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Serves 6 people

1.5 hrs cooking time

1.5 hrs preparing time

Advanced level

RECIPE BY GORDON RAMSAY

TRADITIONAL BEEF WELLINGTON

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Ingredients

Main

- 500g whole beef fillet
- 10g English mustard
- 150g square piece puff pastry
- 50g egg yolk for brushing
- 20g butter

Mushroom duxelles

- 250g button mushrooms
- 2 cloves garlic
- 10g picked and chopped thyme
- 100ml madeira wine
- 100ml chicken stock
- 1 x 200g chicken breast
- 20ml double cream
- 40g chopped parsley
- Salt/pepper

Crepes

- 21 eggs
- 125g milk
- 50g flour
- Salt to taste
- 20g chopped chives

Cooking instructions

Make the duxelles

- Heat the butter and oil in a 10-inch skillet over low heat. Add the shallots and cook, stirring often, until translucent, 3 to 4 minutes. Add the mushrooms, stir well, and raise the heat to medium.
- Cook, stirring occasionally, until the mushrooms have cooked down to a thick, almost black mixture, about 15 minutes. Season with a pinch of salt and a few grinds of pepper.
- Stir in the parsley; then transfer to a small bowl and cool completely. (The duxelles can be refrigerated for up to 2 days or frozen for up to 2 months.)

Begin the Madeira sauce

- Bring 6 cups of the stock to a boil in a 12-inch skillet over medium-high heat and boil until reduced to 2 cups, 20 to 25 minutes.
- Add the Madeira and continue boiling until the liquid is again reduced by 2 cups, about 5 minutes.
- Season to taste with salt and pepper. (The sauce can be prepared up to 1 day ahead. Finish the sauce just before serving the Wellington.)

Make the crêpes

- In a large bowl, whisk the flour and salt. Make a well in the center, break in the eggs, and mix, gradually incorporating the milk. Gently whisk the eggs and milk, gradually incorporating the butter. (The batter can be covered and set aside for up to an hour at this point.)
- Melt the butter in a 10-inch skillet over medium-low heat. Swirl the pan to coat with the butter; pour the excess butter into the batter. Reserve the rest for greasing the pan between crêpes. Increase the heat to medium-high and pour 1/4 cup of the batter into the skillet. Swirl so the butter thinly and evenly coats the base of the pan.
- Cook until the crêpe is spotted with brown on the underside, about 1 minute. Flip and cook the other side until lightly browned, 30 seconds to 1 minute more.
- Repeat with the remaining batter, greasing the pan off the heat as necessary. Transfer the crêpes to a plate, separating them with sheets of parchment, and cool. You'll need 8 crêpes.

Assemble and bake the Wellington

- Remove the beef from the refrigerator about an hour ahead so it has time to lose its chill. Pat the beef dry and season all over with salt and pepper. Heat the oil in a 12-inch skillet over high heat until very hot. Sear the beef until it is evenly browned over both sides, about 4 to 5 minutes per side. Transfer the beef to a baking sheet and cook in a medium bowl, brush the pulp and the duxelles with a fork until they form a soft paste.
- Lay 4 crêpes on a clean work surface, overlapping them just enough to give you a 13x13-inch roughly square surface. Dot the parchment over the crêpes, then use an offset spatula to spread it evenly across the crêpes' surface.
- Place the tenderloin in the center of the crêpes and carefully wrap them around the beef, pressing and molding them into place. Trim off any excess crêpe at the ends.
- If using store-bought puff pastry that's packaged as 2 sheets, fuse the sheets together by lightly overtopping them and lightly rolling over the seam until adhered.

