

lington. This is a splendid dish when you want to make a vast impression on your guests, and if you have prepared all the various elements a day ahead of time the assembling and cooking are easy indeed.

THE BEEF

Order a whole loin tenderloin (*filet*) of beef. Have the outside membrane and all excess fat removed, but have the suet (fat covering) saved. Have the tail or small end turned back over the meat to make an even cylinder about 12 inches long, and have the meat tied at 1-inch intervals around the circumference.

OPTIONAL MARINADE Although the tenderloin is the most expensive part of the beef, it has the least flavor. A 24-hour marinade will give it more character, and you can use the marinade again, for making the sauce.

1/3 cup light olive oil or cooking oil	3 allspice berries or cloves
A small heavy saucepan	6 peppercorns
1/2 cup each of sliced onions, carrots, and celery stalks	An oval casserole or baking dish 12 inches long
1/4 tsp each of dried thyme and sage	1 tsp salt
1 bay leaf	1 cup dry white vermouth
	1/2 cup cognac

Place the oil in the saucepan and add the vegetables and herbs; cover the pan and cook slowly until vegetables are tender—about 10 minutes. Place the tenderloin in casserole or baking dish, sprinkle with salt, cover with the cooked vegetable mixture, and pour on the wine and cognac. Cover and refrigerate. Turn and baste the meat every several hours for at least 24 hours. Just before the next step, scrape off marinade and dry meat in paper towels.

PRELIMINARY BAKING

Before it is cooked in pastry, the tenderloin has a preliminary baking to stiffen it, so it will hold its shape in the crust.

1 Tb cooking oil
A shallow roasting pan

Suet or oil

(Preheat oven to 425 degrees.)

Rub the meat with the oil and place in roasting pan. If you have saved the suet, place it over the beef to protect and baste it during roasting. (Lacking suet, you will have to baste the meat with oil every 5 minutes during roasting.) Set in upper third of oven and roast for 25 minutes, turning and basting the meat once with the fat in the pan. Remove from oven and let cool for 30 minutes or longer. If you are doing this ahead of time, wrap and refrigerate the meat when it is cold; bring to room temperature before final cooking.

THE MUSHROOM FLAVORING

This is a mushroom *duxelles* with wine and *foie gras*, which bakes around the meat.

2 lbs. mushrooms	1/2 cup dry Sercial Madeira
2 Tb butter	Salt and pepper
4 Tb minced shallots or scallions	4 to 5 Tb <i>mousse de foie</i> or <i>foie gras</i>

Trim, wash, and dry the mushrooms; chop them into small pieces less than 1/8 inch in size. You will have about 6 cups of minced mushrooms; so that they will cook dry, which is necessary for this recipe, twist them, a handful at a time, in the corner of a towel to extract as much juice as possible. Save juice for the sauce. Then sauté the mushrooms for 7 to 8 minutes in the butter with the shallots or scallions; when mushroom pieces begin to separate from each other, add the Madeira and boil rapidly until liquid has evaporated. Season to taste with salt and pepper, and beat in the *mousse de foie* or *foie gras*. Refrigerate in a covered bowl; beat to soften just before using.

THE PASTRY

The beef is baked and served *en croûte* or in a pie-crust dough. Use the following proportions:

3 cups all-purpose flour (scoop cup into bag, level off with straight-edged knife)	1¾ sticks (7 ounces) chilled butter
	4 Tb chilled shortening
	2 tsp salt
	¾ cup iced water

Blend together all the ingredients listed and chill for 2 hours before using. So that the crust will be crisp when served, it is done in two parts: a cooked bottom case to hold the beef, and a flaky dough topping.

THE BOTTOM PASTRY CASE Butter the outside of a loaf-shaped tin approximately 12 by 3¼ inches bottom diameter, and 3 inches deep. Roll about three fifths of the chilled pastry into a rectangle 16 by 7 inches, and ⅛ inch thick. Lay pastry on upside-down tin, press in place, and trim so pastry forms a case 1½ inches deep. With the tines of table fork prick sides and bottom of dough at ¼-inch intervals to keep it from puffing in the oven, and chill at least half an hour to relax the dough. Bake until very lightly browned in middle level of a preheated 425-degree oven for 12 to 15 minutes. Let cool 10 minutes on tin, then unmold. (Case may be refrigerated or frozen.)

THE PASTRY TOPPING Roll remaining dough into a 16 x 7-inch rectangle, spread bottom half with 1½ tablespoons cold but soft butter and fold in half to enclose butter. Repeat with another 1½ tablespoons butter. Roll again into a rectangle and fold in thirds, as though folding a business letter. This is now mock puff pastry, with layers of butter between layers of dough; it will be light and flaky when baked. Chill for 2 hours, then roll into a 16 x 10-inch rectangle. Cut a 3-inch strip from the long end and reserve for decorations; lay large rectangle flat on a baking sheet lined

with waxed paper; cover with waxed paper and damp towel, and refrigerate.

THE DECORATIONS Cut strips, circles, diamonds, or leaf shapes from the 3-inch strip and chill with the pastry topping.

ASSEMBLING AND BAKING THE BEEF WELLINGTON

The beef takes about 45 minutes to bake, and should rest for 20 minutes before carving and serving. It is assembled just before baking.

ASSEMBLING Place the baked pastry case on a baking and serving platter or a buttered baking sheet and spread half of the mushroom mixture in the bottom of the case. Remove trussing strings and set the beef in the case, covering the meat with the remaining mushrooms. Paint sides of case with egg glaze (egg beaten with ½ teaspoon water), lay pastry topping over meat allowing edges to fall down about 1 inch on sides of case; press pastry on sides of case. Paint pastry topping with glaze, affix decorations, and paint again with glaze. Make cross hatch markings over glaze with a knife, to give texture to the glaze when baked. Make three ⅛-inch vent holes centered about 3 inches apart in top of pastry and insert paper or foil funnels for escaping steam. Plunge a meat thermometer through center hole and into center of meat.

BAKING Bake for 20 to 25 minutes in middle level of preheated 425-degree oven or until pastry has started to brown. Then lower thermostat to 375 degrees and bake 20 to 25 minutes more, or to a meat thermometer reading of 137 degrees for rare beef. Let rest at temperature of not more than 120 degrees for at least 20 minutes before serving, so juices will retreat back into meat tissues before carving. (To serve, carve through cutting a sausage into 1½-inch slices. Past

will crumble slightly as you carve the beef; a very sharp serrated knife will minimize this.)

SAUCE SUGGESTIONS

SAUCE MADÈRE. Simmer marinade ingredients and mushroom juices with 2 cups beef bouillon and 1 tablespoon tomato paste for 1 hour; when reduced to 2 cups, strain, degrease, season, and thicken with 2 tablespoons of cornstarch beaten with $\frac{1}{4}$ cup of Madeira.

SAUCE PÉRIGUEUX. Simmer 1 or 2 minced canned truffles and their juice for a moment in the *sauce madère*.

SAUCE COLBERT. Just before serving, beat 1 cup of *sauce béarnaise* gradually into 2 cups of *sauce madère*.

VEGETABLE AND WINE SUGGESTIONS

Accompany Beef Wellington with braised lettuce, endive, or celery and broiled tomatoes, or a vegetable salad, and an excellent red Bordeaux-Médoc or Graves.