

# Deconstructed Beef Wellington with Horseradish Bearnaise

THE Wilderness  
Table 

Serves 4

## Ingredients:

Your choice of savory pastry dough (or pre-packaged pie crusts, if you're in a pinch); refrigerated

1T olive oil, separated

2 shallot, finely chopped, separated

8oz crimini mushrooms, finely chopped

1t dried thyme or 1T fresh thyme

3T whole grain mustard

4oz sliced prosciutto

4 egg yolks, separated

1T lemon juice

8oz butter, softened, separated

2T tarragon vinegar

2T white wine

1T fresh tarragon, finely chopped

1T horseradish

4 filets

salt and pepper

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## Instructions:

- Preheat oven to 375 degrees.
- Heat 1t olive oil; add 1 chopped shallot and saute for 2 minutes.
- Add chopped mushrooms; saute, stirring constantly, until mushrooms have released their liquid and are very dry.

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- Add thyme; season with salt and pepper. Set aside.
- Roll out one sheet of dough to 1/8" thickness. Spread with mustard and top with prosciutto. Spread duxelles (your shallot/mushroom mixture) on top of the prosciutto.
- Top with remaining sheet of dough. CAREFULLY cut into 3" circles (you'll need to use a knife to cut through the prosciutto) and pinch the edges to make little pies (SEE NOTE BELOW).
- Place on silpat or parchment-lined baking sheet. Brush with 1 slightly beaten egg yolk.
- Bake until slightly brown, approximately 20-25 minutes.
- In the meantime, make the Bearnaise: whisk the remaining 3 yolks with the lemon juice and 1T water in a heavy bottomed saucepan. Place over medium-low heat and continue to whisk constantly.
- Continue to cook until the eggs increase in volume dramatically and you can see the bottom of the pan between beating strokes. Eggs should be very smooth.
- Remove from heat and beat in 6T of the butter, 1T at a time. Be sure to fully incorporate each tablespoon before adding the next! Set aside to thicken.
- Place tarragon vinegar, white wine, and tarragon in a small saucepan and bring to a simmer. Cook until reduced to just about 1T.
- Add tarragon mixture to the egg/butter mixture. Beat until fully incorporated. Add horseradish to taste, and season with salt and pepper.
- Season filets, and cook quickly over high heat. After about 1 minute, add remaining 2T butter to saucepan. Flip filets and spoon hot butter over the cooked side of the filets. Remove from heat and let rest for at least three minutes.
- To serve: spoon Bearnaise on plate. Top with filet, and add Wellington "biscuit." Serve with parmesan sage butternut squash puree and fennel Brussels sprouts.

NOTE: If you have a difficult time cutting the Wellington biscuits, don't despair... here's a quick fix: Do your best to cut the circles, and then with your hands, roll the entire mixture (dough, prosciutto, duxelles, mustard) between your palms and form the dough into biscuits. Top with beaten yolk and bake. They may not be beautiful, but they're easy and taste just the same. Alternatively, you can skip trying to cut them in the first place: chop the prosciutto, and mix both pie crusts, mustard, duxelles, and chopped prosciutto all together into one messy dough ball. Pinch off about 1/4 cup at a time, form into biscuits, and bake as described above.

For camping, we make the Wellington biscuits and the Bearnaise at home; then at the campsite, we simply reheat the Bearnaise, reheat the biscuits in a foil pouch, and grill the filets. Perfectly simple gourmet camping meal!