



**Lean
On
Me**

Good things
come from
SyscoTM
Sysco Northern New England



Bistro Filet Wellington

Entrée Cost: \$3.47
Min. Selling Price: \$10.99

Profit:
\$7.52

Wait staff description:

Our featured special this evening is a petite bistro filet, wrapped in pastry with a mushroom duxelle, served with a duchess potato and medley of fresh vegetables.

Recipe on back

COST BREAKDOWN

	PLATE/SERVING	TOTAL	%
PRICE:	\$10.99	\$10.99	
COST:	\$3.47	\$3.47	31.55
PROFIT:	\$7.52	\$7.52	68.45

You can view the Lean On Me Archive on our website at: www.sysconne.com.

Ask your Marketing Associate for more details!

Ingredients

SUPC	DESCRIPTION	BRAND	SEQ	QTY	TYPE	UNIT COST	XCOST
0278333	STEAK FILET BSTRO MEDLLN	CAB	7	1.00	EA	\$1.80	\$1.80
2227700	DOUGH PUFF PASTRY SHEET 10X15	BKRSCLS	8	0.33	EA	\$2.24	\$0.74
4742607	ONION JULIENNE 1/4"	SYS IMP	9	0.50	OZ	\$0.19	\$0.10
1864735	MUSHROOM SLI FRESH	SYS IMP	10	0.50	OZ	\$0.13	\$0.06
4181921	WINE COOKING SHERRY	SYS CLS	11	2.00	TS	\$0.00	\$0.01
1846443	POTATO CHEF FRESH	PACKER	12	5.00	OZ	\$0.02	\$0.12
2105823	EGG SHELL LARGE GR AA USDA WHT	WHLFCLS	13	1.00	EA	\$0.13	\$0.13
1287366	BUTTER SOLID A CREAMERY	CABOT	14	1.00	TB	\$0.01	\$0.01
6232526	VEGETABLE BLEND ASIAN	PACKER	15	3.00	OZ	\$0.16	\$0.49

Directions

1. In a very hot pan sear the bistro medallion until browned on all sides and ends. Place in the freezer for 5 minutes to stop the cooking process. While cooling, saute the onions until caramelized, add the mushrooms and sherry and cook for an additional 2 minutes. Cool and reserve.
2. Take 1/3 sheet pf the puff pastry, place the duxelle on the pastry, top with the bistro medallion. Fold the pastry over and remove the excess. Cut the excess pastry into diamonds and place on top of the pastry.
3. Eggwash and bake at 350 * for until golden brown, 9- 12 minutes.
4. For the duchess potatoes, peel and cube 5 oz of potatoes, boil until tender. Season with salt and pepper and mash. When slightly cooled add one egg yolk and whip. Place in a pastry bag fitted with a star tip and pipe out into a rosette. Bake at 350* until golden brown.
5. Saute the vegetable, season and reserve.
6. Place the Wellington on a warm plate, garnish with the duchess potatoes and vegetable medley.

Serves 1
for \$10.99

Chef's Suggestions

The bistro medallions make an excellent combination for a surf and turf entrée. Combine with a sugar cane skewered shrimp SUPC# 8021495 or a jumbo lump crab cake SUPC# 9712241 for a profitable special.