



Emu Wellington

If you want to turn heads with a dish, this is the one! Always bring it to the table whole and cut and serve it there so that everyone can admire your beautiful creation! Though this dish often seems very intimidating, it's not very difficult to make.

Ingredients:

1 Large emu fan filet
 2-3 shallots
 4 oz button or baby portabella mushrooms
 ¼ cup dry red wine
 2 cups emu broth or 'faux beef broth' (see below)
 1 egg yolk
 1 egg beaten with 1 tsp water for egg wash
 1 tsp flour
 ½ tsp dried tarragon
 2 TBS butter/butter alternative/duck fat or olive oil
 1 Puff pastry

Directions:

In a small pot, bring the broth to a low boil to begin reducing. This will make the demi-glace and must be reduced until it is thick and very rich.

Chop the shallots and mushrooms finely, I prefer to chop them roughly and then give them a few pulses in a food processor. In a pan on medium-high heat, heat the butter or fat and add the onions and mushrooms and sauté stirring occasionally until the mushrooms and onions are soft, approximately 4-5 minutes. Add the red wine and tarragon and allow the filling to cook an additional minute, sprinkle the flour over the filling and stir in until incorporated. Add Salt and pepper to taste. Remove from heat and place it in a small sieve over the broth and press some of the liquid out of the filling mixture. Then set aside and allow to cool stir in the egg yolk once cooled enough that it won't cook the egg. You don't want the mushroom filling to be too wet or it will make the puff pastry soggy.



Trim the skinny parts of the fan filet to make it into the shape of a roast (save trimming for another dish such as stir fry, see photo). Season with salt and pepper. In a skillet, preferably not a non-stick pan heat a tablespoon of duck fat or high heat oil over medium high heat. Sear all sides of the emu filet for about 1 minute per side until browned. Remove the fan filet to a plate and cover with aluminum foil to allow it to cool. Deglaze the pan with the broth, this will pick up the flavors from the seared meat and further reduce the demi-glace.



Return the broth to the pot and continue to simmer until reduced to desired consistency.

Preheat the oven to 425F

Roll out the puff pastry. If the pastry is creased, gently roll it out a little more with a rolling pin. Cut the pastry to the size that would fully enclose the meat. Spread the filling on the pastry (you may have a little extra filling). Place the nicest side of the fan file down on the pastry dough. Fold the dough over meat around all sides and seal it by pinching it together. The seam will be the bottom of the roast. Use the excess pastry dough to make decorations for the roast. Place the roast on a cookie sheet lined with parchment paper and brush pastry with egg wash. Place any pastry decorations on the roast and brush with egg wash.

Place the wellington into the oven on a middle or middle/lower rack and bake for approximately 30 minutes, rotating it half way through is necessary until golden.

Serve with the demi-glace and green vegetables and/or a light salad.



Faux Beef broth:
1 qt chicken broth
3-5 whole dried shiitake mushrooms
3 TBS soy sauce

Combine all ingredients and gently boil until reduce by approximately half. Remove the mushroom. Check for flavor and add salt as desired.