



## Beef Wellington (Serves 2 - 4)

酥皮鵝肝醬焗牛柳 (二 - 四人份量)

### Ingredients:

Large mushrooms	4
Small onion	$\frac{1}{2}$
Butter	1 tbsp
Salt & pepper to taste	
Foie gras (or duck liver) pate	2 oz
Oil	$\frac{1}{2}$ tbsp
Beef tenderloin	$\frac{3}{4}$ lb
Salt & pepper to taste	
Frozen puff pastry	$\frac{1}{2}$ lb

### 材料：

大蘑菇	4 個
洋蔥	$\frac{1}{2}$ 個
牛油	1 湯匙
鹽、胡椒粉	適量
鵝或鴨肝醬	2 安士
油	$\frac{1}{2}$ 湯匙
牛柳	$\frac{3}{4}$ 磅
鹽、胡椒粉	適量
酥皮	$\frac{1}{2}$ 磅

### Method:

1. Puree the mushrooms and onions together in a food processor.
2. Melt butter in a skillet over medium heat; add mushroom mixture and cook until the mixture is dry.
3. Add salt and pepper to taste and mix well. Transfer the stuffing to a bowl and chill in the refrigerator.
4. Heat oil in a skillet over high heat. Add the beef and sear on all sides.
5. Remove the beef from skillet and sprinkle with salt and pepper. Chill until cool.
6. Roll out puff pastry into a rectangular shape which is large enough to enclose the beef.
7. Spread the dough with stuffing. Place the beef on top and spoon a bit more over beef.
8. Wrap the pastry to enclose the beef and stuffing and place the Wellington in the refrigerator to chill for at least 15 minutes.
9. Preheat oven to 220°C. Place Wellington in oven and immediately lower heat to 180°C. Roast for about 20 minutes.

### 做法：

1. 蘑菇、洋蔥用攪拌器打溶
2. 用中火將牛油從煎盆內煮溶；加入蘑菇洋蔥茸、煮致乾身
3. 加入鹽及胡椒粉後壓成醬。倒入碗內、放入雪櫃冷藏
4. 在高溫將油煮熟。將牛柳四面煎熟
5. 牛柳從鍋取出、鹽、胡椒粉調味。放入雪櫃待凍
6. 酥皮壓成長方形闊度足夠蓋住牛柳
7. 餡料塗在酥皮上。將牛柳放在餡料上然後塗上餘下的餡料
8. 用酥皮包住牛柳、放入雪櫃冷藏至少 15 分鐘
9. 預熱焗爐 220°C。放入牛柳、立即將焗爐調致 180°C。焗約 20 分鐘。