

Ferraro's Cucina

Individual Beef Wellingtons

Ingredients

- 1/2 cup butter (softened)
- 4 oz Gorgonzola crumbles
- 3 sprigs of fresh rosemary (leaves chopped)
- 3 lbs beef tenderloin filets (4 filet - 2 inches thick)
- 3 tbsp bacon fat (or olive oil, or butter)
- salt
- black pepper
- 1 yellow onion (large, thinly sliced)
- 2 tbsp butter
- 2 sheets puff pastry
- 2 eggs beaten (separated)
- 2 tsp of water separated



Preparation

- Chop the rosemary and mix in with butter and Gorgonzola cheese in a bowl. Mix and fold onto a sheet of wax paper. Roll the butter mixture into a cylindrical shape working with the wax paper. Twist the edges and refrigerate until firm.
- Trim the fat off the filet and use kitchen twine to tie in a circle to hold it's shape if needed. Season with kosher salt and fresh cracked pepper. Sear both sides to seal in juices quickly in a hot pan with bacon fat, olive oil or butter (about 2 minutes a side). Allow meat to rest and cool.
- In the same pan add the sliced onions and 2 tablespoons of butter and slowly brown and caramelize. This takes about 45 minutes on low. Do not burn and stir often. Set aside and cool.
- Allow puff pastry sheets to come to room temperature. Remove rosemary butter from refrigerator, unroll from plastic wrap and slice two 1/4 inch rounds per filet.
- Assemble with puff pastry sheets rolled in a rectangle. Slice in half to make 2 squares. In the center of each sheet top with 2 slices of the bleu cheese rosemary compound butter, a quarter of the caramelized onions, then the seared filet. Be sure to remove any twine.
- Gently fold the puff pastry up and around the Wellington stack of ingredients, trimming the excess and keeping things as smooth as possible.
- Heat the oven to 400°F. Beat the other egg in a small bowl and brush each with a fresh coat of egg wash. Put them on a lightly greased heavy rimmed baking sheet and bake for 20 minutes. Reduce the heat to 350°F and bake another 30 to 35 minutes. Using a meat thermometer - the internal temperature should be 120°F for a rosy, moist filet and 130°F for medium rare.

