



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 180c/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

You're now ready to plate, please be as creative as you wish! Lighter plates are best for this dish. If you need some inspiration, please see our social media platforms.

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

For the salmon: remove the lid and place on the top shelf of the oven for 15-20 minutes, monitor frequently until the pastry is golden on the top and the centre of the salmon has reached at least 58c.

For the garnish: take the vacuum bag of winter greens & butter and open into your sauté pan, sauté until butter has melted and the greens are tender. This should only take around 5 minutes to re-heat, so time it for when your salmon & veg garnish is nearly finished. Do not heat the hollandaise, serve this ambient.

Wild hog roll | Pre-heat oven to 190c/gas mark 5: have ready 1-2 small saucepan.

For the sausage roll: Remove the lid and place on the top shelf of the oven for 15-20 minutes, monitor frequently until the pastry is golden brown and the centre of the roll has reached at least 70c.

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. Empty the gravy & leeks into another saucepan and heat gently for 4-5 minutes.

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.

Sticky toffee pudding | Place in a microwavable bowl and heat on full power: 1 minute, 30 seconds (900w), 2 minutes (800w), 2 minutes, 30 seconds (700w for 2-3minutes Or, warm in a saucepan, in its own sauce on a medium heat.

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
STARTER	Soup														
	Ham														
	Crayfish	rye&wheat													
	Goats cheese								walnut						
	Gravlax	wheat													
MAINS	Croquette								walnut						
	Suet Pudding	wheat													
	Salmon	wheat													
	Monkfish														
	Hog sausage roll	wheat													
	Steak														
SIDES	Beet salad								pine nut						
	Mashed potato														
	Honey roast veg														
SUNDAY ROASTS	Beef	wheat													
	Pork	wheat													
	Lamb	wheat													
	Veggie nut roast	wheat							various*						
DESSERTS	Cheese	wheat													
	Chocolate														
	Treacle tart	wheat													
	Sticky toffee	wheat													
	Rice pudding								almond						
OTHER	Hog sausage roll	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		