

## Individual Beef Wellingtons

<http://userealbutter.com/2014/02/07/individual-beef-wellingtons-recipe/>

based on [this recipe](#) and [this recipe](#) both from *Fine Cooking*

2 6-8 oz. filet mignon, at least 1-inch thick if not thicker (thicker and larger for more rare steaks)

salt

black pepper, freshly ground

1 tbsp olive oil for searing

duxelle recipe

2 oz. pâté (1 oz. pâté per steak)

1 lb. puff pastry (1/2 lb. pastry per steak), store bought or [from scratch](#)

2 eggs

1 tsp water

### duxelle

2 tbsps butter

1/4 cup shallots, finely chopped

1 clove garlic, minced

2 cups mushrooms, finely chopped

salt

black pepper, freshly ground

1 tbsp fresh parsley, chopped

**Sear the steaks:** Season both sides of each steak with salt and pepper. Heat olive oil in a frying pan (don't use a non-stick pan, it doesn't produce a good sear) over high heat. Add the steaks when the oil is hot and sear for 1-2 minutes until the bottom is brown and crisp. Flip and sear for another minute. Don't overcook the beef – you want the centers to be rare or very red. Remove from heat and refrigerate the steaks to chill completely until ready to use.

**Make the duxelle:** Heat the butter in a frying pan over high heat. Sauté the shallots in the butter until soft. Add the garlic and sauté until fragrant. Stir the mushrooms into the pan and let cook down (about 15 minutes). Remove from heat. Season with salt and pepper to taste. Stir in the parsley.

**Assembly:** Mash the pâté with a fork and mix it in with the duxelle. Set aside. Roll out the puff pastry 1/2 pound at a time, making sure its width and length is three times the width of the steak in plan view. Place a chilled steak in the center of the pastry. Imagine a square in the center of the pastry that just touches the steak's perimeter. Using a knife, make cuts in the pastry extending the edges of the square to the ends of the pastry without cutting along the imaginary center square (you're making a giant cross). Reserve the cut pieces of pastry for cutting little decorations.

Spread a layer of the duxelle mixture on the top of the steak, about 1/8 to 1/4 inch thick. Place the duxelle-side down on the center of the pastry dough. "Frost" the rest of the steak with duxelle mixture on the top and sides to 1/8- to 1/4-inch thickness so the steak is completely covered. Wrap the puff pastry around the beef, sealing the seams to prevent leakage during baking. Turn the package over so the seam-side is down. Whisk one egg and 1/2 teaspoon water together in a small bowl. Brush the egg wash over the pastry. Adhere any cutout pastry decorations to the top. Brush with egg wash again. Freeze for an hour. Wrap each Wellington individually and freeze for up to a week.

**Bake the Wellingtons:** Preheat oven to 400°F. Remove the Wellingtons from the freezer. Make another batch of egg wash. Set the pastries on a foil-lined rimmed baking sheet. Brush the pastries with egg wash. Bake for 20 minutes. Reduce the oven to 350°F and bake another 35-40 minutes until the internal temperature is 110°F (use a meat thermometer inserted to the center of the steak). Let the Wellingtons rest for 10 minutes, then cut in half and serve. Makes 2 Beef Wellingtons.