



## Perfect Beef Wellingtons

4 beef eye fillets thickly cut approx. 4cm thick  
1 tablespoon oil  
20grams butter  
100 grams pate  
100 grams button mushrooms finely chopped up  
4 sheets of ready rolled pastry  
1 egg yolk  
2 table spoons water.

Heat the butter and the oil into a heavy based frypan  
(idea to mix oil and butter is that it doesn't burn on heat)

Add steaks to the hot pan and cook steaks until cooked on both sides...approx 2 mins.

Remove and let steaks cool.

When steaks are cool spread pate on both sides of the steaks

On each sheet of pastry place some sliced mushroom and then the steak and mushrooms again on the top.

Fold each pastry to cover the steak to form a parcel and glaze with a mix of egg yolk and water together and brush generously on top of wellingtons and bake in a hot oven on 180 degrees.

You may make a pattern on top with any pastry timings.

Cook for 20 minutes or until pastry is golden brown and crisp.

Serve with jacket potatoes or greens