

beef wellington by canoe

ingredients

Beef Wellington (14oz Ontario tenderloin)

2 eggs

seasonal vegetables (parcooked)

red wine jus

evergreen butter

pastry brush



watch the video here!

preparation instructions

- 1 Preheat your traditional/conventional oven to 205°C/400°F.
If you have a convection oven, preheat to 180°C/355°F.
- 2 Using the parchment paper edges, carefully lift the Beef Wellington out of its container and onto a baking sheet.
- 3 Crack two (2) eggs into a small bowl. Separate the egg whites from the egg yolks. Using a fork or a whisk, mix the yolks into an egg wash. You will use this egg wash, twice.
- 4 Using the pastry brush, carefully brush all exposed surfaces of the Wellington with the egg wash. Save the remaining egg wash.
- 5 Place the Wellington & baking sheet into the fridge to chill for ten (10) minutes. After chilling, the 1st egg wash should be sticky to touch.
- 6 Repeat the egg wash and brush all exposed surfaces of the Wellington.
- 7 Place the Wellington into the fridge, again, to chill for at least ten (10) minutes or until the oven is fully preheated.

cooking instructions

- 1 Remove the Wellington & baking sheet from the fridge and place the baking sheet onto the middle rack of your preheated oven. No need to temper the Wellington; the pastry needs to be refrigerator-cold to cook properly.
- 2 For Medium Rare: cook the Wellington for thirty-five (35) minutes or until the pastry is dark golden-brown. If you have a meat-thermometer, then pierce the width/short-side of the Wellington. Make sure the end of the thermometer reaches the center of the tenderloin. Medium-rare tenderloin should be 38°C/100°F. If you prefer Medium, cook for 5-10 more minutes. If you prefer Medium-Well, then cook for 10-12 more minutes.

**IMPORTANT: If cooking in a traditional/conventional oven, rotate the baking sheet 180° every 11-12 minutes.*

- 3 Once the Wellington has been in the oven for approximately 20 minutes, place a medium frying-pan on the stove over medium-heat. Heat 1 tsp of oil in the pan and add all contents of the vacuum-sealed vegetables (including garlic & thyme). Cook for 5 minutes, or until vegetables start to brown. Season with salt & pepper to taste. Remove the pan from the stove and place it into the oven to continue cooking.
- 4 Remove the Wellington & baking sheet from the oven and allow to cool/rest at room temperature for at least ten (10) minutes. Resting the Wellington is a very important step of the cooking process.
- 5 Add evergreen butter to the pan of vegetables and return the pan into the oven for 5 minutes. The melted butter should coat the vegetables evenly.
- 6 Use a serrated bread knife – or a very sharp chef's knife – to carve cross-cut slices of the Wellington. Not length-wise!
- 7 Reheat the Red Wine Jus by using a saucepan or microwaving the mason jar.