

Beef Tenderloin Tips & Mushrooms in Puff Pastry

Carolyn T's
Main Cookbook

Servings: 6

Author: Phillis Carey, author & instructor



Notes: These pastries can be made ahead and frozen. When ready to serve, do not defrost, but bake at 400 for 25 minutes.

1. Melt the 2 T. butter in a large skillet over medium high heat. Add beef cubes, in batches if necessary, and brown well, leaving the center of the meat very red. Season beef with a bit of salt. Transfer to a bowl.
2. Add 2 T. butter to skillet and cook the mushrooms, onions, garlic until mushrooms are beginning to brown. Remove to bowl with the beef. Add the sherry and bring to a boil, scraping up any browned bits from the bottom of the pan and reducing by half. Add the beef broth and bring to a boil. Mash together the other 2 T. butter and flour, and add to the broth, boiling until thickened. Stir sauce into the bowl of meat and mushrooms. Cover and chill the bowl for at least 2 hours, until the meat is very cold. (This refrigeration is necessary, otherwise the beef will overcook during the baking process.)
3. Cut each puff pastry sheet into 4 squares. Roll out 6 pieces into 6-inch squares. Divide the meat/mushroom mixture evenly among the squares. Brush edges of pastry lightly with the egg/water wash. Bring two opposite corners over the filling and overlap to seal. Bring remaining two corners over the others and seal well.
4. Turn pastries over, onto a parchment-lined baking sheet. Cut decorations from the remaining two squares. Brush the pastries with egg and decorate. Brush decorations with egg and chill until ready to bake, up to 4 hours. Poke two small holes in the top of each pastry to allow steam to escape. (Or freeze them at this point for a few days at most.)
5. Meanwhile, make Horseradish Sauce: combine all ingredients and chill at least one hour and up to 24 hours.
6. Preheat oven to 425. Bake for 15 minutes, or until well browned and heated through. Serve IMMEDIATELY with a dollop of sauce on the side. If you freeze the pastries, they are baked differently - don't defrost them. Bake from a frozen state, at 400 for 25 minutes.

BEEF:

2 tablespoons unsalted butter
1 1/2 pounds fillet mignon, cut into 1" cubes

MUSHROOM GRAVY:

2 tablespoons unsalted butter
1/2 pound button mushroom, sliced
1/2 cup onion, diced
2 cloves garlic, minced
1/2 cup beef broth
1/4 cup dry sherry, or pale sherry
2 tablespoons unsalted butter
2 tablespoons flour
1 whole egg, whisked with 1 T. water
1 package puff pastry, thawed in refrigerator

HORSERADISH CHIVE SAUCE:

1/2 cup sour cream
1/2 cup mayonnaise
2 tablespoons chili sauce, Homade brand
2 cloves garlic, minced
1 1/2 tablespoons prepared horseradish
2 tablespoons chives, chopped
freshly ground pepper to taste

Serving Ideas: Serve with a simple green (colorful) vegetable.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 694 Calories; 61g Fat (79.2% calories from fat); 25g Protein; 11g Carbohydrate; 1g Dietary Fiber; 161mg Cholesterol; 324mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 8 1/2 Fat; 0 Other Carbohydrates.

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