

# BEEF WELLINGTON WITH GORGONZOLA

This is a derivation of classic Beef Wellington which uses an entire beef tenderloin, which is quite a lot of meat and about a weeks pay too. This recipe allows you to cook the number of servings you wish, and also adds the wonderful flavor of Bleu Cheese. I'm getting hungry just thinking about it!

4 center cut Filet Mignons, about 1 ½ inch thick. (6-8 ounces)  
8 large Mushrooms (about 1/3 to ½ pound total)  
1 Tablespoon Butter  
1 Tablespoon Shallot, finely chopped  
1 Tablespoon Garlic, minced  
4 Tablespoons Gorgonzola Cheese, crumbled  
1 large Egg, beaten  
1 Puff Pastry Sheet, thawed (from a 17 ¼ ounce package frozen puff pastry)  
Salt and Pepper

## **GRAVY/SAUCE:**

(This is optional, but nice)

2 Tablespoons Butter  
2 Tablespoons Flour  
¾ cup Beef Broth (straight out of the soup can)  
1/3 cup wine (red is preferred, but if you have some white open, use it)  
¼ teaspoon salt  
1/8 teaspoon Pepper

Preheat oven to 425 degrees.

Pat the fillets dry and season lightly with salt and pepper. In a shallow roasting pan, roast the fillets in the middle of the oven for 12 minutes or until a meat thermometer registers 110 degrees for rare, 120 degrees for medium. If you want it done more than that, use a different recipe and a cheaper cut of meat. Don't wreck this one. Remove from oven and cool (fillets will be cooked again after being wrapped in pastry).

Chill fillet, covered, until cold, about 1 hour.

Thinly slice the mushrooms and sauté in butter with shallots and garlic over medium heat until the mushrooms are lightly browned. Transfer the mushroom mixture to a small bowl and allow them to cool.

In a small bowl, beat an egg to make an egg wash.

On a lightly floured surface, roll out puff pastry sheet into a 16 inch square. Cut into quarters.

Put 1 Tablespoon of Gorgonzola Cheese in the center of the pastry square and top with 1/4 of the mushroom mixture. Top the mushroom mixture with one of the fillets and press down gently. Wrap 2 opposite corners of the pastry over the fillet, overlapping them, and brush with egg wash. Fold the remaining corners of the pastry over the fillet and seal all seams and gaps (which better be pretty small) with the egg wash, and press pastry around the fillet to enclose completely.

Arrange the Wellingtons, seam side down, on a non stick baking pan (or a well greased cookie sheet). Make the rest of the Wellingtons in the same manner.

Chill the Wellingtons, loosely covered, at least 1 hour, or up to 1 day.

When you are ready to cook, preheat the oven to 425 degrees.

Brush the top and sides of the Wellington with the egg wash (if you need another egg, go for it). Bake for 20 minutes or until the pastry is golden brown.

While the Wellingtons are baking, make the sauce/gravy.

Over medium heat, melt the butter, then add the flour, salt and pepper, and stir constantly until it is smooth and bubbly, at least 3 minutes. Add the broth and wine and bring to a boil, stirring constantly. Once boiling, reduce heat and simmer over very low heat until ready to serve. Taste it. Does it need salt or pepper? If it's too thick, add a bit of wine or water. If it's too thin, keep the heat up a bit, and stir it more to reduce it to the desired consistency, keeping in mind that it will thicken as it cools.