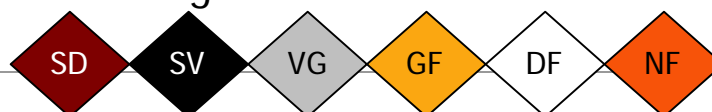


Healthy Swaps Filet Steak Wellington

(*see dietary notes)



Recipe by: Chef Kelly Yorke

Beef Wellington is often served on special occasions such as Christmas Eve or New Year's Day. The classic recipe consists of beef tenderloin topped with liver paté and mushrooms enclosed in a buttery-rich puff pastry crust. This Healthy Swaps version features more petite portions of beef tenderloin steak, lentil & herb paté, and a creamy lower-fat goat cheese & lavender topping all enclosed in a savory mustard & green peppercorn pastry dough. This recipe does require some pre-preparation, but the end definitely justifies the means.

Recipe Main Components:

- 1 recipe Mustard & Green Peppercorn Dough (ingredients and recipe below)
- 8 oz. Lentil & Herb Pate (ingredients and recipe below)
- 8 each Seared 4 oz. Tenderloin Steaks (ingredients and recipe below)
- 4 oz. Goat Cheese (preferably low fat variety)
- 4 oz. Greek Yogurt, Plain, 2%
- 2 tsp. Dried Lavender, crushed
- 8 oz. Roasted Red Bell Pepper Slices (available in jars)

YIELD: 8 Servings



Mustard & Green Peppercorn Dough Ingredients:

(Prepare at least one day ahead)

- 1/3 cup Liquid Egg Substitute (such as Egg Beaters)
- 1/2 cup Milk
- 2 Tbsp. Sugar
- 3 Tbsp. Butter
- 1 Tbsp. Green Peppercorns
- 3/4 cup Bread Flour, unbleached
- 3/4 cup Whole Wheat Pastry Flour
- 1/4 cup Coconut Flour
- 1/4 tsp. Salt
- 1 tsp. Dry Mustard Powder
- 1/2 tsp. Dough Enhancer Powder
- 1 pkg. Rapid-Rise Yeast (2-1/4 teaspoons)

Lentil & Herb Pate ingredients:

- 1 Tbsp. Olive Oil
- 2 oz. Shallots, chopped
- 1 cup French Lentils
- 3 cups Beef Broth or water
- 1 tsp. Fine Herbs Blend (chervil, tarragon, chives)
- 1/2 tsp. Dried Crushed rosemary
- 1/4 tsp. Ground Dried Thyme
- 1 tsp. Garlic, crushed
- 2 Tbsp. Cognac or Brandy (optional)

Tenderloin Steak Ingredients:

- 32 oz. Beef Tenderloin (eight 4 oz. steaks)
- 4 Tbsp. Dijon-style Mustard
- 1/2 tsp. Ground Black Pepper

Dough Directions: (Bread Machine Method)

1. Place eggs in pan of bread machine.
2. In a separate container heat the milk, sugar, butter, and peppercorns until the butter is melted and the mixture is warm (about 120°F).
3. Pour heated liquid into bread machine pan with the eggs. Add the flours, salt, mustard powder, and dough enhancer to the pan so they float on top of the liquid ingredients. Make a small indentation in the surface of the dry ingredients and sprinkle the yeast into the center of it.
4. Set bread machine to sweet dough with light crust setting. Process dough in the machine until dough cycle is complete (mixing and first rise are accomplished) about 1 – 1/2 hours.
5. Punch down and remove dough from machine and place it in a bowl that has been sprayed with vegetable cooking spray. Cover bowl loosely with a sheet of plastic wrap that has also been sprayed with vegetable cooking spray and refrigerate dough overnight.

Dough Directions: (Standing Mixer Method):

1. Place all ingredients in the bowl of a standing mixer machine. Mix on low until they are moistened.
2. Increase speed to medium and continue mixing dough for 12-15 minutes or until it is elastic, shiny and no longer sticks to the sides of the bowl and paddle (or dough hook).
3. Transfer dough to a clean bowl that has been lightly greased with vegetable cooking spray. Cover bowl loosely with a sheet of plastic wrap that has been sprayed with vegetable cooking spray and allow dough to rise in a warm place (75-80°F) for 1-1/2 to 2 hours.
4. After first rise, lift aside the plastic wrap and punch down the dough. Re-cover and refrigerate dough overnight (2nd rise).

