

**MARKET “An American Restaurant”**  
**presents**  
**MARKET Beef Wellington with Cabernet Reduction**  
**paired with Falcor 2003 “H Block” Cabernet Sauvignon**

¼ cup shallots, chopped	⅛ cup garlic, crushed
4 tblspn extra virgin olive oil	¼ cup butter, unsalted
½ lb. wild mushrooms, finely chopped (whatever is available)	
2 tblspn fresh thyme, de-stemmed and finely chopped (save the stems*)	
4 each 7 ounce Filet Mignon	6 tblspn corn oil
1 package Puff Pastry or Pastry Dough, store-bought or homemade	
3 each egg yolks, whisked	1 cup Cabernet Sauvignon
1 cup Veal or Beef demi-glace, store-bought or homemade	
2 cloves garlic, lightly crushed	
6 stems* thyme, left whole and salt and pepper	

This is a simplified version of the Beef Wellington we occasionally serve on our “Big Beef Mondays”. You may certainly choose to make the demi-glace and the pastry at home, but we recommend buying these items at your local gourmet grocery.

Start by making the duxelle. Over medium heat, “sweat” (meaning cook gently) the shallots and garlic in the olive oil until they are tender and translucent. Add the butter in pieces and stir to melt and incorporate. Add the finely chopped wild mushrooms and the chopped thyme and allow to cook slowly over medium heat until the mushrooms are thoroughly cooked and tender. Set aside and allow to cool to room temperature. Season the filets with salt and pepper, then sear over high heat in the corn oil until each side has a beautiful crusty surface. Set aside and allow to cool to room temperature.

While the filets ‘rest’, prepare the pastry for use by following the directions on the package. Prepare four rectangle shaped pieces of pastry that are at least 2 inches wider than the filets, and 3 times as long. Place 3-4 tablespoons of duxelle in the middle of each strip of pastry and place a filet over the duxelle. Then brush some of the whisked egg yolk on the edges of the pastry and fold the opposite ends of the dough together over the filet and seal the edges (if there is more than a half inch of overlap, please trim the excess away with a knife). Seal the remaining sides of the pastry with the egg wash, trimming away any excess dough (again, anything more than a ½ inch). Place all four ‘Wellingtons’ on a cookie sheet and brush the entire top surface of each with the remaining egg wash. Bake in a pre-heated 375 degree oven for 15 minutes.

While the ‘Wellingtons’ bake, boil the cup of Cabernet Sauvignon in a sauce pan over high heat until it reduces by at least 75%, down to almost a glaze. Add the defrosted demi-glace and bring to a boil, cut the heat to medium, add the lightly crushed garlic cloves and thyme stems and simmer for 5 minutes. Remove and discard the garlic and thyme stems. After removing the ‘Wellingtons’ from the oven, allow them to rest for 5 minutes before plating them and surrounding them with some of the Cabernet Sauvignon reduction. Serves four.