

Organic Beef Wellington

A British classic, mouth-watering beef fillet wrapped in buttery pastry recipe

Serves: 6
Prepare: 50 Minutes
Cook: 40 Minutes
Difficulty: medium



Ingredients

- 1 [organic fillet of beef](#) (1kg)
- 500g pack of puff pastry
- 3 tbsp olive oil
- 250g mushrooms
- 1 onion
- 2 cloves of garlic, crushed
- 50g organic Butter
- 1 large sprig of fresh thyme
- 100ml dry white wine
- 12 slices of prosciutto
- a little flour for dusting
- 2 organic egg yolks beaten with a little water

Method

1. Heat the oven to 220°C/fan, 200°C/gas 7
2. Preheat a large frying pan over a high heat, brush the organic beef fillet with the 1 tbsp of olive oil, season generously with salt and pepper, transfer to the frying pan and sear for 4 minutes, turning regularly. Remove from the pan and set aside to cool. Keep the meat juices for making a tasty beef gravy.
3. Whilst the beef is cooling, finely chop the mushrooms and onion. This can be done in a food processor but be careful not to over-process as the mushrooms will become a wet paste.
4. Heat the remaining 2 tbsp of olive oil and organic butter in a large saucepan, add the onion and garlic, cook for 5 minutes over a medium heat, lower the heat then stir in mushrooms and thyme sprig and continue to cook for 10 minutes.
5. Season the mushroom, onion, garlic and thyme mix with salt and pepper, pour over the dry white wine and cook for 10 minutes until all the wine has been absorbed, leaving a concentrated mixture. Remove from the heat and remove the thyme.
6. Overlap two pieces of cling film on a large chopping board and arrange the slices of prosciutto on the cling film, overlapping the edges, in a double row.
7. Spread the half of the mushroom mix over the slices of prosciutto, then place the organic beef fillet on top of it, then spread the remaining mushroom mix over the beef fillet.
8. Draw the prosciutto around the fillet by using the edges of the cling film, then roll it into a sausage shape, twist the ends of the

cling film to tighten and hold the shape. Chill in the fridge while you prepare the pastry.

9. Dust a clean surface with the flour and roll out the puff pastry to 40x30cm.

10. Remove the fillet from the cling film and sit it in the centre of the pastry, so that the long edge of the beef runs parallel with the long edge of pastry. Brush the pastry edges with the beaten egg and water mix, then starting with the long pastry edge closest to you wrap the pastry around the beef and pinch the ends to seal.

11. Transfer the wellington to a non-stick baking tray, with the sealed side on the pastry at the bottom. Brush the wellington with the egg wash. If you are preparing ahead of time then simply transfer the wellington to the fridge, then when you are ready to cook it, allow it to rest outside of the fridge for at least an hour before transferring to the oven. If you are ready to cook it, transfer to the oven and cook for 40 minutes.

12. Allow the wellington to rest for 5 minutes before serving. Then slice into thick slices, serve with homemade beef gravy using the leftover meat juices, and fresh greens.