Paté Directions:

1. Sauté shallots in the oil until soft. Add herbs and garlic and sauté a minute or two longer or until fragrant.
2. Add lentils and broth. Bring mixture to a boil, reduce heat and keep at a slow boil until lentils are soft, and most of the liquid has reduced, about 30 to 50 minutes.
3. Remove from heat and transfer mixture to a food processor or blender. Process mixture until smooth and a consistency of creamy peanut butter. If mixture is too dry, add a few tablespoons of water at a time until mixture blends easily.

*Optional: Add two Tbsp of cognac or brandy to the mixture during processing for an extra kick in flavor.

4. Transfer mixture to a clean bowl, cover loosely until cooled and refrigerate until ready to use.

Steak Directions:

1. Cut tenderloin into eight 4-ounce steak portions. Pat surface of each piece dry with paper towels.
2. Heat a lightly greased heavy-bottomed skillet on high until very hot. Place steak pieces in skillet and sear on each side just until browned on the outside (but not cooked on the inside), about 1 – 1/2 minutes per side.
3. Immediately remove meat from pan and transfer to a clean plate to cool.
4. Spread top surface of each steak with mustard and season with black pepper.
5. Refrigerate until ready to use, in an air-tight container if for more than a short period of time.

Recipe Components Assembly & Baking Instructions:

1. Preheat oven to 375°F just before ready to bake.
2. Prepare the dough (the day before), lentil paté and steaks per their instructions (above).
3. In a small bowl combine the goat cheese, yogurt and lavender. Blend until soft and smooth.
4. Remove steaks from the refrigerator and top each one with 1 oz. of lentil pate, 1 oz. of goat cheese spread and 1 oz. of roasted red pepper slices, in order.
5. Remove dough from refrigerator and separate it into eight equal pieces.
6. Using a rolling pin, roll out each piece until it is a circle of approximately 5 inches in diameter and 3/8-inch thick (or just big enough to cover a steak and its topping).
7. Carefully lift and place one dough circle over each topped-steak and neatly press the dough down and against the sides of each steak. Do not wrap the dough underneath the bottom portion of the steak (it will just get soggy during cooking).
8. Place each dough-wrapped steak on a cookie sheet lined with non-stick foil. Brush top surface of each with liquid eggs and let them sit in a warm place for about 15 minutes.
9. Bake for 15-20 minutes or until golden brown and meat is an internal temperature of about 125°F.
10. Remove from oven and let rest for about 5 minutes before serving.

*Dietary Notes:

To make Vegan (SV):

- Replace tenderloin steak with eight four-ounce portions of vegan sausage or wiener links.
- Replace goat cheese with 4 oz. of Toffuti's Vegan Cream Cheese.
- Replace Greek Yogurt with 4 oz. of strained soy yogurt.
- In dough ingredients, replace 1/3 cup liquid eggs with 4 – 1/2 tsp. of Ener-G egg replacer powder mixed with 6 Tbsp warm water.
- In dough ingredients, replace 1/2 cup milk with 1/2 cup rice, almond or soy milk.
- Replace 3 Tbsp. butter with 3 Tbsp. vegan margarine.

To make Dairy-free (DF):

- Replace goat cheese with 4 oz. of Toffuti's Vegan Cream Cheese.
- Replace Greek Yogurt with 4 oz. of strained soy yogurt.
- In dough ingredients, replace 1/2 cup milk with 1/2 cup rice, almond or soy milk.
- Replace 3 Tbsp. butter with 3 Tbsp. vegan margarine.

To make Vegetarian (VG):

- Replace tenderloin steak with eight four ounce portions of vegan sausage or wiener links.

To make Gluten-free (GF):

- Replace dough with 1 to 1 – 1/2 lbs. of your favorite gluten-free pie crust or crescent dough recipe.

To make Nut-free (NF):

- If you are allergic to coconuts, in dough recipe replace 1/4 cup coconut flour with 1/4 cup fava or garbanzo bean flour.

Per Healthy Swaps Recipe Serving: 436 Calories, 16g Fat, 35g Carbohydrates, 37g Protein, 7g Dietary Fiber, 76mg Cholesterol, 510mg Sodium

Per Classically-made Recipe Serving: 1338 Calories, 104g Fat, 56g Carbohydrates, 43g Protein, 3g Dietary Fiber, 179mg Cholesterol, 623mg Sodium