

Beef Wellington

Cuisine: English

Food category: Beef



Author: Chloé Lasseron

Company: Retigo



Program steps

Preheating: 200 °C

1	Hot air	100 %	Termination by time	00:15 hh:mm	195 °C	100 %	X
2	Combination	25 %	Termination by core probe temperature	60 °C	210 °C	100 %	X

Ingredients - number of portions - 6

Name	Value	Unit
real beef tenderloin	900	g
5 tbsp vegetable oil	25	ml
Egg (for egg wash)	1	pcs
puff pastry	2	pcs
dijon mustard	15	g

mushroom duxelles

Name	Value	Unit
fresh mushrooms like seps,button, shitake, etc.	350	g
shallot	2	g
garlic cloves, finely chopped	1	g
butter soft	45	g
fresh thyme	2	pcs

Nutrition and allergens

Allergens: 1, 10, 7

Minerals: Ca, Co, Cu, F, Fe, I, K, Mg, Mn, Na, P, Zn

Vitamins: A, B, C, D, E, K, Kyselina listová

Nutritional value of one portion	Value
Energy	299.2 kJ
Carbohydrate	0.8 g
Fat	18.6 g
Protein	34.1 g
Water	0 g

Directions

Season the beef roast generously with salt, pepper, and a drizzle of oil.

Place it on a rack set over a pan to collect the juices. Roast for 15 minutes for a medium-rare finish.

Finely chop the shallot, button mushrooms, and garlic clove. In a pan, sauté them in butter with

Fold the pastry over to completely enclose the roast, ensuring the edges overlap underneath. Trim any excess pastry. Turn the Wellington over so the seam is underneath, then brush the edges with egg yolk.

Place the Wellington on a baking sheet. Insert a meat thermometer laterally into the meat. Place in the oven and set the thermometer to a final temperature between 50°C (rare) and 60°C (medium).

Once out of the oven, let the meat rest for 10 to 15 minutes before slicing.

Recommended accessories



Enameled GN
container



Stainless wire shelving