

Beef Wellington with Root Vegetables and Pistachio Purée

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Yields 6 portions

Enjoy with the Creation Estate Pinot Noir

Beef Wellington

800 g beef fillet

400 g puff pastry

200 g mushroom duxelles (recipe below)

90 g lonza/parma ham slices

15 ml oil

50 g butter

salt

black pepper

sprig of thyme

1 bottle Creation Estate Pinot Noir

onion peel from duxelles

1 carrot, chopped

1 whole egg

1 egg yolk

cling wrap

Trim and season beef fillet. Heat a thick-base skillet over high heat, add oil to the hot skillet and sear off the beef fillet.

Add the thyme and butter.

When the butter is melted, baste the beef with butter and thyme on each side.

Place on a cooling rack to cool and drop off any excess juices (save for jus).

In the hot skillet add the onion peel and chopped carrot and stir for about a minute.

Add a cup of wine to deglaze the skillet.

Add the rest of the wine as it reduces and add water every now and then if needed. Cook for about an hour before straining.

There should be about 200 ml of liquid when strained. Season to taste.

Cover a work surface with cling wrap, arrange the lonza/parma ham flat on the cling wrap to be able to cover the beef fillet.

Place duxelles on the ham and spread it out evenly, pressing it down a bit until flat.

Place the beef fillet on the one side of the duxelles and roll up in the plastic wrap. Tie it at the ends when rolled tight, place in fridge for about 2 – 3 hours.

Roll out the puff pastry to size and egg-wash the sheet to

make it sticky to cling to the fillet roll.

Take the plastic wrap off the beef carefully, place the fillet roll onto the pastry and roll tight. Roll in plastic wrap again and place in fridge for 1 hour to firm up the pastry.

Preheat oven to 180° C.

Unwrap the Wellington and place on a greased baking sheet.

Egg-wash the pastry and set aside.

Bake for 20 minutes.

Rest for 10 minutes, slice and serve.

Duxelles

60 g onion, chopped (keep peel for jus)

250 g button mushroom, chopped

5 g dried shimeji (ground)

5 g dried shiitake (ground)

2 g fresh thyme

10 ml olive oil

salt to taste

In a large pan, sauté onion in olive oil until glossy. Add the mushrooms.

Cook until most of the moisture of the mushrooms has evaporated, stirring occasionally.

While still hot, place the mushrooms in a bar blender and blend until smooth. Add the thyme, dried ground shiitake, shimeji and blend until combined.

Place the duxelles in a cheese cloth and press out remaining liquid (save the liquid for the jus). Set aside until needed.

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Beetroot Purée (20 g p.p.)

100 g raspberries

100 g beetroot, cooked and peeled

50 g red onion

1 g agar

35 g sugar

5 g fresh ginger, peeled and sliced

12 ml white wine vinegar

1 star anise

1 juniper berry

1 clove

Fry onion, raspberries and spices until broken down (about 15 – 20 minutes).

Add sugar, vinegar and beetroot.

Reduce the vinegar to half.

Blend while still hot and strain through a fine sieve.

Place in a clean saucepan and over medium heat add the agar

and bring up to 90° C. Pour into a flat tray and place in the fridge until set. Will look like a jelly. Break down the jelly and put it in the blender. Blend until smooth.

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Swiss Chard and Pistachio Purée (30 g p.p.)

50 g pistachio

75 g water

125 g Swiss chard

salt and pepper to taste

3 g xanthan gum powder

Blanch the Swiss chard in boiling water until wilted and shock in ice water to keep the colour vibrant. Blend the pistachio and water together until smooth.

Squeeze out the water from the Swiss chard and add to the pistachio milk.

Blend until smooth and season to taste.

Add the xanthan gum and blend until combined (it will prevent the water from separating from the purée).

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Vegetables

2 medium sized carrots (350 g)

20 baby beetroot (300 g), cooked and peeled

20 g butter

salt and pepper to taste

pinch of sugar

With an apple corer cut out small logs from the carrots and trim the edges so that they can stand upright. Blanch the carrots in boiling water for 3 – 4 minutes and shock in cold water.

Sauté the carrots and beetroot in butter and season with salt, pepper and sugar