



UNCATEGORIZED

## Beef Wellington in Pancake Batter

2 weeks ago Rhiannon Roy

A delicious recipe provided by Anna Haugh for the Charitable Bookings recipe book – a brilliant alternative for pancake day!

### Beef Wellington in Pancake Batter

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Author: Anna Haugh

Prep time: 2 hours

Cook time: 2 hours

Total time: 4 hours

Serves: serves 2

#### Ingredients

- FOR THE CHICKEN LIVER PARFAIT
- 2 Shallots, Sliced
- 3 cloves of garlic, crushed
- 1 bay leaf
- 1 sprig of thyme
- 200g butter, room temperature
- 50ml brandy
- 100ml Madeira
- 200g chicken livers
- 3 eggs
- FOR THE PANCAKE BATTER
- 100g plain flour
- 1 pinch of salt
- 1 tsp chopped chives
- 2 eggs
- 300ml semi-skimmed milk
- 2 tbsp vegetable oil
- FOR THE DUXELLE
- 3 shallots, peeled and chopped
- 200g mushrooms, finely chopped
- 50g butter
- FOR THE BEEF
- 400g beef fillet
- 1 tbsp English mustard
- Salt and pepper, to taste
- 1 sheet puff pastry, 26x29cm
- 1 egg, beaten for eggwash

#### Instructions

1. TO MAKE THE CHICKEN LIVER PARFAIT, sweat the shallots, herbs and garlic in 50g of butter, then deglaze with the brandy and Madeira. Reduce by three quarters and puree in a blender. Add the liver and eggs and blend, slowly adding the butter bit by bit. Pass through a fine sieve and pour into moulds. Cook the mixtures in a bain-marie, covered with tin foil, for about 40-50 minutes. The centre should be at 66 degrees C.
2. TO MAKE THE PANCAKE BATTER, place the flour, salt and chives in a bowl, making a well in the centre, and whisk in the eggs and milk until a smooth batter is formed. Add a little oil to a frying pan and allow to heat. Add a small ladleful of batter and roll it around the pan. Once the sides have just turned brown, use a butter knife or a spatula to lift it gently off the edge and flip over.
3. TO MAKE THE DUXELLE, fry the mushrooms and shallots on a high heat in butter, adding salt to taste. A lot of liquid will initially come out, make sure to stir constantly until all of this has evaporated. Check seasoning and set to one side.
4. TO ASSEMBLE THE DISH, season the beef well and sear in a very hot pan until all sides are golden. Chill under the mustard and the beef. Lay the pancake on top of a sheet of cling film twice its size. Spread 2 tablespoons of parfait on top, with a further 2 tablespoons of duxelle on top of the parfait. Place the beef at the end closest to you and roll it away until it is completely wrapped in the pancake. Roll tightly in cling film and rest in the fridge for as long as you can, but for a minimum of 1 hour. Unwrap the beef from the cling film and place on the end of the pastry closest to you. Egg wash around and roll tightly, making sure to squeeze the edges. Egg wash the top and rest in the fridge for another hour, until you are ready to cook.
5. PREHEAT AN OVEN TO 180 DEGREES C and insert a heavy-based tray. On a sheet of grease proof paper, place the Wellington in the oven for 30 minutes for medium rare. Take out of the oven and rest for 5-10 minutes. Carve, plate, and serve with desired trimmings.

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