

Tasty Recipes for You to Try



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Paté & Sautéed Mushroom Stuffed Beef Wellington Served with a Side of Pan Seared Asparagus

Shared by: Jim Norton

Ingredients:

Beef Wellington

4 small filet mignon
1 package of frozen puff pastry
8 pieces of prosciutto
Paté (see the Liver Paté recipe)
Sautéed Mushrooms
1 egg
Olive Oil

Sautéed Mushrooms

Select your favorite mushrooms
4 Tbsp. butter
Splash of olive oil

Pan Seared Asparagus

Bundle of fresh Asparagus
3 Tbsp. butter
Splash of olive oil
Salt and pepper

Spicy Raspberry Sauce

3/4 C. raspberry jam
3 Tbsp. red wine vinegar
1/8 tsp. salt
Pinch of garlic salt
1 Tbsp. hot jalapeno juice
1 Tbsp. olive oil
1/8 tsp. crushed red pepper flakes

Directions:

FOR THE SAUTEED MUSHROOMS:

1. In a skillet, heat butter and oil. Add sliced mushrooms and cook, stirring until mushrooms reach the desired tenderness. Set aside.

FOR THE BEEF WELLINGTON:

2. Coat a skillet in olive oil. On high heat, get the oil nice and hot. Salt and pepper both sides of the filet mignon. Gently place the filets into the skillet cooking for approximately 2 minutes on each side. (The meat will cook more while in the oven.) Remove from the heat and set aside to cool.
3. Preheat oven to 400°. On a prep surface, lay out (4) 12 inch pieces of plastic wrap. On each piece of plastic wrap, take two pieces of prosciutto and lay them down to make one long piece. You want to overlap the prosciutto at least one inch so it grabs nicely.

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4. Once complete, spoon a generous amount of the pate across the strips of prosciutto, spreading it like peanut butter. Top with sautéed mushrooms.
5. Place the seared filets on the end of the prosciutto strips. Using the plastic wrap to help you, start wrapping the prosciutto strips around the filet until you reach the end...wrapping pretty tightly. You only use the plastic wrap in the beginning to get you started. Do not wrap the plastic wrap into your work.
6. On a prep surface, lay out a piece of waxed paper and lightly flour. Remove the puff pastry from the packaging and cut each sheet into two even sections. Place each prosciutto-wrapped filet in the middle of each cut piece of puff pastry. Fold each end over as if you are wrapping the filets as a gift. Pinch the dough together and flip over, molding the beef wellington like you would a snowball.
7. On a lightly greased cookie sheet, place each beef wellington. In a small bowl, beat one egg and brush on the top of each beef wellington to help create a nice browning. Place in the oven and cook for approximately 18 minutes. You want each to be a nice, golden brown color.
8. Once they have reached golden brown, remove from the oven and set aside, allowing the filets to rest.

FOR THE SPICY RASPBERRY SAUCE:

9. In a saucepan, combine all of the ingredients for the sauce. Place over medium heat and allow to boil, while stirring for about 2 minutes to allow the flavors to blend. Spoon over the top of each beef wellington.

SERVE WITH PAN SEARED ASPARAGUS:

10. Rinse asparagus and cut 1 to 2 inches off the bottom.
11. In a large skillet, heat butter and olive oil. Once hot, add asparagus and sprinkle with salt and pepper. Toss the asparagus in the skillet coating all the asparagus. Cook for approximately 4 minutes or until desired tenderness.