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Paleo Recipes: 45 Delicious Recipes For Paleo Autoimmune Living Ginger Wood,2014-04-04 Book 1 The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades The healthy desserts gluten free paleo baking book compilation will tell you why Paleo is the craze now and why you should be enjoying the Paleo lifestyle too This grain free Paleo vegan sweets book compilation for the Holidays like Valentines but also for everyday will also tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free pleasures with and without your lover This Paleo cupcake and frosting recipes book collection will also tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures during the Holidays This healthy baking book recipe compilation will give you the most scrumptious Paleo desserts Paleo Gluten Free Grain Free Muffin Recipes Paleo Cupcake And Frosting Recipes Paleo Vegan Sweets Paleo Smoothies with and without chocolate that you probably desire right now Inside this scrumptious Paleo recipes book collection you will learn how to make these easy Paleo desserts in a quick no fail fashion and even if you are a busy person who works a lot Based on the knowledge of this paleo dessert book compilation you will be empowered enabled to discover and explore more and more Paleo dessert applications by yourself and this is where the fun begins Inside you ll find Paleo Marzipan Berry Muffins With Coconut Whipped Cream Flourless Paleo Chocolate Muffins With Coconut Whipped Cream Sweet Paleo Caramel Apple Muffins Paleo Mug Cakes With Hot Fudge Sauce Easy Done In 3 Minutes Paleo Pineapple Ginger Passionfruit Cupcakes For Lovers Paleo Pink Champagne Cupcakes Goopy Paleo Ferrero Mousse Decadent Dairy Free Coco Choco Whipped Cream White Chocolate Macadamia Nut Paleo Smoothie and more holiday pleasures Book 2 Paleo Is Like You is an extremely fun quick easy to read book **Paleo Recipes: 45 Delicious Dump Cake, Jar Recipes & More** Ginger Wood,2014-02-19 Imagine the following scene You come home from work and your kids are already waiting for you screaming for some scrumptious and tantalizing treats You think what can I do to satisfy them You then somehow succeed to transform some healthy ingredients that you just bought in the supermarket into a nice healthy and wholesome meal because that is what a supermom does You are pretty proud of your supermom skills because you manage to cook a nutritious meal with vegetables and healthy ingredients that your kids actually like What s next you ask Glad you anticipated this question because what happens next is the following scene Your kids are all excited and chatty and next thing you know you hear them screaming What s for dessert mom What do you do know Modern society is asking us moms to morph into supermoms and to handle our stressful existence at the same time without complaining and without getting upset In addition to the complexities of the modern world we have to raise our children while making sure that everything runs properly at home and nobody gets sick Paleo dessert recipes are the guilt free solution to all the sick making varieties from the store and best of all the recipes are deliciously scrumptious quick easy to make so that even the busiest person can do this Here is an excerpt of the recipes that are waiting for you inside Paleo

Marzipan Berry Muffins With Coconut Whipped Cream Macadamia White Chocolate Raspberry Muffins The Ultimate Paleo Cocoholic s Muffins 3 Minute Paleo Mug Cake Flourless Paleo Choc Muffins With Peanut Butter Cream Frosting Lemon Coconut Macadamia Muffins Scrumptious No Bake Paleo Cakes Paleo Avocado Coconut Chocolate Mousse Raw Dark Chocolate Coconut Mousse With Coconut Milk Whipped Cream With Berries La Paleo Scrumptious Cake Batter Paleo Smoothie Goopy Paleo Ferrero Mousse and lots more

