



# Wellington Bites

A Fancy Ground Turkey Appetizer, Inspired By A Classic Beef Wellington Roast

A traditional Beef Wellington is a large beef roast slathered in finely minced mushrooms, wrapped in puff pastry and baked. I decided to make an appetizer version using seasoned ground turkey, quick mushroom pate' and store bought pillsbury pizza dough. Most of the ingredients can be prepped days ahead of time, then wrapped in dough the day you want to bake it.

## Servings Info.:

Yield: 26 slices

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Serving Size: (1) 3/4" thick slice



- last checked 12/30/23 -  
Use your mobile device's 'Camera' App to look at this code for nutritional info.

## Ingredients:

### Meat Mixture:

- 1 lb. extra lean ground turkey
- 2 slices of 1 point keto bread, dried and crushed into crumbs
- 1 large egg
- 2 tsp granulated beef or chicken boullion
- 1/4 tsp ground cumin
- 2 tsp smoked paprika
- 2 tsp paprika
- 2 tsp worcestershire sauce
- 1/2 tsp salt
- 1/4 tsp cracked black pepper
- 1/4 tsp baking soda, dissolved in 1/2 tsp water
- 2 tsp 'kitchen bouquet' browning sauce (optional)

### Mushroom & Onion Pate':

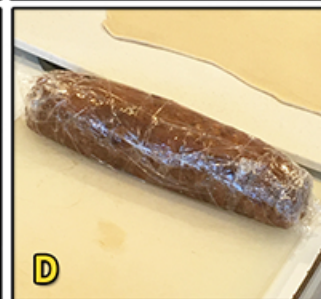
- 8 oz sliced mushrooms, any preferred variety
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 1/4 tsp cracked black pepper
- 1 Tbsp red wine mixed with 2 Tbsp water
- 1 Tbsp red wine vinegar
- 1/3 cup fat free beef broth
- 1/4 tsp dried thyme

### Additional Ingredients:

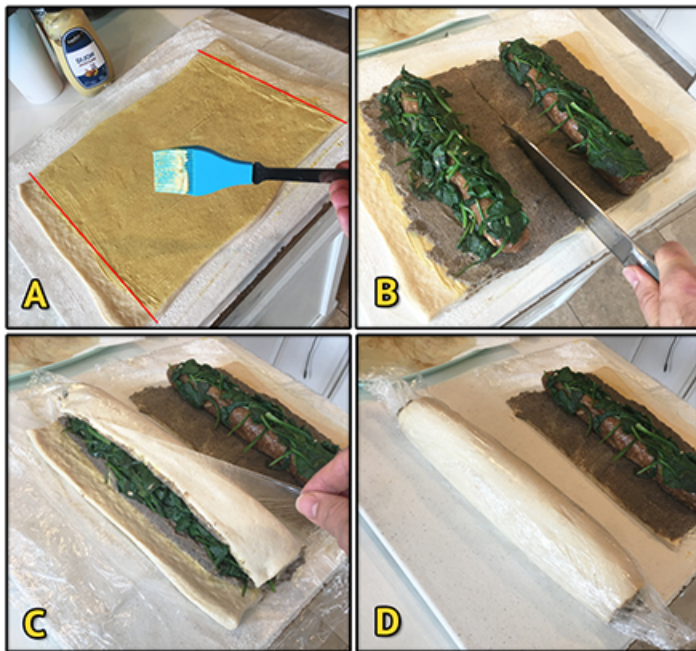
- 5oz bag of baby spinach
- 1 medium garlic clove, chopped (for the spinach (step 2c))
- 1 tube Pillsbury 'classic' pizza crust. Located in the store,
- near the refrigerated 'tubes' of biscuits. (see notes)
- 1/4 to 1/3 cup dijon mustard, use as much as you want
- 1 large egg, beaten (for egg wash)
- 1 tsp sesame seeds (for garnish, after the egg wash)

## Directions:

1. Mix all of the 'meat mixture' ingredients together. Set aside and let rest for 30 minutes.

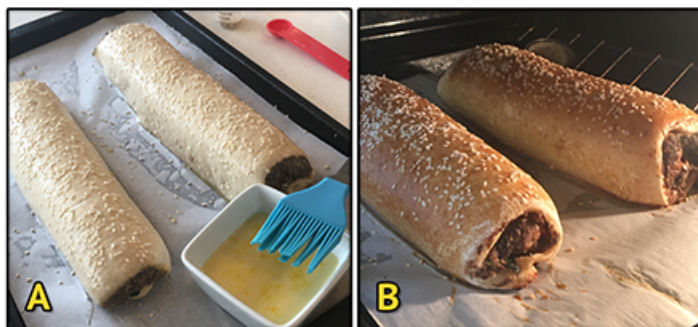


2. (A) Heat a large pan over med-high heat for 1 minute. Spray with cooking spray, then add the mushrooms, onions, garlic and pepper. Cook for 5 minutes. Add the red wine, water, and vinegar. Cook until the liquid evaporates, then add the beef broth and thyme. Simmer another 5-6 minutes, or until the liquid evaporates. (B) Pour mixture into a food processor and pulse until finely minced. Set aside to cool. (C) To the same pan, add your baby spinach and 1 garlic clove. Add 1 tsp water, cover with a lid, cook for 3 mins. Remove from pan and pat dry with paper towels to remove moisture. Set aside. (D) Divide the meat mix into 2 portions, roll into 2 long 'logs', about 10 inches long. Rolling them in plastic wrap helps.



3. **(A)** COMPLETELY cover a large cutting board with plastic wrap, then spray it all with cooking spray. Open the tube of dough and roll it out onto the plastic wrap. Use a rolling pin to stretch it out even more. I made mine 14x10 inches. Spread the dijon mustard onto the dough, leaving 1 inch on each side (red lines) free of dijon. **(B)** Spread the mushroom pate' over all of the mustard, stopping at the edges, keeping that last 1" of dough clean on each side. Then, remove the plastic wrap from the raw meat roll-ups, and place 1 on each side of the stretched dough. Then cover each with 1/2 of the cooked spinach. Slice the dough in half, cutting down through the plastic wrap. **(C)** Use the now-cut plastic wrap to fold and roll the dough up and over itself. **(D)** Wrap the 'logs' up completely, then place them in your fridge, seam-side down, for 20 minutes.

4. Line a large baking pan with parchment paper, and preheat your oven to 375 degrees.



5. **(A)** Remove wellingtons from fridge, remove plastic wrap and set them down onto the parchment paper lined pan. Mix 1 egg in a little dish, then brush the egg wash all over the 2 wellingtons... all over. Then, sprinkle 1/2 tsp of sesame seeds over the top of each one. **(B)** Bake at 375 degrees for 25-30 minutes. Let cool for 20 minutes, then, slice into 3/4 inch thick slices.

**NOTE:** This would go great with my creamy horseradish sauce, on page 73 of Cookbook 1.

