



COOKING/RE-HEATING INSTRUCTIONS-all oven temperatures are based on fan assisted units

Soup | Remove from tub and warm in a saucepan on a medium to high heat for 4-5 minutes until desired temperature.

Suet pudding | Pre-heat oven to 190c/gas mark 5: have ready a small saucepan, and a sauté/frying pan.

For the pudding: remove the lid from the pudding tray & place the pudding on the top shelf of the oven for around 15-20 minutes, until hot in the middle & the pastry is golden brown. (TIP: poke a small knife into the centre of the pudding, remove then touch the knife cautiously to check the temperature)

For the garnish: empty the broth into your saucepan and heat gently for 4-5 minutes. While this is heating, sauté your chard in a little oil until & season with a pinch of salt & pepper. This should take around 5 minutes to re-heat, so only do it when your pudding is nearly finished.

Camembert | Pre-heat oven to 190c/gas mark 5: have ready a sauté/frying pan.

For the camembert/garnish: remove the lid from the tray & place the tray on the top shelf of the oven for around 10-12 minutes, until hot & gooey in the middle & golden brown. (TIP: poke a small knife into the centre of the camembert, remove then touch the knife cautiously to check the temperature)

For the garnish: While this is heating, sauté your spinach in a little oil until wilted and season with a pinch of salt & pepper. This should take around 5 minutes to re-heat, so only do it when the camembert/garnish is nearly finished. Keep the black garlic mayonnaise ambient and use as a sauce; you can use the candied walnuts as extra garnish at the end.

Monkfish | Pre-heat oven to 190c/gas mark 5: have ready a small sauté pan

For the monkfish: Remove the lid and place on the top shelf of the oven for 12-16 minutes until hot in the middle & has reached at least 60c. (TIP: poke a small knife into the top of the paper to release steam before removing completely)

For the garnish: take the pot of potatoes & butter and start melting the butter in your sauté pan on a medium to high heat, sauté each side of the potatoes until golden brown & hot in the middle. This should only take around 5 minutes so as they are a couple of minutes from being ready, add the samphire to the sauté pan to wilt (do not season with salt). Use the salsa to dress your finished dish

Mussels | Pre-heat oven to 190c/gas mark 5: have ready a relative sized cooking pot/saucepan with lid.

For the fries: Remove the lid and place on the top shelf of the oven for 8-10 minutes, halfway through, shake the tray & turn the fries with a heat proof utensil until golden and crispy.

For the mussels: begin by heating your pot over a high heat (add nothing to the pot and ensure it is empty) once the pot is blistering hot, open your pre prepared big of mussels into it, cover with the lid immediately (don't worry if you don't have a fitting lid, you can persevere with a plate) shake the pot every 20-30 seconds or so. Once your mussels are partially open, they are ready to eat. These should only take around 5 minutes so make sure your fries are ready 😊.

Bacon loin chop | Pre-heat oven to 190c/gas mark 5: have ready a small saucepan.

For the chop: Remove the lid from the container, our chefs have already pre-caramelised your chop so simply place on the top shelf of the oven for 15-20 minutes, monitor frequently until the centre of the chop has reached at least 70c.

For the croquette: Remove the lid from the container & place on the middle shelf of the oven for around 10-15 minutes until hot in the middle & crisp on the outside. Empty the sage cream into a saucepan and heat gently for 3-4 minutes, or until piping hot. Serve the remoulade ambient.

Steak | Pre-heat oven to 190c/gas mark 5: have ready 1-2 small saucepans.

For the steak: Remove the lid from the steak tray and place the steak on the middle shelf of the oven for 6-7 minutes for medium rare. Leave in the oven for an extra 5 minutes for medium, an extra 8 minutes for medium well and an extra 13 minutes for well done. Always allow the steak to rest somewhere warm for at least 5-7 minutes.

For the mash: Place the bag with mash into microwave for 1 min or open into saucepan and heat over a medium heat gently while constantly stirring with a rubber spoon ensuring the mash does not stick.

For the garnish: Remove the lid from the garnish container place on the top shelf of the oven and heat for 10-15 minutes, meanwhile you can gently warm jus in a small saucepan on the medium heat, this should only take 2-3 mins(per serving) .

You're now ready to plate, please be as creative as you wish! If you need some inspiration, please see our social media platforms.

Honey-roast roots | Pre-heat oven to 190c/gas mark 5, remove the lid of the tray and place the tray in the oven for 4-6 minutes

Mustard mash | Open the mash into a saucepan and heat over a medium heat gently while constantly stirring with a rubber spoon ensuring the mash does not stick until piping hot.

STP donuts | Pre-heat oven to 190c/gas mark 5: Remove the lid from the container & place on the middle shelf of the oven for 8-12 minutes to warm through. Plate up then garnish with the clotted cream & icing sugar.

Hog sausage rolls | Pre-heat oven to 180c/gas mark 4: place each pastry on a baking tray all evenly spaced with the baking paper still intact, bake for 20-25 minutes until golden brown.

BLACKFRIARS AT HOME															
		Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
STARTERS	Soup														
	Duck ham														
	Oysters														
	Goats cheese								walnut						
	Smoked Mackerel	wheat													
MAINS	Croquette								walnut						
	Suet Pudding	wheat													
	Mussels														
	Monkfish														
	Bacon chop	wheat													
SIDES	Beet salad								pine nut						
	Mashed potato														
	Honey roast veg														
SUNDAY ROASTS	Beef	wheat													
	Pork	wheat													
	Lamb	wheat													
	Veggie nut roast	wheat							various*						
DESSERT	Cheese	wheat													
	Chocolate														
	Panna cotta														
	STP donuts	wheat													
	Rice pudding	wheat							almond						
OTHER	Hog sausage rolls	wheat													
	Sourdough loaf	wheat													
	Onion butter														
	Macarons								almonds						
*Contains almonds, hazelnuts, walnuts, pecans, peanuts & cashews															
Please note that while every care is taken to avoid any cross contamination, we cannot guarantee that any food item is completely free from traces of allergens.											ADJUSTABLE		CONTAINS		