Best Paleo Desserts: Grain Free Paleo Dessert Recipes, Grain Free Paleo Muffins, Grain Free Paleo Cupcakes, Dairy Free Paleo Smoothies & Dairy Free Paleo Pudding + Paleo Is Like You Ginger Wood,2014-04-04 This is a 2 In 1 box set compilation Book 1 Best Paleo Desserts Book 2 Paleo Is Like You Book 1 Imagine the following scene Modern moms do not have much time left over to contemplate about fancy baking or mindblowing desserts for their kids and never mind healthy desserts that employ healthy ingredients that are a little bit more expensive all the time Let me tell you that there is actually a way that ensures that your kids will keep loving you even if you quit buying sweets from the store because you just discovered the secrets of paleo desserts for busy moms Well Paleo desserts are employing the most healthy gluten free dairy free and grain free ingredients with the most tantalizing flavors These paleo desserts are really delicious scrumptious too because they are deemed culinary gourmet masterpieces These paleo gourmet dessert treats are mouthwatering and they will make your kids keep asking for more These recipes are gourmet scrumptious and I guarantee to you that your kids will not even notice the difference between your homemade Paleo muffins Paleo cupcakes Paleo Smoothies Paleo puddings Paleo mousse and creams and other healthy Paleo treats Here is an excerpt of the recipes that are waiting for you inside Paleo Marzipan Berry Muffins With Coconut Whipped Cream Macadamia White Chocolate Raspberry Muffins The Ultimate Paleo Cocoholic s Muffins Paleo Mug Cakes With Hot Fudge Sauce Easy Done In 3 Minutes Flourless Paleo Choc Muffins With Peanut Butter Cream Frosting Lemon Coconut Macadamia Muffins lots more Book 2 Paleo Is Like You is an extremely fun quick easy to read little rhyming book about the amazing Paleo Lifestyle This primal Paleo lifestyle poem a day book with rhymes quotes is great if you like to keep a personal Paleo recipe journal or Paleo notebook You ll also find inspirational Paleo quotes and illustrations

17 Day Diet Recipes For Blenders: Guide For Beginners Juliana Baldec,2014-06-21 Red Hot New 17 Day Diet Guide A Practical 17 Day Diet Guide How To Double Your Weight Loss Results With Your 17 Day Diet Plan Healthy Easy Quick 17 Day Diet Shaker Blender Smoothies Recipes You Can Integrate Into Your 17 Day Diet For Maximum Effect Release Spend a little time with this amazing compilation of 5 books that includes a collection of Juliana Baldec s healthy scrumptious smoothies that you can add to your 17 Day Diet Today for awesome pound dropping results Inside you ll find Book 1 Book 1 21 Amazing Weight Loss Smoothie Recipes Book 2 Book 2 Clean Eating 17 Eating Clean Drinking Clean Recipes With High Speed Blenders Book 3 Paleo Is Like You You will love discovering some new smoothie recipes that you might add to your 17 Day Diet Consider these healthy scrumptious smoothies to spice up any boring diet finally get the results you want If you love smoothies blender drinks you will love this

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Paleo Autoimmune Desserts: Scrumptious Paleo Baking Recipes & Desserts

Ginger Wood,2014-08-22 Paleo Autoimmune Desserts Scrumptious Paleo Baking Recipes Desserts Paleo Cakes Paleo Smoothies Paleo cookies Paleo Desserts The Paleo diet is one of the most unquestionably interesting diet concepts that have racked up the points in the last few decades Everyone from celebrities to the general public are adopting it left right and center as the secret of their healthy glow Health diets and fad diets generally tell you to skimp on desserts or just altogether forego the bite of a heavenly cream doughnut but you would be happy to learn that the Paleo diet is one such diet that does not dissuade you from eating those comfort goodies It in fact encourages your sweet tooth but with some adaptive changes that allow for organic ingredients to make up decadent treats that leave your mouth watering for more There are several reasons you may have decided to go for Paleo as a lifestyle change but the need for a dessert treat every now and then remains constant So what is this book about 1 This book will tell you why Paleo is the craze now 2 This book will tell you ways in which the Paleo diet will change your lifestyle for the better and turn guilt into guilt free 3 This book will tell you what ingredients to have in your kitchen as a staple for paleo dessert pleasures 4 This book will give you 12 scrumptious paleo desserts paleo muffins paleo cupcakes paleo smoothies pudding paleo dessert recipes that you probably desire right now and you will learn how to make these guilt free paleo easy desserts in a quick easy and no fail fashion 5 Based on the knowledge of this book you will be empowered and be enabled to discover and explore more and more paleo dessert applications and turn guilt into guilt free pleasures 6 Ultimately you will be living pleasurable paleo dessert moments free from guilt and this is when you empower yourself to live the paleo lifestyle Inside you will find guilt free pleasures like Creamy Coconut Macadamia Paleo

