bowl. Repeat with remaining mushrooms.

5. **To sauté mushrooms:** In a 12-inch skillet over medium-high heat, add butter and heat until melted. Add mushrooms and cook, stirring occasionally, until mushrooms have released liquid and start to sizzle, about 8 minutes. Continue cooking until mushrooms begin to brown and leave browned bits stuck to the bottom of the pan, about 4 minutes longer. Add shallots and thyme and cook, stirring frequently, until softened, about 2 minutes.

6. Add brandy. Scrape the bottom of the skillet with a silicone spatula or wooden spoon to release browned bits. Continue to cook until brandy is nearly dry, about 4 minutes. Add heavy cream and soy sauce and continue to cook, stirring frequently, until mixture is thick and collects in one large mass when you shake the skillet. Season to taste with salt and pepper. Transfer to a bowl and place in refrigerator.

7. **To prepare phyllo:** Lay a double layer of plastic wrap about 2 feet long and 1 foot wide on your cutting board. Lay phyllo dough on top of plastic wrap. Shingle prosciutto on top of phyllo to create a thin, even, overlapping layer, leaving a 2-inch border along the bottom and top of phyllo dough. Spread mushroom mixture evenly over prosciutto layer.

8. **To assemble tenderloin:** Place tenderloin along the bottom edge of the prosciutto-mushroom layer. Carefully roll tenderloin in mushroom, prosciutto, and phyllo, using plastic wrap to help tighten it as you roll. Once beef is completely rolled up, rewrap with more plastic wrap, twisting ends to make sure the roll is very tight. Return to refrigerator.

9. **To prepare puff pastry:** Dust a board or countertop lightly with flour. Spread puff pastry on the board and, using a rolling pin, roll it into a rectangle at least 4 inches wider than the beef roll on its shorter side.

10. **To roll next layer:** Unwrap beef roll and place along the bottom edge of puff pastry. Brush 6 inches of puff pastry just above the beef roll with beaten egg. Carefully roll beef in puff pastry until completely wrapped. You should end up with the puff pastry seam meeting on the bottom. Trim pastry with a sharp knife.

11. Fold sides of puff pastry protruding from either end of the beef roll toward the center, then fold top flaps down. Trim off bottom flaps carefully.

12. Roll entire beef roll over so that bottom is facing up, then fold up end flaps to seal completely. Roll beef back right-side up. Transfer to a plate and chill for at least 30 minutes.

13. **To bake the Wellington:** Adjust oven rack to center position and preheat oven to 425°F. Transfer Wellington to a foil-lined baking sheet and brush with beaten egg. Use a sharp paring knife to score a decorative pattern in the pastry. Sprinkle liberally with coarse sea salt. Bake until pastry is golden brown and the center of the roast registers 110°F for rare or 120°F for medium-rare on an instant-read thermometer, 35 to 45 minutes. Remove from oven and allow to rest for 10 minutes.

14. Use a thin metal spatula to loosen Wellington from foil, then carefully transfer to a carving board. Slice off ends with a sharp knife. Carve Wellington, sprinkle cut surfaces with chives and more coarse salt, and serve.