

Beef Wellington

8

اسم الوصفة

الحصص

وقت الطهي

Cedric Kelly

سعرات حرارية

تلتزم شركة نستله بروفيشنال بتقديم أفضل المكونات والمعرفة التشغيلية والدعم اللازم لعملك.

المكونات

grams 5	g Egg polish 5
grams 20	ml Olive Oil 20
grams 488	g Brown Mushroom 488
grams 222	g Portabella Mushrooms 222
grams 200	g Flour 200
grams 33	g Garlic 33
gram 1	:Mix of mushroom
grams 919	g Chateaubriand 919
kilogram 1	L Water 1
grams 50	g Butter 50
grams 20	tbsp oil for cooking 2
grams 2	g Salt 2
grams 500	g Milk 500
grams 59	g Flour 59
grams 30	g Melted Butter 30
grams 147	g Onion 147
grams 200	Eggs 4
grams 341	g White Mushroom 341
gram 1	Pinch of Salt
grams 81	g Dijon Mustard 81
gram 1	:Crepe dough
grams 318	g Bacon 318
grams 2	g Salt 2
grams 943	g Puffed pastry 943
grams 12	g Rosemary 12
gram 1	g Pepper 1
grams 100	g Chef® Demi Glace 100

## إرشادات

Add the mushrooms, onions, garlic into a blender and pulse until finely chopped. Add the oil in a large skillet and set over medium high heat. Pour the blender mixture into the pan and cook for 8–10 mins. Season with salt and pepper and set aside to cool.	الخطوة 1 Cooking
For the chateaubriand: brush the tenderloin with the Dijon mustard and wrap the beef with bacon.	الخطوة 2 Cooking
Set the beef in the center of the puffed pastry, and roll it tightly in the puffed pastry.	الخطوة 3 Cooking
Brush the entire pastry with the egg polish.	الخطوة 4 Cooking
Preheat oven and bake for 25–30 mins until the puff pastry is golden brown.	الخطوة 5 Cooking
For Sauce: Mix 100 gms of Chef Demi-glace in 1 Liter of water and boil for a min.	الخطوة 6 Cooking
Slice the beef wellington into thick slices and serve with Chef Demi-Glace Sauce.	الخطوة 7 Cooking

## معلومات غذائية

Saturated Fats	19 gm
Sodium	2395 mg
Added Sugar	0 Tbsp
Fiber	12 gm
Fats	52 gm
Protein	85 gm
Carbohydrates	88 gm
Energy	1254 kcal