

EST  2001

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# JEFFREY'S

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C A F E C O

## *Beef Wellington*

*Preheat oven to 375.*

*Beef Wellington/*

*Brush Beef Wellington with egg wash provided (located inside the pan, in small portion cup). If you do not have a pastry brush you can use a small piece of paper towel to brush it over all the pastry. This will result in a crisp, golden crust. Place pan of pastry, un-covered in centre rack of oven. Bake for 30-35 min. This should result in a medium/ medium rare centre. If you prefer it rare take it out after 18 min, more well done, leave it in for 4-6 min longer. The pastry takes approximately 17 min to cook through, so we do not encourage taking it out before that. If the pastry is getting too dark you can place the foil cover back over the top to slow browning of the pastry.*

*Mashed Potatoes/*

*Place in 375 oven, covered, for 20 min. Stir & Serve.*

*Green Beans Almondine/*

*Uncover pan of beans. Sprinkle the packet of almonds & spices over the beans. Roast, uncovered, in 375 oven for 10-12 min until just tender. Stir and serve.*

*Cinnamon Glazed Carrots (if added)/*

*Uncover pan of carrots and heat in 375 oven for 10-12 min. Stir and serve.*

*Red Wine Poached Pears/*

*The pears can be served warm or cold. If warm is preferred, place them covered in 375 oven for 4-5 min. Serve.*

*Bread/*

*If you prefer warm bread, place directly on oven rack for 2-3 min.*

*Salads/*

*Empty all ingredient packets and dressing into bowl, toss and serve.*

*Yorkshire/ Bake for 10-12 minutes*

***Molten Lava Cake***

*Preheat oven to 400 degrees*

*remove lids from jars and place into preheated oven, bake for 14min (if at room temp. reduce by 2min)*

*let sit for 1-2 minutes before running a knife along the outside edge*

*plate onto serving plate (also great to enjoy out of the jar)*

*microwave white chocolate caramel for 30 seconds*

*serve with homemade vanilla bean ice cream, fresh fruit and eggnog cream.*

*Happy New Year!!!*