

Taste the Hills

Recipes and Tips

Beef Wellingtons

Serves 4

4 x 170g/6oz fillet steak

Salt and pepper

Worcester sauce

30g beef dripping or a mix of butter and oil

60g field mushrooms, chopped

80g chicken liver pate

1 packet puff pastry

Beaten egg

Trim off any membrane from the steak. Heat the dripping in a frying pan. Season with pepper and brown the steaks quickly in the hot pan. The outside should be brown and the middle absolutely raw. Leave the meat to cool on a wire rack.

Cook the mushrooms in the frying pan and tip onto a bowl.

Beat the mushrooms into the pate. Taste and season if necessary. Set oven to 200degrees.

Roll out pastry until it is the thickness of a pound coin. Put a dollop of the pate mixture onto it. Sprinkle the cooled steaks with Worcester sauce and place onto the pile of pate. Cut pastry into squares large enough so that the pastry will completely cover the whole steak. Brush the edges with water and draw the pastry over the steaks to make a neat parcel.

Decorate with trimmings of pastry.

Let them relax in the fridge for 10 minute and then brush with beaten egg.

Place on baking trays with plenty of space between and bake for 15 minutes. Make some gravy!

To make ahead – Just be sure the mushrooms cold before mixing with the pate and that the steaks have cooled after frying. They can be assembled and stored for up to 3 days in the fridge and also frozen in which case cook from frozen for 25/30 minutes. They are meant to be pink in the middle!

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Charity no: 1158795