Look Who's Cooking Jennifer Rachel Dutch,2018-08-03 Home cooking is a multibillion dollar industry that includes cookbooks kitchen gadgets high end appliances specialty ingredients and more Cooking themed programming flourishes on television inspiring a wide array of celebrity chef branded goods even as self described foodies seek authenticity by pickling preserving and canning foods in their own home kitchens Despite this claims that no one has time to cook anymore are common lamenting the slow extinction of traditional American home cooking in the twenty first century In *Look Who's Cooking* The

Rhetoric of American Home Cooking Traditions in the Twenty First Century author Jennifer Rachel Dutch explores the death of home cooking narrative revealing how modern changes transformed cooking at home from an odious chore into a concept imbued with deep meanings associated with home family and community Drawing on a wide array of texts cookbooks advertising YouTube videos and more Dutch analyzes the many manifestations of traditional cooking in America today She argues that what is missing from the discourse around home cooking is an understanding of skills and recipes as a form of folklore Dutch s research reveals that home cooking is a powerful vessel that Americans fill with meaning because it represents both the continuity of the past and adaptability to the present Home cooking is about much more than what is for dinner it s about forging a connection to the past displaying the self in the present and leaving a lasting legacy for the future

Connected by Design Barry Wacksman,Chris Stutzman,2014-05-19 In a world of fierce global competition and rapid technological change traditional strategies for gaining market share and achieving efficiencies no longer yield the returns they once did How can companies drive consumer preference and secure sustainable growth in this digital social and mobile age The answer is through functional integration Some of the world s most highly valued companies including Amazon Apple and Google have harnessed this new business model to build highly interactive ecosystems of interrelated products and digital services gaining new levels of customer engagement Functional integration offers forward looking brands a unique competitive edge by using transformative digital technologies to deliver high value customer experiences generate repeat business and unlock lucrative new business to business revenue streams Connected By Design is the first book to show business leaders and marketers exactly how to use functional integration to achieve transformative growth within any type of company Based on R GA s pioneering work with firms at the forefront of functional integration Barry Wacksman and Chris Stutzman identify seven principles companies must follow in order to create and deliver new value for customers and capture new revenues Connected By Design explains how functional integration drove the transformation of market leading companies as diverse as Nike General Motors McCormick Co and Activision to establish authentic brand relationships with their customers enter new categories and develop new sources of income With Connected by Design any company can leverage technological disruption to redefine its mission and foster greater brand loyalty and engagement *The Edge of Grace* Christa Allan,2011 A family ultimately explores the struggle of acceptance the grace of forgiveness and moving from prejudice to loving others as they are not as we d like them to be [Clean Eating Drink Recipes: 14 Clean Eating Omega Juicer Recipes](#) Juliana Baldec,2014-06-21 Red Hot New Clean Eating Drink Recipes Lean Clean Drinking With The Omega Juicer Nourish Detox Your Body For Vitality Energy With Clean Eating Drink Recipes For The Entire Family Release Spend a little time with this amazing compilation of 5 books that includes a collection of Juliana Baldec s healthy scrumptious smoothies that you can add to your Diet Today for awesome pound dropping results Inside you ll find Book 1 Juicing Recipes For Vitality Health Book 2 Paleo Is Like You Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational

