

Beef Wellington



Ingredients

- 750g beef fillet
- Olive oil
- Liver pate
- Pastry
- prosciutto ham
- Salt and pepper

Procedure

1. Heat oven at gas mark 7.
2. Put beef in a roasting tray, brush with olive oil & season with salt and pepper.
3. Cook beef for approx 20 minutes (medium), then allow to cool.
4. Roll out pastry, spread pate, and cover with ham.
5. Place the fillet on one end of the pastry, and roll it up.
6. Ensure the pastry is well sealed all around.
7. Brush the outside of the Wellington with egg yolk.
8. Chill in the fridge for at least 30 minutes, and up to 24 hours.
9. Heat the oven to gas mark 6.
10. Cook for 30 minutes for medium cooked beef.