



Day 5 Menu

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CHARDONS

DAY 5 – CANAPE

Mini Falafels with Lemon Hummus

Serves: 10 Persons



Recipe Ingredients

Falafels

1 tin	Chickpeas
1tsp	Frozen garlic
1tbsp	Chopped parsley
1tsp	Chopped coriander
1tsp	Cumin
1tsp	Paprika
1tsp	Vegetable stock
1tsp	Flour
Splash	Lemon juice
	Salt and pepper to taste

Not suitable for **GF** (see page 3)

Not suitable for **GF**

GF flour



Hummus

1 tin	Chickpeas
1tsp	Frozen garlic
	Salt and pepper to taste
	Extra virgin olive oil
Splash	Lemon juice

Morning Preparation

10:00am

(Once the curry sauce and chicken have been prepared and the cake is out of the oven)

1. Tip a whole tin of chick peas into a colander and drain thoroughly. Pat with a little white roll or a tea towel to make sure it is completely dry.
2. Put chickpeas for the falafel into the food processor with all other ingredients. Blitz together, making sure all ingredients are well combined.
3. When the mixture is ready, form it into small patties, cover and place in the fridge to set.
4. To make the hummus, drain and pat dry chick peas and add them into the food processor with all other ingredients.
5. Blitz well together, slowly adding more olive oil until it has a smooth and runny consistency.
6. Taste for seasoning, add more lemon juice if needed.
7. Place covered in a fridge ready for serving.
8. Start preparing the cheesecake for dessert.

Evening Preparation

6.30pm

9. Once the curry for the main course is ready
10. Take the falafels out of the fridge and coat them lightly in flour/**GF flour**.
11. Fry them in a pan with vegetable oil for 2 minutes each side until golden brown.
12. Set aside on a baking tray ready to be warmed later.
13. Put the tandoori vegetable starter in the oven.

7.10pm

The logo for CHARDONS features a stylized blue arch above the word "CHARDONS" in a clean, black, sans-serif font. The arch is composed of two curved lines meeting at a point, with a small white triangle inside. The word "CHARDONS" is centered below the arch.

CHARDONS

14. Place the falafels on the bottom shelf of the oven for 5 minutes just to warm up.

Prepare side dishes.

To Serve

15. Serve the on a black slate with a teaspoon of hummus on top of each and decorate with chopped coriander.


CHARDONS
DAY 5 - STARTER

Tandoori Vegetables with Minted Yoghurt

Serves: 10 Persons



Recipe Ingredients

Vegetables

1	Courgette
2	Red Peppers
2	Red Onions
2 tbsp	Tandoori Spice
2 tbsp	Vegetable Oil
1 tbsp	Lemon Juice
	Salt and pepper
	Lettuce Leaves for Garnish

Minted Yoghurt

2 tubs	Natural Yoghurt	Not suitable for VG/LF
½ Bunch	Mint	
1 tsp	Lemon Juice	



Evening Preparation

5:00pm

1. Roughly cut all vegetables into small pieces and add into a glass mixing bowl.
2. Add the rest of the ingredients except the lettuce and season with salt and pepper.
3. Mix thoroughly, place in a baking tray and set aside marinating.
4. In a separate bowl add the yoghurt, ½ bunch of the picked and chopped mint leaves and lemon juice.
5. Season to taste and mix. Cover and place in the fridge ready for service.
6. Add chicken to curry sauce.
7. Make the carrot and onion salad plus the raita.

7.00pm (Once the canapés are ready)

8. Place the marinated vegetables on the top shelf of the oven to roast for 25-30 minutes, mixing halfway through so they cook evenly.
9. Prepare the wild rice.

(Once the canapés are served)

10. Garnish the plates with a few leaves just off the centre of each plate.

7.25pm

11. Take the vegetables out of the oven; they should be cooked through and slightly crispy.

To Serve

12. Next to the lettuce place roughly 3tbsp of cooked vegetables, ensuring that all three vegetables are on each plate. Pour the minted yoghurt over the top of the vegetables on the side next to the lettuce and sprinkle with freshly chopped mint. Serve hot. No yoghurt for **V/LF**

CHARDONS
DAY 5 - MAIN COURSE

Curry Banquet

Serves: 10 persons



Regular



Vegetarian



CHARDONS





CHARBONS

Recipe Ingredients

Chicken Tikka Masala Curry

10	Chicken breasts, defrosted	
300g	Frozen onions	
1tbsp	Frozen garlic	
1	Red/green chilli, deseeded & finely chopped	
1tbsp	Curry powder	
1tbsp	Turmeric	
2 jars	Tikka Masala curry paste	
2 jars	Water	
3tbsp	Apricot jam	
2L	Coconut milk	
2tbsp 3)	Vegetable stock	Not suitable for GF (see page
2tbsp 3)	Chicken stock	Not suitable for GF- (see page
1	Courgette, cubed	
300g	Frozen spinach	
	Cornflour mix	
1 bunch	Fresh coriander for decoration	

