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## DINNER MENU SAMPLE

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### *Starters*

HOMEMADE BREAD

SMOKED SALMON SERVED ON A GRILLED PINEAPPLE RING  
TOPPED WITH A BERRY SAUCE

OR

MUSHROOMS STUFFED WITH BRIE AND FETA  
DRIZZLED WITH A SOY REDUCTION

### *Main*

FILLET OF BEEF WITH A HERB & MUSTARD CRUST  
TOPPED WITH CARAMELISED ONIONS

OR

ROASTED BABY CHICKEN STUFFED  
WITH BABY ONIONS, GARLIC AND FRESH HERBS

SERVED WITH ROASTED POTATOES AND MIXED VEGETABLE

### *Dessert*

PECAN NUT PIE  
SERVED WITH FRESH WHIPPED CREAM

OR

MELON AND PAWPAW  
IN A CHILLI AND LIME DRESSING

TEA & COFFEE



Breakfast tomorrow will be cereals, fresh fruit with yoghurt and a selection of cheese & cold meat, followed by a hot breakfast of crispy bacon, grilled tomatoes, mushrooms, eggs to order, toast and muffins, served from 08:00 until 09:30.

## **Pumpkin Fritters**

1 EGG  
250ML CHEDDAR CHEESE  
250ML PUMPKIN OR BUTTERNUT,  
COOKED AND MASHED  
30ML CHIVES, CHOPPED  
SALT AND FRESHLY  
GROUND BLACK PEPPER  
180ML SELF RAISING FLOUR

- MIX ALL INGREDIENTS TOGETHER WELL.  
DROP TEASPOON FULLS INTO HOT OIL UNTIL GOLDEN BROWN

## **Mushrooms stuffed with brie & feta Drizzled with a soy reduction**

### **Serves 4**

1 x camembert round cut into ¼ 's  
Cover completely with a small piece of puff pastry  
Sprinkle with poppy seeds  
Put into the freezer for 1 hour  
Bake 220 for 15 minutes  
Garnish with a basil sprig

## **Herb & Mustard crusted Fillet with caramilised onions**

### **Serve 4**

#### **Fillet**

2 slices day old white bread  
60ml wholegrain mustard  
30ml olive oil  
salt & freshly ground black pepper  
600g fillet steak

#### **Caramilised onions:**

30ml oil  
2 onions, halved and sliced  
80ml Apple jelly  
Salt

#### **Method - fillet**

Process the bread, wholegrain mustard, garlic and oil in a food processor to form a paste. Season to taste. Place the fillet on a baking sheet. Smear the paste thickly over the fillet. Roast in a preheated oven at 200°C for 20 minutes. Grill for 5 minutes. Leave to stand for 10 minutes before slicing. Serve with the caramelised onions

#### **Method – Caramilised onions**

Heat the oil and sauté the onions until soft. Add the Apple jelly and simmer until thick and syrupy. Season to taste. When serving place on top of fillet.

## **Spinach, feta & Macadamia pie topped with mango chutney**

Jiggy to supply

## ROASTED MEDITERRANEAN VEG KEBABS

**SERVES 4-6**

2 RED PEPPERS CUT INTO QUARTERS  
2 YELLOW PEPPERS, CUT INTO QUARTERS  
1 MEDIUM AUBERGINE, CUT INTO CHUNKS  
3 COURGETTES, CUT INTO BITE SIZE PIECES  
2 RED ONIONS, CUT INTO CHUNKS

FOR THE MARINADE:

2 CLOVES GARLIC, CRUSHED  
1 TBSP CHOPPED FRESH BASIL  
1 TBSP CHOPPED FRESH PARSLEY  
250ML OLIVE OIL  
80ML RUNNY HONEY  
SALT AND FRESHLY GROUND BLACK PEPPER

### Method

- 1) MIX MARINADE INGREDIENTS TOGETHER IN A LARGE BOWL.
- 2) CUT VEGGIES AND TOSS WELL IN THE MARINADE, SET ASIDE FOR 1 HOUR
- 3) FEED ON TO SKEWERS AND BAKE IN A HOT OVEN UNTIL GOLDEN AND SOFT.

## Brandy, nut and date pudding

**SERVES 8**

1 PACKET DATES, CHOPPED  
1 TSP BICARBONATE OF SODA  
1 CUP OF HOT WATER  
1 CUP SUGAR  
113G BUTTER  
3 EGGS  
1.5 CUPS CAKE FLOUR  
1 TSP BAKING POWDER  
PINCH OF SALT  
100G PECAN NUTS, CHOPPED  
200G DARK CHOCOLATE, CHOPPED  
**SAUCE**  
2 CUPS WATER  
2 CUPS SUGAR  
60G BUTTER  
1 TSP VANILLA ESSENCE  
1 CUP BRANDY, DO NOT COOK

### Method

- 1) PLACE CHOPPED DATES IN A BOWL WITH HOT WATER AND BICARB.
- 2) CREAM BUTTER AND SUGAR TOGETHER.
- 3) ADD 1 EGG AT A TIME, SIFT FLOUR, SALT AND BAKING POWDER.
- 4) MIX DATE MIXTURE AND FLOUR MIXTURE INTO THE EGG MIXTURE.
- 5) MIX IN CHOPPED NUTS AND CHOCOLATE.
- 6) BAKE AT 180°C FOR 1 HOUR.
- 7) PUT ALL SAUCE INGREDIENTS INTO A POT AND BRING TO THE BOIL.
- 8) WHEN THE PUDDING IS DONE, ADD THE BRANDY TO THE SAUCE AND POUR OVER THE PUDDING.

## Pawpaw and melon with chilli, lime and honey dressing

**Serves 6**

80ml honey  
juice of two limes or lemons  
1ml dried, crushed chillies  
60ml fresh mint, chopped  
2 ripe pawpaws, peeled and cubed  
500ml mixed sweet, green melons  
and watermelon cubed  
30ml toasted sesame seeds  
Vanilla yogurt.

### Method

- 1) Heat the honey in a small bowl in the microwave until runny.
- 2) Mix in with the limejuice, chillies and mint.
- 3) Cool, then pour it over the fruit.
- 4) Chill until ready to serve.
- 5) Sprinkle with sesame seeds and serve with vanilla yogurt.