

SugarPepper Cooks

For Effortless Entertaining

0845 3304533

Hot Buffets - Served with rice/potatoes/pasta/noodles/cous cous/vegetables/salads

Fish

Salmon en croute - layers of salmon, tarragon butter and spinach wrapped in golden puff pastry

Cod Wellington – layers of cod, mushrooms, shallots and thyme, wrapped in golden puff pastry

Salmon and spinach lasagne with a light white wine and cream sauce, topped with a golden Gruyère cheese crust

Cod, prawn and aubergine Thai curry

Smoked haddock, tomato and Gruyère gratin with crisp green salad and baguette

Fisherman pie – cod, salmon and prawns in a cheese, parsley and watercress sauce, topped with mashed or scalloped potatoes and a golden Cheddar crust

Chicken, duck and turkey

Chicken Dijon – chicken and mushrooms in a white wine, sherry and mustard sauce

Coq au Riesling – chicken, bacon, mushrooms and shallots in a creamy white wine sauce

Traditional coq au vin

Pot roast poussin, new potatoes and green beans, with leek, olive, bacon and garlic stuffing

Chicken, Cheddar and leek pie topped with puff pastry

Greek baked chicken with lemon and oregano, served with romaine lettuce and spring onion salad with dill and lemon dressing or Greek salad

Spanish Pollo al Chilindron – chicken with red peppers and ham

Thai green curry with chicken

Chicken Alexander – chicken with mushrooms and peppers in a creamy white wine and dry sherry sauce

Chicken Puttanesca - chicken in a chilli, tomato, caper and black olive sauce

Spanish chicken in an almond, parsley, chilli and pepper sauce

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Chicken - continued

Golden chicken and leek lasagne in a creamy white wine and fresh herb sauce, with a mature Cheddar and Gruyère crust

Chicken, green peppers, ginger, garlic and black bean sauce

Chicken cacciatore – chicken, rosemary, garlic, tomatoes and wine

Mild or medium chicken curry served with fresh tomato, mint and red onion relish and cucumber raita

Chicken and apricot tagine with Moroccan spices

Duck legs braised in a dry sherry and green olive sauce

Thai red curry with duck

Turkey, bacon and thyme lasagne topped with bechamel sauce and a Parmesan and mature Cheddar cheese golden crust

Beef

Chilli con carne finished with a drizzle of lime, coriander and garlic oil and soured cream

Lasagne with layers of finely diced beef steak in a rich tomato sauce , mozzarella and roasted peppers and courgette, topped with a bechamel sauce and Parmesan

La gran lasagne – beef and pork meatballs, tomato sauce, ricotta, mozzarella, boiled eggs and Parmesan, with rocket and spinach salad, balsamic vinegar and Parmesan shavings

Beef, mushroom, carrot, celery and Guinness stew or puff pastry pie

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

Beef and pork meatballs in a chilli and green olive sauce

Braised beef and mushroom stroganoff in a brandy, paprika and sour cream sauce

Stifatho- Greek slow-cooked beef, onion, cinnamon and tomato stew, served with potato and red onion salad, and spinach with extra virgin olive /spinach rice with lemon

Beef olives – with a pork, anchovy, parsley and horseradish stuffing braised in a tomato sauce, served with sauté potatoes and buttered green beans

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Pork

Pork and Serrano ham meatballs braised in a dry sherry sauce served

Pork goulash

Sausages (pork/vegetarian), mash and onion gravy

Pork Dijon – pork and mushrooms in a white wine, sherry and mustard sauce

Potato, bacon, onions, spring greens, thyme, garlic, cream, Gruyère & Parmesan gratin

Potato, celeriac, chive, spring onion and mature Cheddar gratin

Potato, ham, leek and Cheddar gratin served with a lightly dressed crisp green salad

Fabada Asturiana - white bean, ham, chorizo, cabbage and potato casserole

Suffolk pork – pork and mushrooms, thyme, shallots in a cider, mustard and cream sauce, served with mashed or roast potatoes and spring greens

Cassoulet of duck, Toulouse sausages, pork belly, bacon, haricot beans, white wine, thyme and garlic. Crisp green salad with shallot vinaigrette and baguette

Huevos Rancheros – baked shredded spiced pork eggs and peppers in a spicy tomato sauce, served with Mexican sweetcorn spoon bread, soured cream and guacamole

Pork 'sausage roll', with peppers, sage and thyme wrapped in filo pastry and served with a rich tomato sauce

Lamb

Carbonnade Nimoise– slow-cooked lamb, bacon, new potatoes, fresh herbs, and tomatoes

Kleftiko – Greek-style slow cooked lamb shoulder with lemon, oregano and potatoes, served with Greek salad, tzatziki and pitta bread or wilted spinach with feta, dill and extra virgin olive oil

Moroccan lamb meatballs with chickpeas and spinach, served with sweetcorn, cucumber and spring onion salad with a chilli and soy dressing OR carrot salad with orange, parsley, cumin and paprika dressing, and yoghurt dip with flat breads

Braised lamb shanks with rosemary, red wine and redcurrant jelly sauce

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Lamb - continued

Tender lamb and prune tagine with Moroccan spices

Rhajastani red lamb and spinach curry

Moussaka

Vegetarian

Spinach, ricotta, Parmesan and toasted pine nut lasagne

Mediterranean vegetable lasagne

Courgette, ricotta and tarragon lasagne

Red lentil, chive and mushroom lasagne topped with mozzarella

Quorn mince, roasted red pepper, parsley and basil lasagne

Red lentil and aubergine moussaka

Gnocchi with red pesto, mascarpone, spinach and pine nuts

Gnocchi in a chilli, black olive and tomato sauce

Garlic courgette, pesto and mascarpone pasta bake

Spinach and ricotta cannelloni with a roasted red pepper and tomato sauce

Thai aubergine red curry

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

Mushroom Stroganoff

Layered aubergine, mozzarella, Parmesan and basil bake

Vegetarian chilli with a baked potato and sour cream and chives

Vegetarian Quorn, mixed peppers, sage and thyme 'sausage' roll served with a rich tomato sauce

Vegetable and paneer curry

Moroccan chickpea and spinach stew

Greek Briam – baked courgettes, tomatoes, aubergine, potatoes, feta, onions, garlic and oregano served white wine vinegar marinated cucumber, dill and onion salad