

Individual Beef Wellingtons



Personal Chef Service

Voted CincyMagazine "2012 Best Chef"

Voted "2011 Personal Chef of the Year"

Voted CityBeat "2011 & 2012 Best Caterer"

Serves 2

1 puff pastry sheet,
thawed at room
temperature 30 minutes

2T olive oil, divided use

1T butter

1/2 pound mushrooms,
minced

1 garlic clove, minced

2T white wine

2 ~ 4oz beef tenderloin
medallions, room
temperature

1c spinach, chopped

1/4c Parmesan cheese,
grated

1 egg, beaten

Preheat oven to 400. Heat 1T olive oil and butter in sauté pan. Add mushrooms and garlic and sauté until mixture is dry. Add white wine and cook until evaporated. Set aside to cool.

Generously salt and pepper tenderloin medallions. Add remaining olive oil to sauté pan and heat until nearly smoking. Sear tenderloin until a good, dark color is achieved. Meat should still be cold and rare in the center.

Divide puff pastry in half. On one piece of puff pastry, spread half of the chopped spinach in the center in an area slightly larger than beef medallion. Put half of the mushrooms on top of the spinach. Place meat in center of mushrooms and beef top with half of the Parmesan cheese. Brush all edges of pastry with beaten egg and fold into a rounded package together, sealing completely. Turn pastry upside down (seam side down) and brush with additional egg wash. Repeat with remaining beef.

Place beef on baking sheet lightly sprayed with non-stick cooking spray. Reduce oven temperature to 350 and bake 35~40 minutes. Check internal temperature for desired doneness ~ 120 for rare, 135 for medium~rare. Beef will continue to cook after removing from oven so rest no longer than 10 minutes.

Listen for my weekly recipes, Fridays at 7:45 a.m. on WGRR presented by

Debbie Spangler ~ Certified Personal Chef

www.yummyissimo.com ~ debbie@yummyissimo.com