

# Parsons Creative Food

## Cold Fork Buffet Menus 2012

**Please choose as follows:**

**Two main dishes & vegetarian alternative & three salads followed by Two Desserts + Assorted Cheeses & Biscuits with Fresh Fruits**

### Chicken

Smoked Chicken & Mango Salad with Avocado, Grilled Peppers, Orange & Grainy Mustard Dressing

Fresh Herb Stuffed Chicken with Pearl Barley Risotto Salad

Tomato & Mozzarella stuffed Chicken Breast on Cannellini Beans, Spinach & Shallots

### Beef

Rare Roast Sirloin of Beef with Celeriac Remoulade & Chicory

Char Grilled Fillet of Beef on Ribboned Cucumber, Snake Beans & Beanshoot Salad with Smoked Tomato & Ginger Sambal

Seared Fillet of Beef Carpaccio on Truffled Ratte Potatoes, Wild Rocket & Pecorino

### Lamb

Herb Crusted Rump of Lamb with Lentil & Pancetta Salad

Moroccan Spiced Rump of Lamb on Chickpeas, Watercress, Pepper & Aubergine

### Duck

Slow Cooked Duck Salad, Watermelon, Preserved Ginger, Oriental Leaves & Honey Soya Dressing

**Contd...**

## **Fish**

Smoked Eel, Anya Potato & Pickled Beet Salad with Apple & Horseradish

Seared Mackerel with Sultanas on Fennel Slaw

Salmon & Prawn Caesar Salad with Citrus Fruit

Halibut Ceviche with Grapefruit & Chilli on Courgette Carpaccio & Pea shoots

Lime & Chilli Prawn Chorizo Skewers with Rocket & Roasted Peppers & Salsa Verde

## **SALADS**

Lamb's Lettuce, Garlic Croutons, Sherry Vinaigrette, Grand Paderno

Potato & Pancetta Salad with Chives

Sicilian Pasta Salad with Peppers, Raisins & Saffron

Mixed Bean Salad with Artichokes & Mint Dressing

Buffalo Mozzarella & Beetroot Salad with Balsamic Syrup

Salad of Baby Spinach & Caramelised Walnuts with Cachel Bleu & Walnut Dressing

Three Rice Salad with Fresh Herbs

Watermelon & Feta Cheese Salad with Watercress

Roast Pumpkin Salad with Peppers & Spring Onions

Chickpea & Cauliflower Salad

Panzanella Salad with Tomatoes & Olives

Mixed Leaf Salad with Carrot & Cucumber Ribbons & Radishes

Artisan Breads and Butter

**Contd..**

## **Vegetarian Dishes**

Cornish Yarg, Leek, Courgette & Sorrel Tart

Quinoa & Camargue Rice with Orange & Pistachios, Apricots, Lemon & Olive Oil with Char Grilled Haloumi & Chestnut Mushroom Skewers

Beetroot & Mozzarella Tart with Balsamic & Rosemary

Tart of Swiss Chard, Comte Cheese & Speck

## **Desserts**

Pear Tart Tatin with Vanilla Cream

Rich Chocolate Tart with Confit of Oranges & Crème Fraiche

Exotic Fruit Salad with Passion Fruit Syrup

Blackcurrant Delice

Saffron Crème Brulee

Caramelised Spiced Pear & Walnut Strudel with Cinnamon Crème Fraiche

Cherry Frangipane Tart with Kirsch Cream

Summer Fruit Pavlova with Raspberry Sauce

Meringue Roulade of Chestnut Cream with a Sea Salt Chocolate Sauce

Elderflower Mousse with a Grape & Mint Salad

Seasonal Fruit Eaton Mess

Chocolate Delice with Salted Caramel

Apple Tarte Tatin with Cinnamon Cream

Rhubarb & Duck Egg Custard Tart with Clotted Cream

Lemon Meringue Pie with Blackberry Sauce

Assorted English & French Cheese Board with Fresh Fruits & Biscuit Selection