



WHISTLERGRILLS

Christmas Beef Wellington!

A festive favourite! This famous Beef tenderloin recipe can be created as an entire meal itself or as a delicious side dish, either way it's sure to impress your guests this Christmas! Follow the steps below to perfect this Beef Welly created on the BBQ.

Serves 6 - 8 people

Prep time - 30 minutes Cook time - 40 minutes Skill level - Intermediate

Ingredients

Method

The first 17 steps can be done up to one day in advance if required.



1. Fire up the side burner so it's hot enough to sear meat
2. Trim any large chunks of fat and or silverskin from the tenderloin (if the butcher hasn't already done so), lightly rub the meat with oil and season all sides with salt and black pepper.
3. Sear the beef on all sides over a direct high heat for 2 minutes per side until a nice sear forms around the meat, don't forget the ends! This process helps seal in all the lovely meat juices. Take off heat and let the meat cool down for at least 5 minutes.
4. Brush the Dijon mustard all over the meat then let the meat chill completely.
5. Chop the mushrooms and garlic as finely as possible so they have the texture of coarse breadcrumbs. You can use a food processor to do this, but make sure you pulse-chop the mushrooms so they don't become a complete slurry.
6. Heat 2 tbsp of the olive oil, 50g butter and add 1 large sprig fresh thyme into a large frying pan and fry the mushrooms on a medium heat for about 10 minutes until you get a softened mixture on the side burner. The goal is to remove as much moisture as possible from the mushroom mixture. When the mushrooms reach a spreadable and mostly dried out consistency, remove from the grill. You now have what is known as DUXELLE.
7. When the meat is totally cold it's time to wrap it into its first layer.
8. Lay a large double layer of cling film on a clean surface, then layer enough slices of prosciutto in a single layer onto the film. Ensure you slightly overlap each slice to create a bed that is long and wide enough to wrap around the beef tenderloin.
9. Spread the mushroom duxelle onto the prosciutto starting from the middle, moving outwards.
10. Lay the tenderloin in the centre.
11. Carefully, using the cling film bring the prosciutto that is closest to you up and all over the beef, then wrap up like a Christmas cracker. Be careful not to get any film between the beef and duxelle/prosciutto layer!
12. Twist the parcel tight and refrigerate for at least 30 minutes.
13. Once the meat has set, lay out another large double sheet of cling wrap on a surface. Roll out and place your puff pastry in the middle, ensuring the pastry is large enough to fully encapsulate the meat. It needs to be about 5 or 6mm thick. Brush the pastry border with egg wash.
14. Unwrap the prosciutto parcel and place it in the centre of the pastry.
15. Carefully, working the same way as when wrapping the beef in the prosciutto, wrap the prosciutto-wrapped beef in the pastry, folding it over until the edge of the pastry meets the pastry on the other side, then trimming off any extra from the bottom. Press down the edges with the back of a fork but be careful not to tear the pastry. Pinch the sides together to completely encapsulate the meat.
16. Use the cling wrap to wrap the Wellington tightly, twisting the ends to form a seal. Place the Wellington in the fridge for at least 30 minutes.
17. Preheat your grill to a steady 200°C or 395°F. Unwrap the Wellington and brush the top with egg wash. Season with salt to get a nice crispy top.
18. Place the Wellington on a well-oiled grate on the centre grill over **indirect** heat for approx. 35 minutes.
19. Use a meat thermometer to check the temperature of 52°C or 125°F, this will give you medium rare. If you don't have a meat thermometer, it should take roughly 20 – 25 minutes to achieve a medium rare, 30 minutes for medium. The pastry will be golden and crisp.
20. Remove the Wellington from the grill and allow it to rest for 10 minutes or so before slicing into 25mm thick portions.

Around 1kg of Beef tenderloin

Salt and pepper to taste

3 tbsp olive oil

2 tbsp Dijon mustard

500g roll of puff pastry

2 Eggs beaten with a tsp of milk.

12 slices of Prosciutto ham

400g Chestnut mushroom (Add wild mushrooms too if you like)

50g of butter

Pinch of salt

1 Clove garlic

1 Sprig of fresh thyme

You will also need a large cast iron frying pan and ideally a food blender.

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