

Beef Wellington

4-6 servings

500-700 g beef fillet, cut in half

2 tbsp Dijon mustard

500 g wild mushrooms

1 shallot

1 clove of garlic

1 tbsp chopped fresh thyme

140 g Parma ham

1 (280 g) large sheet of puff pastry (enough to cover the meat completely)

2 egg yolks + 1 tbsp water

Salt

White pepper Flaked

Salt

Plastic wrap

Treat the meat and make sure it is at room temperature when cooking. Dry the meat thoroughly with paper towels.

Cut off the head and tail if any. These parts of the meat can be used for other dishes, such as Biff Rydberg or Biff Greta . The piece of meat now weighs about 500-700 grams.

Season the meat and brown in a hot pan with rapeseed oil and butter until nicely browned on all sides.

Brush the beef fillet with Dijon mustard.

Cut the mushrooms, shallots and garlic into pieces and blend in a food processor or chop finely. This is called duxelles paste.

Fry the duxelles in a dry frying pan until all the liquid has evaporated. Add 1 tbsp rapeseed oil and fry for a further 6-7 minutes. Season with salt and pepper.

Place the Parma ham wrapped in plastic wrap. Spread the duxelles mixture evenly over the ham. Sprinkle with thyme.

Place the beef fillet on the duxelles mixture and roll the fillet up using the foil. Pull the ends of the plastic tightly to form a package. Place in the refrigerator for 30 minutes.

Place the puff pastry sheet on plastic wrap and place the meat on top. Then wrap the dough tightly around the meat. Seal the seam with the egg mixture. Trim off any excess puff pastry. Pull the ends of the plastic tightly together. Refrigerate for 30 minutes.

Set the oven to 200 °C (392 °F).

Brush with the egg mixture and cut slits in the puff pastry. Sprinkle with flaked salt.

Place in the middle of the oven for 30-35 minutes or until the meat has an internal temperature of 54 °C (129 °F). Let the meat rest for about 15 minutes. NOTE: to avoid the puff pastry becoming soggy, do not cover the meat with aluminum foil or greaseproof paper.