

Heavenly Dexter Beef Wellington

Heavenly Dexter Beef Wellington is worth the time and preparation!

Using the best, [Heavenly Dexter beef](http://www.triple-h-beef.com/Good-Fats.html), this recipe is healthy and delicious.

This recipe is Heavenly Dexter beef tenderloin coated with pâté, (often pâté de foie gras) then wrapped in puff pastry and baked. "Wellington" is sometimes used to describe other dishes where meat is baked in a puff pastry; the most likely you'll hear Sausage Wellington and Salmon Wellington.

A whole tenderloin may be wrapped and baked, and then sliced for serving, or the tenderloin may be sliced into individual portions (as with filet mignon) prior to wrapping and baking. Use whatever you think is easiest. I think the baking it whole is the easiest. Choose what you want your presentation to look like for your guests. Both are delicious!



Heavenly Dexter beef Wellington Ingredients

3 1/2-pound fillet of beef, [Grass Fed HYPERLINK "http://www.triple-h-beef.com/Good-Fats.html"](http://www.triple-h-beef.com/Good-Fats.html) Heavenly Dexter beefHYPERLINK "http://www.triple-h-beef.com/Good-Fats.html" iHYPERLINK "http://www.triple-h-beef.com/Good-Fats.html"s Best, tied with thin sheets of larding fat at room temperature

3/4 pound mushrooms, chopped finely

2 1/2 tablespoons unsalted butter (no substitutes)

1/2 pound pâté de foie gras (available at specialty foods shops) at room temperature

Thawed frozen puff pastry plus additional for garnish if you wish

1 large egg white, beaten

An egg wash made by beating 1 large egg yolk with 1 teaspoon of water

1/2 cup Dry to Medium Dry Wine

2 teaspoons arrowroot dissolved in 1 teaspoon cold water

1/2 cup Heavenly Dexter beef Broth

2 tablespoons finely chopped black truffles (available at specialty food shops) for that special touch if you wish

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In a roasting pan, cook the Heavenly Dexter beef in the oven at 400°F for 25 to 30 minutes, or until your meat thermometer reaches 120°F.

Let the fillet cool and throw out the larding fat and the strings. Skim the fat from the pan juices and keep the pan juices.

In a heavy skillet cook the mushrooms in the butter over low heat, stir until all the liquid they give off is evaporated and the mixture is dry. Season the mushrooms with salt and pepper, and let them cool completely.

Spread the fillet evenly with the pâté de foie gras, covering the top and sides, and spread the mushrooms evenly over the pâté de foie gras.

On a floured surface enclose the fillet completely with the pastry. Brush the edges of the dough with some of the egg white to seal them. Fold ends of the dough over the Heavenly Dexter beef and seal them with the remaining egg white.

Transfer the fillet, seam side down to a jelly-roll pan or shallow roasting pan and brush the dough with the egg wash.

Roll out the extra dough and cut the shapes with decorative cutters. Arrange the cut-outs on the fillet decoratively, and brush them with the remaining egg wash.

Chill the fillet for at least 1 hour, up to 2 hours.

Bake the fillet in the middle of a preheated 400°F oven for 30 minutes, reducing the heat to 350°.

Bake the Heavenly Dexter beef Wellington for 5 to 10 minutes more, or until the meat thermometer registers 130°F. You will have tender delicious medium-rare meat and the pastry is cooked through. Let the fillet stand for 15 minutes.

In a saucepan, boil the reserved pan juices and the Madeira until the mixture is reduced by about 1/4. Add the arrowroot mixture, the broth, the truffles, and salt and pepper to taste and cook the sauce over moderate heat, stirring. Be careful not to let it boil. Cook for 5 minutes, or until it is thickened.

Loosen the fillet from the jelly-roll pan, transfer it, with two spatulas to a warmed platter, and garnish it.

Serve the Heavenly Dexter beef Wellington fillet, cut in 3/4-inch-thick slices, with the sauce.
Enjoy!