Beef Wellington

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制备过程	30 分钟
等待时间	1 小时
烘烤的时间：烘烤时间取决于机器	30 分钟
份	4
电器	Combair-Steam SE 自 2015 年

Preparation

800 g fillet of beef, round piece

Salt

Pepper

Oil

Season the fillet of beef, sear on all sides in hot oil and set aside.

250 g champignons

1 shallot

1 clove of garlic

1 tbsp lemon juice

2 tbsp parsley

1 tsp thyme leaves

50 ml veal jus

50 ml white wine

Paprika powder

Salt

Pepper

Finely chop the champignons. Peel and finely chop the shallot and garlic. Finely chop the parsley.

Sweat the shallot, garlic and champignons in a pan, deglaze with the lemon juice, jus and white wine. Simmer until the liquid completely evaporates. Season with the rest of the ingredients, allow to cool down and then purée the champignon mixture.

1 puff pastry, rolled-out, rectangular, 24 × 42 cm

Roll out the puff pastry, cut away a 0.5 cm wide strip from each side and set aside in the refrigerator. Spread out the puff pastry sheet and spread over the puréed champignon mixture, leaving a 2 cm border free all around the edge. Set the fillet of beef in the middle on top of the mixture and enclose in the pastry, sealing the ends well. Brush the pastry with a little water and decorate with the strips of pastry that had been set aside. Refrigerate the meat roll for about 1 hour.

Cover the baking tray with baking paper and lay the meat roll on it. Insert the food probe into the thickest part. Put the tray into the cold cooking space. Bake.

酥皮专业烘烤技术 210°C，至烹调温度为 48°C（最高 **30** 分钟）

After baking, cut off the ends straight away so that the meat does not continue to cook. Carve after 15 minutes.

配件

Baking tray

Food probe

附加信息

创建时间	11.12.2019