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Subject: **Fall News from Helping Hands**
Date: November 11, 2010 11:45:17 AM PST
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Helping Hands' Nifty News and Notes Fall, 2010

Portland's Premiere Clean Home Resource!

Helping Hands

www.helpinghandscentral.com
503-351-5716

Helping Hands Just For You



The Helping Hands Guys' Fall Clean Up

Fall is here. And there's still so much to be done before the holidays. Let our guys Joe and John help out. Use their macho muscles to clean up the patio and store its furniture; scrub the bbq before its cover goes on; and wash the window screens before you store them. (They're also nifty at moving appliances and tracking down those hidden dust bunnies.) Just give Debrah a call to set up a time.

P.S. Remember **Joe's Cast-Iron Beef Tenderloin with Port Garlic Sauce** recipe that Clean Chic promised in her last email? Just scroll down to read it.



Second Life: Cell Phones

Your old cell may look like a walkie-talkie compared to your sleek new iPhone, but it still could be used to save a life. The "Call To Protect" program refurbishes cell phones for victims of domestic violence. If you leave your cell phone and a "donate" note, we'll collect it the next time we clean your home and bring it to one of their local donation sites. (For more information: www.calltoprotect.org.)

The Helping Hands List



Our Favorite Duct Cleaning Service

Business: Oregon Ducts, Inc.

Services: Furnace ducts and dryer vent cleaning

Phone: (503) 233-1802

Email: stevesellers@oregonducts.net

Web site: oregonducts.net

Coverage area: Portland metro area

Why we recommend: First of all, Joe loves the name! We find homeowners often forget that ducts get dirty too. They are a hidden cleaning service that helps keep your home free of air born dirt and dust. Joe and I recommend having ducts cleaned on a biannual basis--or after any remodeling. Oregon Ducts' team is prompt, professional, and pay great attention to detail. They clean ducts and vents the way we clean your home--impeccably.

Meet The Staff



John

Hometown:
Portland, Oregon

Joe on John:

He's big; he's strong; he's got a great sense of humor--and man can he dust!

Favorite cleaning tip:

Having the right vacuum will save you time and hassle. My favorite? The compact Euro-Vac we use at Helping Hands.

Favorite pastime:

Going to a great movie and hiking up the Gorge with Luna.

Life's Dream:

Spend quality time with my wife, Luna and travel.

Birthday:

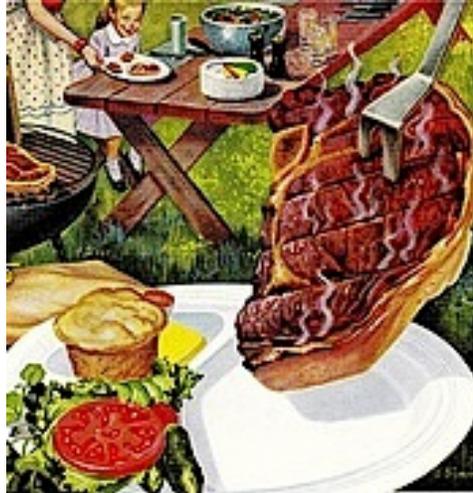
March 7

Guilty Pleasure:

Working out and iced coffee mochas from Barista (539 N.W. 13th Ave; Portland: (503) 274-1211; baristapdx.com

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Helping Hands in the Kitchen



Joe's Cast-Iron Beef Tenderloin with Port Garlic Sauce

This easy and elegant steak befits a special occasion. The glistening port sauce, made in a matter of minutes in the cast-iron skillet used to prepare the steak, is a velvety rich concoction with such a lavish taste and touch that you'll pause, close your eyes, and relish every spoonful. In this recipe, the garlic is minced to release its most flavorful oils and to complement the sweet intensity of the port.

Serves 2

2 beef tenderloin filets, each 6 to 8 ounces and 1 1/2 to 2 inches thick
Coarse salt, preferably kosher, and freshly ground pepper
2 tablespoons olive oil
1 cup port
2 tablespoons balsamic vinegar
1 large garlic clove, pressed (about 1 teaspoon)
1 tablespoon unsalted butter, cut into pieces

Preheat the oven to 350°F. Lightly season the filets with salt and pepper and bring to room temperature.

In a 10-inch cast-iron skillet, heat the olive oil over medium-high heat for 1 minute. Fry the filets for 4 minutes per side. (To sear the edges, use tongs to hold and rotate the filets' edges against the hot skillet for 1 minute.)

Place the skillet and filets in the oven. For medium-rare, bake for 15 minutes, or until an instant-read thermometer inserted in the middle of a filet reaches 130°F to 135°F. Using a potholder to grasp the skillet's hot handle, remove it from the oven. Transfer the filets to a platter and let them rest, uncovered, for 5 to 7 minutes so the residual heat can finish the cooking (raising the filets' temperature to 135°F to 140°F).

Meanwhile, using a potholder, pour off the skillet drippings, reserving about 2 teaspoons in the skillet. Add the port and balsamic vinegar and bring to a boil,

stirring constantly to scrape up the browned bits from the bottom. Cook until reduced by slightly more than half and slightly thickened. Remove from the heat, and immediately whisk in the garlic and butter until blended.

To serve, arrange the steaks on plates and spoon a little sauce over each. At the table, pass additional sauce.



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