

# **SPINACH, MUSHROOM AND GOAT'S CHEESE WELLINGTON**

## **INGREDIENTS FOR FILLING – MAKE FIRST**

- 500g (18ozs) spinach
- 50g (1½ ozs) Butter
- 1 Tablespoon Olive oil
- 1 Leek finely sliced
- 6 sprigs fresh Thyme or ½ teaspoon dried Thyme
- 2 cloves garlic -crushed
- 600g (21ozs) chestnut mushrooms – quartered
- 150g (5ozs) soft goat's cheese
- 1 egg yolk and 2 tablespoons milk for glazing

1. Blanch spinach in boiling water for 1 minute
2. Drain and squeeze out as much water as possible, then roughly chop and set aside
3. Heat the butter and olive oil in a large pan and gently cook the sliced leeks for 5 minutes
4. Add the garlic, thyme and mushrooms, fry for 5 minutes until softened and then leave to cool
5. Stir in the goat's cheese and spinach and season with salt and pepper
6. Tip the mixture onto a large sheet of cling film, mould into a rough log shape, then roll up tightly to make a cylinder about 26cm long (10½ long) and chill for 1 hour until firm.

**PLEASE NOTE :** The filling can also be made a day in advance and kept refrigerated

## **INGREDIENTS FOR PUFF PASTRY (MAKES 600G)**

- 250g (8ozs) plain flour, plus extra for dusting
  - 40g (1½ ozs) butter plus 160g cold unsalted butter (7ozs in total)
  - About 100ml (3½ fl ozs) ice-cold water
  - ¼ teaspoon salt
1. Mix the flour and salt in a bowl, then cube and rub in the 40g butter with your fingers until it resembles breadcrumbs.
  2. Slowly add 100ml of ice-cold water and mix until you have a smooth dough (add extra water if necessary)
  3. Shape the dough into a ball
  4. The remaining butter needs to be cold, but soft enough to be malleable. Remove it from the fridge and place it between two sheets of greaseproof paper. Using a rolling pin, roll it out to about 14cm x 16cm (5½ x 6½ inches)
  5. Roll the dough out on a floured surface to 16cm x 30cm (about 6½ x 12 inches) – a little wider than the butter block.
  6. Place the butter on one half of the pastry, then fold over the other half to cover it, pressing the edges together to seal, and roll back out to 18cm x 30cm (7½ x 12 inches) Keep flouring the surface to stop the puff pastry sticking.
  7. Now fold it into three – fold up one-third from the bottom, then a third from the top over it
  8. Reseal the edges, turn 90 degrees and repeat the roll and fold. Chill for 10 minutes.
  9. Repeat the rolling and folding process two more times until it's had six rolls and folds altogether. Chill for a final 20 minutes, then it's ready to use.

### **Assembling the Wellington**

1. Dust a work surface with flour and roll the pastry into a 34cm x 28cm rectangle (13½ inches x 11 inches)

2. Lay the cylinder of filling on top and unwrap
3. Whisk together the egg yolk and milk to combine thoroughly and brush along the edges of the pastry
4. Carefully roll the filling in the pastry finishing with the join on the underside
5. Press the ends together to seal and crimp with a fork or with your fingertips
6. Cut any pastry trimmings into leaves and decorate the top of the Wellington
7. Brush with the remaining egg/milk
8. Bake in a pre-heated oven 200 degrees, gas mark 6 or 180 degrees in a fan oven for 30 minutes or until the pastry is golden brown.
9. Leave to stand for 5 mins and then slide onto a serving dish

**PLEASE NOTE:** At the end of **Stage 7** the Wellington can be wrapped in tin foil and frozen to be **de-frosted** before cooking at a later date