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Clean Eating Juicing Recipes: Eating Clean Low Carb Living Juliana Baldec, 2014-06-22 Spend a little time with this amazing compilation of 3 books that includes a collection of Juliana Baldec s healthy scrumptious smoothies juices that you can add to your Diet Today for awesome pound dropping results Inside you ll find Book 1 Juicing To Lose Weight Book 2 21 Amazing Weight Loss Smoothie Recipes Book 3 Paleo Is Like You Fun Little Paleo Lifestyle Poem a day book with inspirational and motivational rhyming verses to spice up your results You will love discovering some new smoothie recipes that you might add to your Diet of Lifestyle Consider these healthy scrumptious smoothies juices to spice up any boring diet finally get the results you want If you love smoothies blender drinks you will love this compilation to complete your smoothie recipe collection Forget the old concept because there is no need to waist your time in the kitchen with old school recipes that take too long to make There is every reason to make smoothies the new 5 minute quick way so that you will gain more time out of your day life Learn the new way of adding smoothies juices to your Diet and or lifestyle today if you want to achieve your dream weight Empower yourself via healthy and pound dropping smoothies live a healthier leaner and cleaner lifestyle This compilation will give you some amazing insights into the wonderful world of Smoothies Juices the healthy Smoothie Juicing lifestyle how you can connect your diet goals with the Smoothie lifestyle in order to achieve your dream figure a happier healthier you without being hungry all the time By applying the knowledge of the Smoothie lifestyle you will become healthier happier leaner cleaner

Google Hacks Rael Dornfest, Paul Bausch, Tara Calishain, 2006-08-03 Everyone knows that Google lets you search billions of web pages But few people realize that Google also gives you hundreds of cool ways to organize and play with information Since we released the last edition of this bestselling book Google has added many new features and services to its expanding universe Google Earth Google Talk Google Maps Google Blog Search Video Search Music Search Google Base Google Reader and Google Desktop among them We ve found ways to get these new

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Food in the Internet Age William Aspray,George Royer,Melissa G. Ocepek,2013-09-06 This book examines food in the United States in the age of the Internet One major theme running through the book is business opportunities and failures as well as the harms to consumers and traditional brick and mortar companies that occurred as entrepreneurs tried to take advantage of the Internet to create online companies related to food The other major theme is the concept of trust online and different models used by different companies to make their web presence seem trustworthy The book describes a number of major food companies including AllRecipes Betty Crocker Cook s Illustrated Epicurious Groupon OpenTable and Yelp The book draws on business history food studies and information studies for its approach

Advances in Multimedia Modeling Shipeng Li,Abdulmotaleb El Saddik,Meng Wang,Tao Mei,Nicu Sebe,Shuicheng Yan,Richang Hong,Cathal Gurrin,2013-01-05 The two volume set LNCS 7732 and 7733 constitutes the thoroughly refereed proceedings of the 19th International Conference on Multimedia Modeling MMM 2012 held in Huangshan China in January 2013 The 30 revised regular papers 46 special session papers 20 poster session papers and 15 demo session papers and 6 video browser showdown were carefully reviewed and selected from numeroues submissions The two volumes contain papers presented in the topical sections on multimedia annotation I and II interactive and mobile multimedia classification recognition and tracking I and II ranking in search multimedia representation multimedia systems poster papers special session papers demo session papers and video browser showdown

Windows XP Pro David Pogue,Craig Zacker,L. J. Zacker,2003 Windows XP represents the grand unification of two Microsoft dynasties the corporate series Windows NT and 2000 and the home series Windows 95 98 and Me The result offers rock solid stability and a modern new look but it still doesn t come with a printed manual Book jacket

Paleo Is Like You: Paleo Food Poetry For The Primal Paleo Lifestyle - Poem A Day Book (Perfect Poem For Mom Paleo Gift & Paleo Diet For Beginners Guide in Verses) Ginger Wood,2014-03-05 Ginger Wood s Paleo Is Like You is an extremely fun quick easy to read

