



**“Valentines in the Teaching Kitchen”
February 14, 2026**

LEMON-GARLIC BUTTER POACHED SHRIMP

- 1-pound 16-20 shrimp, peeled and deveined**
- ¼-pound unsalted butter (one stick)**
- 1 lemon, juiced**
- 3 cloves garlic, minced**
- 1 TBSP. Italian parsley, chopped**
- ½-tsp. Lemon Garlic Sea Salt (found at www.matthewmay.org)**
- 1/8-tsp. ground black pepper**

In a medium-size skillet or sauté pan, melt butter over medium heat. Add minced garlic, salt, pepper, and juice from half of the lemon. Bring poaching liquid to simmer (light boil). Your pan should be hot enough that you can see steam rising from the pan. Add shrimp and poach on this first side about 2 minutes, then turn shrimp over to cook the other side. By this time, most of the water may be evaporated and the butter may start to brown. Add 2 TBSP. water to prevent the butter from browning. Cook shrimp on this second side for only 60 seconds and remove from heat. The shrimp will still be slightly raw at this point, but will finish cooking out of the pan. This is called “carry-over cooking”. Transfer the shrimp to a serving plate or platter. Taste the poaching liquid, and adjust salt, pepper, and lemon juice if needed. Add chopped parsley. You should taste a flavorful balance of fat (butter), acid (lemon juice), and salt.

BEEF WELLINGTON

- 2-pounds button mushrooms, finely chopped**
- 1-TBSP. chopped garlic**
- 3-TBSP. unsalted butter**
- ½-tsp. ground black pepper**
- ¼-cup red wine or sherry**

- 1 beef tenderloin, trimmed and cut into 3-4-ounce filets**
- 2-TBSP. “Steaks and Chops” Sea Salt Blend (found at www.matthewmay.org)**
- 1-tsp. vegetable oil (for searing steaks)**
- 4 puff pastry sheets, chilled**
- 1 egg + 1-TBSP water for egg wash**
- 2-TBSP. Dijon mustard**

*Preparation for this recipe starts the day before you are going to serve it.

In a large sauté pan, add mushrooms, wine or sherry, butter, pepper, and garlic. Cook on medium heat until the water has cooked out of the mushrooms, and they begin to brown on the bottom of the pan. Transfer to a bowl or small pan and cool completely in the refrigerator.

On a baking sheet tray, season both sides of the beef filets with the Steak And Chops sea salt. Wrap and store in refrigerator overnight. (This process is critical as the salt will penetrate the beef filets and make them very flavorful and tender). When ready to assemble the wellingtons, remove the beef filets from the

refrigerator. In a hot skillet, add vegetable oil, then sear both sides of each fillet until browned. Remove from pan and allow to cool before proceeding. Add 1/2-tsp. Dijon mustard to the tops of each fillet. Spread mustard to cover the entire tops of each fillet. Add 1-TBSP. of chilled mushroom mixture on top of the mustard. Spread the mushroom mixture evenly over each fillet.

Sprinkle a little flour over your counter and roll out your first puff pastry sheets into a 10"X10" square. Using a sharp knife, cut the pastry sheet into quarters so that you have four 5"X5" square sheet. Carefully, transfer your prepared filets to the puff pastry upside down, so the mushroom layer is on the bottom. Carefully pull up the four corners of the pastry to wrap each fillet. Trim any excess dough that overlaps or that is not needed. Gently turn each wrapped fillet upside down again and transfer to a parchment paper-lined baking sheet tray. Repeat process until all filets are wrapped and evenly spaced on the sheet tray. In a small bowl, combine 1 egg and 1-TBSP. water, whisk to combine. Brush each wrapped fillet with the egg wash. You may also cut small leaves or other shapes to decorate the tops of each Wellington. Be sure to egg wash your pastry décor as well.

Preheat oven to 425°F. Bake Wellingtons until golden brown and a thermometer inserted in the center of each fillet registers between 120°F - 125°F, about 25 minutes. Using a spatula, remove the Wellingtons from the sheet tray and allow them to rest about 15 minutes before serving.

LEMON CRÈME BRÛLÉE

4 egg yolks

zest of 2 medium-sized lemons

1-cup heavy whipping cream

2 TBSP. sugar (divided)

2 6–8-ounce baking cups/ramekins

(Makes two desserts)

Optional: Add 1-tsp. pure lavender extract to egg yolks and sugar

Optional fruit-on-the bottom: Add 1 TBSP. raspberry jam, blackberry jam, or fruit preserves to each ramekin before pouring crème Brûlée on top.

Heat oven to 300°F. Zest lemons and separate egg yolks from the whites (discard whites). Whisk together 1 TBSP. sugar and egg yolks in a small mixing bowl. In a small saucepan, bring cream and lemon zest to a simmer over medium heat. (Takes about 5 minutes). Stir occasionally and do not let it boil. Once the cream mixture reaches a low boil, remove from heat. Allow to sit for 5 minutes to draw the lemon oil out of the zest. Strain to remove the lemon zest. Slowly pour the hot cream into the egg yolk mixture (a little at a time), while whisking constantly. Pouring too fast will result in scrambled eggs. Place your 2 ramekins into a 9"x9"-inch pan. Divide the custard mixture into the ramekins. Pour the water into the pan until it's halfway up the side of the ramekins. Be careful not to pour water any into the custard. Bake 40-45 minutes or until centers are just set. Cool to room temperature then refrigerate for a minimum of three hours. When ready to serve: Cover each ramekin with 1-tsp. of white sugar and tilt Brûlée around to evenly coat with sugar. Pour off any excess sugar. Brûlée the tops with a kitchen torch or under the broiler until sugar browns. Wait a few minutes before eating, as the sugar is very hot.