



COOKING/RE-HEATING INSTRUCTIONS

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 consommé into your saucepan and heat gently for 4-5 minutes. 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 your pudding is nearly finished.

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

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

For the ox cheek: remove the ox cheek, shallot & red wine sauce from its vacuum bag and place in your saucepan. Add 1-2 tablespoons of water & set on a medium heat to gently warm up, every 1-2 minutes, with a tablespoon, spoon the sauce over the meat & shallot until desired temperature, this should take around 18-22 minutes.

For the garnish: While the ox cheek is heating up, remove the greens from the garnish tray and set aside. Put the fondant potato in the oven on the middle shelf for 10-12 minutes (you can leave this in the tray). Start heating the sauté/frying pan on a medium to high heat; add the greens to the pan, along with some butter and sauté until lightly coloured & hot. You're now ready to plate, please be as creative as you wish! Darker plates are best for this dish. If you need some inspiration, please see our social media platforms.

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

For the haddock & potatoes: remove the lid and place on the top shelf of the oven for 15-20 minutes, monitor frequently until golden on the top.

For the garnish: take the vacuum bag of spinach & butter then place into your sauté pan, sauté until butter has melted and the spinach is tender. These both should only take around 5 minutes to re-heat, so only do it when your haddock is nearly finished.

Do not heat the béarnaise, serve this ambient.

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)

Or, warm in a saucepan, in its own sauce on a medium heat for 2-3 minutes.

BLACKFRIARS AT HOME														
	Gluten	Crustaceans	Eggs	Fish	Peanuts	Soyabeans	Milk	Nuts	Celery	Mustard	Sesame	Sulphites	Lupin	Molluscs
STARTER	Soup							chestnut						
	Pork													
	Crayfish & Salmon	rye&wheat												
MAINS	Suet Pudding													
	Ox cheek													
	Haddock													
Sunday roasts	Beef	wheat												
	Pork	wheat												
	Veggie nut roast	wheat						various*						
Desserts	Choc Delice							hazelnut						
	Sticky toffee pud	wheat												
	Cheese	wheat												
Other	Sourdough loaf	wheat												
*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		