



Miele

Beef Wellington

By Miele

2 hours

Preparation time

2 hours 45 minutes

Cooking time

4 serves

Serves

INGREDIENTS

Beef

700 g beef eye fillet,
trimmed
Salt and pepper, to taste
2 tbsp (40 ml) grapeseed
oil

Mushroom duxelle

20 g unsalted butter
1 tbsp (20 ml) grapeseed
oil
2 eschalots, finely diced
400 g button mushrooms,
finely chopped
1 garlic clove, crushed
1 sprig fresh thyme
100 ml dry vermouth or
white wine
200 g smooth chicken liver
pâté
1 tbsp flat leaf parsley,
finely chopped
Salt and pepper, to taste

Crepes

100 g (? cup) plain flour
1 egg
250 ml (1 cup) milk
Grapeseed oil, for greasing

To assemble

10 thin slices prosciutto
2 tbsp creamed
horseradish
2 tbsp Dijon mustard
2 puff pastry sheets
2 egg yolks, lightly beaten

METHOD

Beef

1. Generously season the beef fillet with salt and pepper, and place in a large vacuum sealing bag. Place into the vacuum sealing drawer and Vacuum on setting 3 and Seal on setting 3.
2. Place the sealed bag onto a wire rack in the steam oven and Sous-vide at 50°C for 2 hours.
3. Remove the beef from the bag, drain the liquid and pat dry.
4. Preheat a large frying pan on high heat, induction setting 7. Brush the beef with some grapeseed oil, then sear on all sides. Allow to cool completely.

Mushroom duxelle

1. In a large frying pan over medium heat, induction setting 6, heat the butter and oil. Add the eschalot and cook for 2 minutes, or until softened.
2. Add the mushrooms, garlic and thyme, and cook for a further 5 minutes.
3. Add the vermouth or white wine and cook for 15 minutes, or until all the liquid has been absorbed.
4. Remove from the heat and cool slightly. Remove the thyme, stir in the pâté and parsley. Season to taste, set aside to cool completely.

Crepes

1. Place the flour, egg and milk in a bowl, whisk until smooth.
2. Lightly grease a medium frying pan with grapeseed oil and heat on medium, induction setting 6.
3. Pour enough batter to just coat the bottom of the pan. Cook until the crepe is browned lightly. Turn the crepe to brown the other side.
4. Repeat with the remaining batter. Set aside to cool.

To assemble

1. Overlap two pieces of cling wrap on a clean work surface. Lay the prosciutto in the centre of the cling wrap, slightly overlapping each other, to form a 28 cm x 20 cm rectangle.
2. Combine the creamed horseradish and mustard, brush over the beef.
3. Spread the mushroom duxelle evenly over the prosciutto. Place the beef on top towards the base of the prosciutto and mushroom duxelle layer.
4. Using the edge of the cling wrap, draw up the prosciutto around the beef fillet to create a tight sausage shape. Wrap tightly in the cling wrap. Refrigerate for at least 20 minutes.
5. Overlap two more pieces of cling wrap on a clean work surface. Lay out the cold crepes forming a rectangle big enough to cover the beef, overlapping where necessary.
6. Unwrap the beef and place on the crepes toward the base of one end. Use the edge of the cling wrap to draw up the crepes and wrap them around the beef.
7. Make sure they are wrapped tightly and are fully sealed. Leave in the fridge to rest while preparing the pastry.
8. Form a 30 cm x 30 cm rectangle with the puff pastry sheets, trim and overlap if necessary. Remove cling wrap from the beef and place on top of the pastry.
9. Brush the edges of the pastry with the beaten egg yolks. Roll up the beef in the pastry and seal tightly along the seam.
10. Place the beef Wellington, seam-side down, onto a universal tray lined with baking paper. Brush the pastry with the beaten egg yolks.
11. Chill for at least 1 hour.

To cook

1. Preheat the combi steam Pro oven. Select Combi mode: Fan Plus at 220°C + 40 minutes + 55% moisture.
2. Bake the beef Wellington for 35-40 minutes, or until the pastry is golden brown.
3. Rest the beef Wellington for at least 15 minutes before serving.

Alternative appliance method

Dialog oven

- Prepare as per recipe. Sear the raw beef fillet and prepare as per the recipe instructions, with the exception of sous-vide.
- Preheat the Dialog oven on M Chef + Moisture Plus at 220°C + GU: Gentle Intensity + Crisp function ON + 48°C Core Temperature + preheat ON + 1 manual burst of steam. Insert food probe into thickest part of the beef, place into the Dialog oven and release the burst of steam immediately.

Beef sous-vide guide

49°C – Rare

54°C – Medium-rare.

57°C – Medium

63°C – Medium-well

69°C+ – Medium-done

Hints and Tips

- Process the mushrooms in a food processor for a smoother texture.
- Pastry decoration isn't essential; however it improves the presentation. We've decorated with a pastry lattice.
- Rest the prepared Wellington overnight for the best results.
- Make your own pâté in the steam oven, a recipe can be found on our website.