

# Beef Wellington “Nouvelle”

Yields: 4 servings

## Ingredients

24 oz. Center-cut Filet Mignon  
2 Tbs. Vegetable Oil  
1-16oz pkg Fresh Cleaned Spinach  
salt and pepper  
1 lg. Egg  
1 French or Greek Phyllo, thawed

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1 recipe Mushroom Duxelle

## Procedure:

- 1) Preheat oven to 425°
- 2) Pat filet mignon dry and season with salt and pepper.
- 3) Sear filet mignon in sauté pan with oil. Chill filet, covered, until cold, about 1 hour.
- 4) In a small bowl lightly beat egg to make an egg wash.
- 6) On a lightly floured surface, roll out phyllo sheet into a 14-inch square.
- 7) Spread spinach on phyllo dough. Layer the then the mushrooms duxelle on top.
- 8) Place the filet mignon on top of layers, and roll up the phyllo.
- 8) Chill beef Wellington, loosely covered, at least 1 hour and up to 1 day.
- 9) Brush top and side of beef Wellington with egg wash and bake 20 –30 minutes, or until phyllo is golden.

## Mushroom Duxelle

### Ingredients:

Mushroom Mixture:

1 lb Mushrooms, minced very fine  
1/2 c Sundried Tomatoes or Roasted Red Pepper, diced  
½ oz Shallots, minced  
2 pcs Garlic, minced  
1 pc Leek, cleaned and chopped  
½ oz Onions, minced  
3 oz. White Wine  
Bay Leaf  
2 oz. Heavy Cream  
1 pinch Salt  
1 pinch White Pepper

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- 1) Mince the mushrooms until very fine. Sauté mushrooms, tomatoes, garlic, leeks, shallots, and onions. Add white wine, bay leaf, reduce till dry then add cream, salt, and pepper and reduce mixture until almost dry. Remove from heat and let cool.