Beef Wellington Cooking Guide:

Cooking guidelines from defrosted.

Carefully remove from the packaging whilst frozen. Place on a baking sheet / plate, cover. Defrost in the bottom of the fridge overnight.

Preheat oven to 180ºC / fan 160ºC with a baking tray on the middle shelf of the oven.

Whilst the oven is heating, allow the Beef Wellington to come to room temperature (at least 10 minutes).

Brush pastry with beaten egg yolk.

Place the Beef wellington (still on baking paper) onto the preheated baking tray and cook for just over an hour ~ 1hr and 10 minutes. The pasty will be golden brown, and the fillet cooked through.

Should you want the meat rare – reduce the cooking times and increase the heat but be careful not to burn the pastry – <u>these are raw fillet wellingtons.</u>

We always advise you to invest and use a meat probe!

Remove from the oven and rest for 10 minutes before serving by carefully lifting the wellington from the baking paper.