

酥皮威靈頓牛柳

做法

- 01 以「加強烘焙」模式預熱Miele焗爐至攝氏180度
- 02 牛柳先以適量鹽及胡椒調味
- 03 燒熱油鑊，炒香百里香及蒜頭，並以大火煎封牛柳。每邊煎約20秒至四面金黃，最後加入軟牛油，牛柳待涼備用
- 04 大啡蘑菇洗淨及切碎，放入攪拌機打拌成蘑菇醬
- 05 燒熱油鑊，炒勻蘑菇醬。分2-3次逐少加入白蘭地，再加入牛油、鹽及百里香碎。蘑菇醬炒至乾身，待涼備用
- 06 取出牛柳，表面塗上芥末
- 07 在保鮮紙上鋪上巴馬火腿，再平鋪蘑菇醬，然後放牛柳於中間位置。利用保鮮紙捲至圓柱體，置雪櫃冷藏30分鐘
- 08 於酥皮四邊塗上蛋漿後，把已定型牛柳放置在酥皮上
- 09 用酥皮將牛柳捲好，再用保鮮紙捲好，放入雪櫃冷藏30分鐘
- 10 取出酥皮牛柳卷，於表面割劃花紋。塗上蛋液，灑上鹽及黑胡椒粉調味
- 11 把無線食物探針插入牛柳內，並將中心溫度調教至攝氏59度（約5成熟）
- 12 將酥皮牛柳卷放入已預熱的焗爐內。當牛柳到達預設的中心溫度時，便會自動完結煮食程序，即可享用

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材料

牛柳	500克
百里香	20克 (一半切碎)
蒜頭	1個
牛油	50克 (待至室溫)
大啡蘑菇	6隻
鹽	1茶匙
白蘭地	20毫升
芥末	30克
巴馬火腿	7-8塊
酥皮	1塊
雞蛋	2隻 (拌勻)
油	20毫升
鹽	適量
黑胡椒粉	適量



貼士

- 菇類可選用不同種類如蘑菇、大啡菇、雞油菇等等
- 最少冷藏30分鐘才可為牛柳定型
- 利用「TasteControl」* 功能，於烹調完結時後急降爐腔溫度，確保不會被餘溫過度煮熟，並可為食物保溫



1.5~2 小時



3~4 人份

* 只限部分型號

BEEF WELLINGTON



METHOD

- 01 Pre-heat Miele Oven to 180°C using the “Intensive Bake” function
- 02 Season the tenderloin with salt and pepper
- 03 Heat up the pan, stir fry the thyme and garlic, then sear the tenderloin over high heat. Sear around 20 seconds on each side until golden, add in soft butter and let cool
- 04 Wash and chop the portobello mushrooms, put into a food processor and process until it turns into a paste
- 05 Heat up the pan, stir fry the mushroom paste. Add in brandy slowly, in 2 to 3 times, then add butter, salt and chopped thyme. Stir fry mushroom paste until dry, let cool
- 06 Brush beef tenderloin with mustard
- 07 Place parma ham on the cling film, spread the mushroom paste evenly, then lay the tenderloin in the centre. Roll up the cling film to form a cylinder shape, chill in the fridge for 30 minutes
- 08 Brush the four edges of the puff pastry with egg wash, place beef tenderloin on the puff pastry
- 09 Roll tenderloin by pastry tightly, then wrap roll in cling film, chill in the fridge for 30 minutes
- 10 Remove cling film, score pattern on the surface. Brush with egg wash and sprinkle with salt and pepper
- 11 Plug the wireless food probe into the beef tenderloin, and set the core temperature at 59°C (medium rare to medium)
- 12 Bake the roll in the pre-heated Miele Oven. The oven will stop the cooking programme and alert you when the beef tenderloin has reached the pre-set core temperature. Ready to serve

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INGREDIENTS

Beef Tenderloin	500 g
Thyme	20 g (Half Chopped)
Garlic	1 pc
Butter	50 g (Room Temperature)
Portobello Mushroom	6 pcs
Salt	1 tsp
Brandy	20 ml
Mustard	30 g
Parma Ham	7-8 pcs
Puff Pastry	1 pc
Egg	2 pcs (Beaten)
Oil	20 ml
Salt	Moderate
Black Pepper	Moderate



TIPS

- Portobello mushroom can be replaced with other mushrooms like button mushroom and chanterelle
- Beef tenderloin must be chilled for at least 30 minutes to set the shape
- By using the TasteControl* function, the oven cavity will rapidly cool down at the end of the cooking programme to prevent overcooking and to keep warm



1.5~2 h



3~4 persons

*Only available in certain models