

# SugarPepper Cooks

For Effortless Entertaining

0845 3304533

## **3 Courses – choose from:**

### **Starters**

Prawn, whisky and Gruyere tartlet on a bed of rocket

Grilled mussels with a coriander and almond butter

Brandade of smoked salmon and capers with buttermilk dill scones

Bundles of roast asparagus and rosemary, wrapped in pancetta with a buttery lemon dressing

Potato and thyme cakes with grilled goat's cheese on lightly dressed leaves

Courgette and Parmesan terrine with a tarragon vinaigrette

Chicken and ham terrine with pear or tomato chutney

Salmon, prawn and parsley terrine with herb dressing

Smoked trout and caper filo pastry served on mixed leaves with a lemon and herb dressing

Thai chilli, coriander and crab salad with a coconut milk and lemon grass dressing

Goat's cheese and leek tart on mixed leaves, with a roasted red pepper dressing

Sunblush tomato, watercress and Gruyere tart on lightly dressed mixed leaves

Grilled goat's cheese and fresh herb croutes, topped with sundried tomato and chill oil, served on a bed of lightly dressed mixed leaves

Mozzarella, tomato, basil and black olive bruschetta

Marinated crème fraiche, chilli, and lemon mozzarella

Marinated mushrooms with garlic and smoked paprika mayonnaise

Mushrooms in a creamy tarragon sauce on toasted ciabatta

Pear, Gorgonzola, walnut and mixed leaf salad

Mushroom, thyme and dry sherry soup

Celeriac and Stilton soup

Butternut squash and rocket soup

Carrot and coriander soup

Roquefort and watercress soup

Tomato and roasted red pepper soup with Parmesan croutons

Courgette, tomato and thyme soup with Parmesan shavings

Gazpacho or chilled cucumber and dill soup topped with crème fraiche

Chilled leek and potato soup garnished with toasted almonds

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## Main Courses

Bouillabaisse with rouille and Gruyere croutons (£4 supplement charge per guest)

Lobster paella (£8 supplement charge per guest)

Salmon en croute - served with new potatoes and parsley butter  
-layers of seasoned salmon, rice and spinach, wrapped in puff  
pastry and served with a creamy mushroom sauce

OR

-layers of salmon, tarragon butter and spinach

Cod Wellington – layers of cod, mushrooms, shallots and thyme, wrapped  
in puff pastry, served with a light herb sauce and new potatoes with  
parsley butter

Baked fillet of sea bass with roasted potatoes, wild mushrooms and salsa  
verde (£3.50 supplement charge per guest)

Seafood cannelloni with a saffron sauce, served with a with mixed leaf  
salad

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Coq au Riesling – chicken, mushrooms and shallots in a creamy white  
wine sauce served with new potatoes and French beans with fresh herb  
butter

Thai green curry with chicken or beef or prawns or aubergine, served with  
fragrant Thai rice and stir-fried broccoli

Spanish chicken in an almond, parsley, chilli and pepper sauce, served  
with buttered papardelle and green beans

Chicken Basque – baked chicken, peppers, chorizo, black olive and  
paprika, served with sauté potatoes and a mixed leaf salad

Chicken and apricot tagine served with roasted Mediterranean  
vegetable couscous

and green bean and cucumber salad with a lemon, garlic and paprika  
dressing

Guinea fowl roasted with 40 cloves of garlic and served with watercress  
butter croutons, sauté potatoes and buttered spinach (£3.50 supplement  
charge per guest)

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Main courses continued:

Roast quails with a brandy and grape sauce, creamy mashed potato and garlic courgettes (£3.50 supplement charge per guest)

Duck in a dry sherry and olive sauce served with Lyonnaise potatoes and mixed leaf salad

Canard aux petit pois – casserole of duck, bacon, thyme, diced carrots and peas, served with sauté potatoes

Thai red curry with duck, fragrant Thai rice and stir-fried broccoli

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Fillet of beef and wild mushroom gratin with Dauphinoise potatoes and a mixed leaf and Roquefort salad (£7 supplement charge per guest)

Daube de boeuf Provençal – French casserole of beef, bacon, new potatoes, thyme, parsley, olives and red wine and French beans

Ravioli of beef and Parmesan with a rich prosciutto, chicken, garlic and parsley sauce with a mixed leaf salad (£5 supplement charge per guest)

Beef, garlic and parsley meatballs in a rich tomato sauce, served with buttered papardelle and mixed leaf salad

Beef and pork meatballs in a chilli and green olive sauce with saffron and parsley rice and mixed leaf salad

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Medallions of pork fillet on a bed of butter beans and red pepper infused with chill and thyme

Pork and Serrano ham meatballs braised in a dry sherry sauce with creamy mashed potato and mixed leaf salad

Cassoulet – casserole of belly pork, bacon, duck, Toulouse sausages, haricot beans, wine and mixed herbs, served with a mixed leaf and rocket salad

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Carbonnade Nimoise – slow-cooked lamb, bacon, new potatoes, fresh herbs, and tomatoes, served with French beans and fresh herb butter

Lamb shanks in a red wine, rosemary and garlic sauce with creamy mash and mixed vegetables

Lamb and prune tagine served with roasted Mediterranean vegetables and couscous

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Main courses continued:

Spinach, ricotta, Parmesan, mozzarella and toasted pine nut lasagne OR roasted Mediterranean vegetable lasagne, served with a tomato salad with a basil dressing

Spinach and ricotta cannelloni with a roasted red pepper and tomato sauce, served with a mixed leaf salad

Leek and mixed pepper gratin with fresh pesto fusilli, served with rocket salad

Gnocchi in a fresh red pesto and mascarpone sauce with avocado and green olive salad

Mixed mushrooms and peppers braised in a tomato and smoked paprika sauce, topped with sour cream and chives served with rice and mixed vegetables

Layered aubergine, mozzarella, Parmesan and basil bake, served with mixed leaf salad

Red lentil and aubergine moussaka, served with sautéed courgettes and rice

Courgette, garlic, fresh herb and mascarpone penne bake, served with a lightly dressed watercress and spinach salad

Thai aubergine red curry served with fragrant Thai rice and stir-fried broccoli

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## Desserts

Vanilla ice cream topped with oloroso sherry soaked raisins

Victorian black cherry and pear trifle

Raspberry trifle

Chocolate muffin, black cherry and rum trifle

Tiramisu

Lemon posset with shortbread

Lemon, Calvados and grape brûlée

Chocolate brûlée

Chocolate cheesecake with vanilla cream

Prune and Cognac dark chocolate pot

Dark chocolate and orange pot

White chocolate and strawberry pot

Light and dark chocolate torte

French pear and chocolate tarte with crème fraîche

French apple tart with Calvados cream

Tarte au citron with cream

Chocolate and morello cherry roulade

Vanilla panna cotta with a berry coulis

Exotic fruit salad with Crème de Cassis OR mango coulis and vanilla cream

Strawberries marinated in sweet dessert wine, served with vanilla cream and shortbread biscuit

Individual Pavlovas - forest fruit coulis and whipped Greek yoghurt and cream OR strawberries, kiwis, toasted almonds and cream OR pears, toasted hazelnuts, toffee sauce and cream

Fresh figs baked with chocolate and topped with vanilla crème fraîche