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# Individual Beef Wellingtons

*Marbalet*

*www.allrecipes.com*

Servings: 8

Preparation Time: 40 minutes

Start to Finish Time: 1 hour 5 minutes

**1/4 cup butter**

**1 pound button mushrooms, sliced**

**1 cup chopped onion**

**1/2 cup dry sherry**

**1/4 cup chopped fresh parsley**

**1 teaspoon salt**

**1 teaspoon black pepper**

**8 (6- to 8-ounce) filet mignon, 1-1/4-inch thick**

**1 tablespoon olive oil**

**1 package (17.5 ounce) frozen puff pastry (two sheets), thawed**

**1 egg, beaten with one tablespoon water**

**chopped fresh parsley (for garnish)**

In a large skillet over medium heat, melt the butter. Add the mushrooms and onion. Cook, stirring occasionally, until the mushrooms release their liquid and the liquid evaporates, 6 to 8 minutes. Stir in the parsley and 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Spread onto a baking sheet and chill for 15 minutes. Wipe out the skillet.

Meanwhile, sprinkle the filet mignons with the remaining 1/2 teaspoon of salt and 1/2 teaspoon of pepper. In a skillet over high heat, heat oil. Add the filets. Sear for 90 seconds on each side. Transfer to a wire rack to cool.

Cut each pastry sheet into quarters. Roll out each piece to a 6-1/2-inch square on a lightly floured work surface. Spoon about 1/3 cup of mushrooms into the center of each square. Top with the filets. Brush the pastry edges with the beaten egg. Bring two diagonally opposite corners of dough together. Pinch to seal. Repeat with the remaining two corners to form an envelope-like bundle. Pinch along the seams to seal. Transfer the bundles, seams side down, to a foil-lined baking sheet. Cut slits into the tops of the pastry to vent, then brush with beaten egg.

Preheat the oven to 450 degrees. Roast for 16 minutes, until a thermometer inserted in centers registers 135 degrees. Let stand for 5 minutes. (Temperature will rise to 145 degrees.) Serve garnished with parsley.

## **Beef**

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*Per Serving (excluding unknown items): 115 Calories; 8g Fat (71.8% calories from fat); 2g Protein; 5g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 339mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.*