

Inside-Out Beef Wellington Bites

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Yield: 50 appetizers

*1 package (17.3 ounce) puff pastry
(two sheets), thawed
1 egg, beaten
2 tablespoons unsalted butter
10 ounces mushrooms, finely chopped
1/4 cup shallots, finely diced
1 teaspoon fresh thyme
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon vegetable oil
1/2 pound flank steak
coarse salt
fresh thyme (for garnish)*

Preparation Time: 20 minutes

Bake: 12 minutes

Preheat the oven to 400 degrees.

On a lightly floured surface, roll out one puff pastry sheet to 10x10 inches. Using a two-inch round cookie cutter, punch out 25 circles. Brush each circle with beaten egg. Place on a cookie sheet, evenly spaced. Bake for 12 minutes or until golden brown. Repeat with the second pastry sheet. Set the baked rounds aside.

Melt the butter in a large saute' pan over medium heat. Add the mushrooms, shallots and thyme. Cook for 15 minutes or until the liquid has evaporated, stirring occasionally. Season with 1/4 teaspoon of the salt and 1/8 teaspoon of the pepper.

Meanwhile, season the steak with the remaining 1/4 teaspoon of salt and 1/8 teaspoon of pepper.

Heat the oil in a skillet over medium-high heat. Cook the steak for 5 minutes per side or until the internal temperature reaches 130 degrees. Cover and let rest for 10 minutes. Slice into very thin bite-size pieces.

To assemble: Place a bit of the mushroom mixture and a piece of steak on each round.

Garnish with fresh thyme and a pinch of coarse salt.

Per Serving (excluding unknown items): 898 Calories; 66g Fat (65.8% calories from fat); 57g Protein; 20g Carbohydrate; 3g Dietary Fiber; 390mg Cholesterol; 1313mg Sodium. Exchanges: 0 Grain(Starch); 7 Lean Meat; 4 Vegetable; 9 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	898	Vitamin B6 (mg):	1.3mg
% Calories from Fat:	65.8%	Vitamin B12 (mcg):	7.3mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	25.2%	Riboflavin B2 (mg):	1.8mg
Total Fat (g):	66g	Folacin (mcg):	112mcg
Saturated Fat (g):	28g	Niacin (mg):	22mg
Monounsaturated Fat (g):	26g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	6g	Alcohol (kcal):	0
Cholesterol (mg):	390mg	% Refused:	0.0%
Carbohydrate (g):	20g	Food Exchanges	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	57g	Lean Meat:	7
Sodium (mg):	1313mg	Vegetable:	4
Potassium (mg):	2016mg	Fruit:	0
Calcium (mg):	85mg	Non-Fat Milk:	0
Iron (mg):	9mg	Fat:	9
Zinc (mg):	10mg	Other Carbohydrates:	0
Vitamin C (mg):	14mg		
Vitamin A (i.u.):	6144IU		
Vitamin A (r.e.):	787 1/2RE		

Nutrition Facts

Amount Per Serving

Calories 898 **Calories from Fat:** 591

		% Daily Values*
Total Fat	66g	102%
Saturated Fat	28g	138%
Cholesterol	390mg	130%
Sodium	1313mg	55%
Total Carbohydrates	20g	7%
Dietary Fiber	3g	14%
Protein	57g	
Vitamin A		123%
Vitamin C		24%
Calcium		8%
Iron		53%

* Percent Daily Values are based on a 2000 calorie diet.