little rhyming book about the amazing Paleo Lifestyle It is for everyone no matter if you are looking for information about the Paleo diet for beginners or if you are an advanced Paleo consumer These meditation moments are divided into 25 poems classified from A like Paleo is like Apetizer to Meditation is like Z and like Zucchini Bread Ginger uses the simple form of rhymes to encourage even beginners of the Paleo diet to discover their way of Paleo in an unorthodox and unconventional way The book encourages everyone who is interested in primal vegan food to take a peek inside be inspired by the many ways of the Paleo lifestyle This Paleo Is Like You book can be used in an ulimed way to help you become healthier and happier just like the many ways of Paleo that you will discover inside You could also use the poems as an inspiration to write your own inspirational Paleo journal that incudes your own journey with Paleo all of your favorite Paleo recipes Some creative crafters are even using them to make their own personal Pale scrapbooking recipe books notebooks calendars photo journals quote clipping books and you name it Each poem also comes with a quote from professions like writers authors chefs spiritual men philosophers anthropologists anthropologists scientists etc to add some additional food for contemplation Poems include quotes by Anthony Robbins Darwin Johnny Carson Buddha Martin Yan and more They are organized by names and from A to Z in coherence with the poems The collection of poems includes 25 Paleo poems from A to Z This book is all about yourself and finding your proper path of nutrition and clean eating drinking and that is why this book is so fascinating because it is about yourself AKA Paleo Is Like You Nothing is more important than your own health and that of your loved ones so make sure to look into it

Google Hacks Tara Calishain,Rael Dornfest,2005 Dives headfirst into getting the most out of Google finding rather than just searching performing useful tasks to get a job done and using the Google API to automate complicated or repetitive tasks cover

Sugar Detox Cleanse Recipes: Herbal Blender Recipes Juliana Baldec,2015-01-15 Her secret She turned these nutritious and satisfying drinks into a way of life Combining smoothies juices her secret morning elixir that she is going to share with you inside and a light meal plan has helped her not only lose 20 pounds within 60 days Consuming a combination of these fruit smoothies vegetable smoothies and juicing recipes will help your body get rid of sick making toxins boost your vitality and energy get rid of nasty body conditions like Asthma rejuvenate your body provide your body with a natural immune system detoxify and clean your body turn your body into a lean body shed pounds and more People are reporting that fad diets never worked on them but when sticking to this lifestyle of smoothies and juices they were able to lose weight and never gain the weight back afterwards unlike it happens with many of these fad diets This is not a fad diet were you gain weight after you are done because this is a healthy and natural lifestyle choice and this is the reason why it also works for weight loss and keeping the weight off People who have achieved similar results like Baldec by consuming smoothies juices and her secret morning apple cider vinegar elixir in combination with a light daily meal plan all agree This is the most natural and nutritious way to nourish your body and brain while getting amazing weight results as a side benefit The recipes are 5 minute quick and easy to make no matter if you use the best juicer

or blender or if you use your regular hand held kitchen supply From her fruity smoothies and juices to her leafy green raw vegetable and vegetable fruit combined smoothies and juices such as her vitality boosting blender drinks like the Coconut Kale Sweetness Lavender Maca Vanilla Delight Papaya Ginger Smoothie Bee Pollen Honey Nut Peach Smoothie and many more you can choose from 23 scrumptious unique 5 minute quick no fail recipes Nanostructured Materials and Nanotechnology Hari Singh Nalwa,2002 Nanotechnology Provides comprehensive coverage of the dominant technology of the 21st century Written by a truly international list of contributors **Handbook of Nanostructured Materials and Nanotechnology, Five-Volume Set** Hari Singh Nalwa,1999-10-29 Nanostructured materials is one of the hottest and fastest growing areas in today's materials science field along with the related field of solid state physics Nanostructured materials and their based technologies have opened up exciting new possibilities for future applications in a number of areas including aerospace automotive x ray technology batteries sensors color imaging printing computer chips medical implants pharmacy and cosmetics The ability to change properties on the atomic level promises a revolution in many realms of science and technology Thus this book details the high level of activity and significant findings are available for those involved in research and development in the field It also covers industrial findings and corporate support This five volume set summarizes fundamentals of nano science in a comprehensive way The contributors enlisted by the editor are at elite institutions worldwide Key Features Provides comprehensive coverage of the dominant technology of the 21st century Written by 127 authors from 16 countries making this truly international First and only reference to cover all aspects of nanostructured materials and nanotechnology **The Unusually Useful Web Book** June Cohen,2003 Cohen's Unusually Useful Web Book is just that full of unusually useful tips and tricks users need to make the best Web site quickly and without expense She offers common sense tips and tricks that Web site designers and developers can employ to make an immediate difference

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