

# 'NO BEEF' WELLINGTON

YIELDS 4 PORTIONS



## INGREDIENTS:

### For the Filling

- 200gm Field mushrooms
- 200gm Button mushrooms
- 1 x Onion Brown
- 2 clove Garlic
- 1 bunch Thyme
- ¼ bunch Parsley flat leaf
- 50ml Olive oil
- 120gm Breadcrumbs
- 150gm Shredded Jack fruit (In brine)
- Optional
- 500gm Beetroot (4 large beetroot)
- 50ml Soy sauce
- 50ml Balsamic vinegar
- 2 Eggs whole
- Salt/ pepper to taste

### For the crepes

- 150gm Flour plain
- 300ml Milk full cream
- 2 eggs whole
- ¼ bunch flat leaf parsley (Chopped)
- 1 bunch chives (snipped)
- 50ml Vegetable oil  
(to shallow fry the crepes)

### To wrap the wellington

- 500gm Butter puff pastry  
(2 frozen sheets  
40cm x 40cm)
- 2 x egg yolks

## METHOD:

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### **To prepare the filling:**

Wash the beetroots in the skin by boiling in salted water until tender in the centre. Use a skewer to prick the beetroots, and if there is no resistance and the beetroots fall away from the skewer the beetroot is cooked. When the beetroots are cooked remove from the water and allow to cool – remove the skins (the skin will fall away easily with your fingers). Using a 60mm pastry cutter, cut the beetroots into 4 even cylinders and leave to drain on absorbent paper while you prepare the mushroom filling.

### **To prepare the mushroom pâté filling:**

Wash and thinly slice both the field mushrooms and the button mushrooms, crush the garlic and finely dice the onions. In a hot skillet add the olive oil and sauté the onion and garlic for 2 to 3 minutes then add the sliced mushrooms, and the shredded jackfruit and continue to cook until the mushrooms and jackfruit start to brown. Add the thyme, balsamic vinegar and soy sauce and turn down the heat to low and continue to slowly cook the mushrooms for a further 15 minutes. Remove the skillet from the heat and add the bread-crumbs to the mushroom mixture (remove the thyme from the mixture and discard). Allow the mixture to cool then add the 2 eggs and mix well using a food processor or you can chop the mixture by hand. Taste for seasoning – you may need to add a little salt and pepper. Leave the mixture to one side and allow to cool.

### **To prepare the crepes:**

Combine the eggs and milk and whisk together, sift in the flour, and mix well to a smooth consistency resembling thick cream. Add the chopped parsley and the snipped chives then chill in the fridge for 15 minutes before use. To cook the crepes, preheat a 20cm non-stick fry pan and add a little vegetable oil (just enough for the crepe not to stick) then add enough crepe batter to coat the bottom of the pan (about 3mm). Allow to cook until underside is slightly brown and then flip the crepe over and quickly brown the other side.

**To build the wellington:**

Cut a sheet of baking paper 40cm x 40cm and using a pencil to draw a rectangle within the sheet, of 25cm x 18cm then spread out the mushroom pate evenly to fill the rectangle about 5mm thick. In the centre, lay out the beetroots top to tail then carefully roll the mushroom pate around the beetroot (Like making a swiss roll). Use the baking paper to help roll the mushroom pâté, if need be, like sushi. Put the roll into the fridge to set for 15 minutes while you prepare the pastry.

Take another sheet of baking paper 40cm x 40cm and lay out the first sheet of puff pastry then lay out the crepes evenly on top of the pastry. Then remove the mushroom pâté and beetroot roll from the fridge and lay it carefully in the centre of the puff pastry (the same as if you are making sausage rolls- be sure to discard the baking paper that the mushroom and beetroot pâté was resting on, before laying on top of the puff pastry).

Brush the edges of the pastry with beaten egg then roll the puff pastry around the mushroom mixture ensuring that the seam of the puff pastry is on the bottom. Ensuring the seal is facing down tuck both the open ends under so that all seams are on the bottom of the roll. Then place the roll on a baking tray and brush the pastry with more beaten egg. At this stage you can choose to use the 2nd sheet of puff pastry to ornately garnish the top of your wellington either with a lattice shape or any design you like. Once you have completed the garnish return the wellington to the fridge and allow to rest for 20 minutes while you preheat the oven to 190 degrees Celsius.

**To bake the wellington:**

Bake in the centre of the oven at 190 degrees Celsius for the first 10 minutes, then turn the oven to 160 degrees Celsius for a further 30 to 35 minutes until the pastry is golden and crisp.