Classical v. Modern Recipes: Classical

Beef Wellington
Yield: 6 servings

Ingredients:
3 lb. center cut beef tenderloin
1 lb. button mushrooms
2 1/2 tbsp unsalted butter
8 oz. foie gras
6 oz. sliced prosciutto
2 tbsp. Dijon mustard
1 lb. puff pastry
3 large eggs, beaten
Kosher salt and fresh ground pepper, to taste

Method:
1. Season beef tenderloin generously with salt and pepper. Sear fillet in a hot pan on all sides until well browned.
2. Remove fillet from pan and let cool.
3. Rough chop mushrooms, then add to food processor and purée. Heat sauté pan over medium-high heat with butter. Transfer mushroom purée into pan and cook, allowing mushrooms to release moisture. Season with salt and pepper.
4. When moisture released by mushrooms has boiled away, remove mushrooms from pan. Set aside to cool.
5. Place foie gras in medium bowl and beat with rubber spatula until smooth. Add mushroom mixture and stir to evenly combine. Taste and season with salt and pepper as needed.
6. Roll out a large piece of plastic wrap. Lay out slices of prosciutto on the plastic wrap so that they overlap.
7. Brush cooled beef fillet with mustard and spread mushroom mixture over fillet.
8. Place beef fillet in the middle of the ham and roll the prosciutto over the fillet, using the plastic wrap so that you do this tightly.
9. Wrap beef fillet into a tight barrel shape, twisting the ends of the plastic wrap to secure. Refrigerate for 30 minutes.
10. Preheat oven to 400°F.
11. On a lightly floured surface, roll out puff pastry sheet to a size that will wrap around the beef fillet.
12. Unwrap fillet and place in the middle of the pastry dough. Brush edges of pastry with beaten eggs. Fold pastry around fillet, cutting off any excess at the ends.
13. Place on small plate with seam side down. Brush beaten egg yolks over top. Chill for 5-10 minutes.
14. Place pastry-wrapped fillet on baking pan. Brush exposed surface again with beaten eggs.
15. Bake at 400°F for 25-35 minutes. The pastry should be a golden brown when done.
16. Remove from oven and let rest 10 minutes before slicing. Slice in 1-inch thick slices.

Duchess Potatoes

**Ingredients:**
- 1 ¾ lbs. russet potatoes, peeled and quartered
- 1 oz. butter, melted
- Salt, to taste
- White pepper, to taste
- Nutmeg, to taste
- 3 egg yolks

**Method:**
1. Steam potatoes or simmer in water until tender. Drain in colander and let dry in oven for several minutes.
2. Pass potatoes through a food mill or ricer.
3. Add butter and mix into smooth paste. Season to taste with salt, pepper and just a little nutmeg.
4. If potatoes are very moist, stir over a low flame to stiffen. They must be much stiffer than mashed potatoes.
5. Add the egg yolks (off the fire) and beat until smooth.
6. Put mixture in pastry bag with a star tube and pipe into cone shaped spiral mounds on a sheet pan.
7. If desired, brush lightly with egg wash for greater browning.
8. Place potatoes in hot oven (400°F) and bake until lightly browned.

Haricots Verts Almondine

**Ingredients:**
- 1 ¼ lbs. haricots verts, trimmed
- 3 tbsp. olive oil
- ½ cup slivered almonds, toasted
- Kosher salt and fresh ground pepper, to taste

**Method:**
1. Cook beans in medium pot of boiling salted water until just crisp-tender, about 3 minutes.
2. Drain and rinse under cold running water to cool quickly. Pat beans dry.
3. Heat oil in large skillet over medium-high heat. Add green beans and half of almonds and toss until heated through, about 3 minutes.
4. Season beans with salt and pepper.
5. Sprinkle with the remaining almonds and serve immediately.

Carrots Vichy

**Ingredients:**
- 1 ½ lbs. carrots
- 1 ¼ oz. butter
- 1 ½ tsp. sugar
- ½ tsp. salt
- White pepper, to taste
- Chopped parsley, as needed

**Method:**
1. Trim, peel and slice carrots.
2. Place carrots in saucepan and add water to barely cover. Add butter, sugar and salt.
3. Bring to boil. Lower heat and simmer until carrots are tender and water nearly evaporates. If done properly, these should happen at the same time.
4. Toss carrots to coat with the glaze left in the pan.
5. Season with white pepper. Garnish with chopped parsley.

**To Plate**
1. Place carrots Vichy in the shape of an open flower on the plate.
2. Slant the haricots verts almondine below the carrots Vichy.
3. Position the duchess potatoes diagonally on the right corner of the plate.
4. Place the slice of beef wellington on the plate slightly touching the duchesse potatoes.
5. Garnish with a fresh spring of rosemary and red peppercorns.