

Pork Wellington

October 28th, 2023

This recipe serves: 8

Prep Time: 01:30

Cook Time: 00:30

Beef Wellington is a dish made with the Beef Chateaubriand cut, the roast that is cut into filet mignon steaks. This cut can be expensive, often costing \$200 to \$300 per Roast. A cheaper solution can be made using the same cut, but from pork. The Pork Chateaubriand is called the Pork Tenderloin. It should be noted that this is not the same as the Pork Loin cut. The Pork Tenderloin is a tender, flavorful cut, costing a fraction of the price of the Beef version of the roast. This recipe uses a cooking method called "En croute", which is a French term that means "in a crust". The roast is wrapped in Puff Pastry dough (not Phyllo dough) and then roasted. This recipe creates 2 Pork Wellingtons, one for each Tenderloin. Alternatively, you can create a single mega-tenderloin with the introduction of a powder substance called Transglutaminase (meat glue), to join the two tenderloins together and wrap in a single Puff Pastry.

Ingredients:

1 pair (about 2-3 lb total) Pork Tenderloin Roasts (not Pork Loin)
2 Tablespoons Unsalted Butter
1 Tablespoon Olive Oil

Filling

1 Tablespoon Olive Oil
8 Ounces Mushrooms, finely chopped
1/2 Red Onion, finely chopped
3 Cloves Garlic, minced
5 Ounces (1/4 Cup + 1 Tablespoon) Chimichurri Sauce
4 Ounces (1/4 Cup) Fig Jam or Apple Butter (optional)

The Wrap

1/2 Package Puff Pastry dough (not Phyllo dough)
1/2 lb Smoked Uncured Deli Ham, thinly sliced (about 10 slices)

Egg Wash

Egg Yolk
1 Tablespoon Water

The Finishing Sauce

1/4 Cup Chimichurri Sauce
1/4 Cup Greek Yogurt

Directions:

Prep the Roast

Ensure that the "silverskin" has been removed from the Roast, by using a sharp knife to peel the tough silver layer (the "silverskin" from the outside of the Tenderloin.

Locate the thinner end and gently fold the "tail" of the Roast underneath and secure with cooking twine to make the Roast a more uniform diameter throughout the length.

In a large sauté pan, add 1 Tablespoon Butter and 1 Tablespoon Olive Oil.

Heat over medium-high heat until the Butter is fully melted. Mix the Butter and Oil until fully integrated.

Add the Pork Tenderloin into the pan. Sauté 1 side of the Pork Tenderloin for about 2 or 3 minutes.

Rotate the Pork Tenderloin 1/4 turn and again sauté for 2 or 3 minutes.

Turn the Roast, as needed, to cook all sides.

The goal at this point is to brown the Roast. You are not trying to fully cook it yet.

Cut, remove, and discard the cooking twine from the thin end of the Tenderloin. The Meat should remain folded where the twine was previously holding it in place.

Rest the Roast.

Prep the Filling

Place the same pan over medium-high heat.

melt 1 more Tablespoons of Butter.
Add 1 Tablespoon of Olive Oil.
Add the Chopped Mushrooms.
Saute for 3 minutes, stirring frequently.
Add the Chopped Onion.
Continue to sauté until the Onions become translucent, another 3 minutes.
Remove from heat and add the Minced Garlic, continuing to stir for another minute.
Refrigerate the Filling until it is cooled.
Add the Chimichurri Sauce and the (optional) Fig Jam.
Mix well until fully incorporated.
Separate the Filling into 2 equal amounts

Prep the Wrap

Follow the instructions from the Puff Pastry package to thaw the Puff Pastry.
Lay out a sheet of parchment paper on your kitchen workspace.
Carefully unroll the Puff Pastry onto the parchment paper.
Allow the Pastry to thaw completely, then roll it out into a 12" x 18" rectangle.
Lay the Pastry Sheet next to the Pork Roast, so that the Roast is along the short edge, but centered lengthwise.
Identify the portion of the Pastry that will directly contact the Roast.
Cover that portion of the Pastry with a single layer of Black Forest Ham.
Liberally apply the Mushroom/Onion mixture to the Black Forest Ham layer, ensuring full coverage to the edges.

Wrapping The Meat

Use paper towels or a clean kitchen towel to ensure that the surface of the Roast is dried.

Move the Tenderloin onto the Puff Pastry sheet, by centering it on the section that is covered with Ham and Mushroom/Onion paste.

Carefully, and relatively tightly, roll-up the Pastry with the Tenderloin inside.

Trim excess pastry.

Tuck the Ends under the Roast. Brush an Egg Wash on the Pastry. Roll it and seal the Pastry.

Preheat the oven to 425° F.

Set a wire rack inside a large sheetpan.

Set the Pork Wellington on the wire rack, seam down.

Paint the entire Pastry with the Egg Yolk Wash.

Bake the Pork Wellington

Bake (uncovered) at 425° F. for about 30 minutes,

Use a meat thermometer. When the internal temperature reaches 145°, remove the Pork Wellington from the oven and cover with tented aluminum foil or parchment paper.

The temperature should continue to rise for a few minutes. Ensure that the internal temperature of the Pork Wellington reaches 165° F.

Rest the Pork Wellington for at least 15 minutes, before slicing the meat. **DO NOT SKIP THIS STEP.**

Mix together the Finishing Sauce.