Vegetable Curry	Replace chicken with the items below	
	Chickpeas	
	Courgette	
	Frozen veg (green beans, peas, mushrooms)	
	Vegetable stock	Not suitable for GF (see
		page 3)

Rice

0.5kg	Wild rice, washed in cold water
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Carrot, Onion and Almond Salad

5	Carrots
2	Red onions
1tbsp	Lemon juice
	Salt, pepper and sugar to taste
½ bunch	Coriander, roughly chopped
50g	Toasted sliced almonds

Spiced Cauliflower

1kg	Frozen cauliflower	
1tsp	Turmeric	
1tsp	Curry powder	
1tsp	Cumin	
1tsp	Paprika	
1tsp	Vegetable stock	Not suitable for GF (see page 3)
	Salt and pepper	
2tbsp	of vegetable oil	

Naan Bread

10	Pita breads	Not suitable for GF (see page 3)
100g	Butter	Not suitable for VG/ LF (see page 3)
1tsp	Frozen garlic	
	Salt, pepper and chopped parsley	

Raita

2 pots	Natural yoghurt	Not suitable for VG/LF (see page 3)
1	Cucumber	
½ bunch	Chopped mint leaves	
2tbsp	Honey	
Splash	Lemon juice	
	Salt and pepper for season	

Morning Preparation

9:00am

1. Start preparing the curry sauce. Add onions, garlic and finely chopped chilli into a large saucepan with a splash of vegetable oil and cook on a high heat for 10 minutes, stirring regularly to stop it from burning.
2. In the meantime, place the cauliflower in a colander over a large glass bowl and defrost under hot water from the tap.
3. When defrosted, drain the water and leave the cauliflower on the side for a few minutes.
4. Finely chop one chilli, discard the seeds and add to the onions mix
5. To make the garlic butter, melt the butter in a small saucepan over a medium heat, add crushed garlic, salt, pepper and chopped parsley, mix together and cover with cling film. Leave on the side ready for evening serving.



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6. Remove the pitta bread from their packets and lay out on a baking tray. Cover with cling film.
7. When the onions are cooked, add curry, turmeric, and curry paste and continue cooking on a high heat for a further 3 minutes.
8. Add water and jam, mix well and simmer on a medium heat for 15 minutes.
9. In the meantime, transfer the defrosted and drained cauliflower into a large mixing bowl, add all the spices, vegetable stock and vegetable oil, mix well so all the florets are evenly coated. Add more oil if necessary to cover all the florets
10. Place cauliflower on a baking tray, cover with cling film and leave aside, marinating until the evening.
11. Add vegetable stock and coconut milk to the sauce, stir and continue simmering for a further 15 minutes.
12. Prepare the defrosted chicken breasts. On a clean chopping board, trim all the excess fat, cut each breast into equal sized cubes and place in a colander over a glass bowl to allow it to drain any excess water. Cover with tin foil and set aside.
13. Remove portions of the curry sauce for the **V/VG**.
14. To finish the curry sauce, add chicken stock and mix well.
15. Remove from the heat and leave covered on the side ready for later.

Evening Preparation

5.00pm

16. Put the curry sauce on a medium heat and bring to a simmer. (Both sauces if you are making a **V/VG** option).
17. Prepare the starter.

5.30pm

18. Add the chopped chicken cubes into the meat sauce and continue simmering for a further 15 minutes.
19. Peel and grate the carrots into a mixing bowl.
20. Peel and finely slice red onions and add to the carrots, season with salt, pepper, sugar and lemon juice and a small amount of vegetable oil, mix well and set aside for a couple of minutes to marinate.



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21. To make the raita, grate a whole cucumber into a separate bowl, discard the excess water, add all other ingredients and mix well. Cover with cling film and place in the fridge ready to serve.
22. To finish the carrot salad, add chopped coriander and raisins, mix again, cover and place in the fridge.
23. Toast the almonds in a frying pan on a high heat for a couple of minutes, stir and be careful not to burn them.
24. When toasted take off the heat, transfer into a small bowl and set aside.

6:00pm

25. Add chopped courgettes into both chicken and vegetarian curries which are simmering.
26. Into the **V/VG** curry add the chick peas, frozen beans and green peas.
27. Continue simmering for 10 minutes on a medium heat.
28. Add spinach to both curries and continue simmering for a further 10 minutes.
29. Once the spinach has completely defrosted, thicken up both sauces with a corn flour and water mix. Continue stirring until the sauce is thick enough to coat the back of a spoon.
30. Put the Tandoori vegetable starter in the oven.
31. When ready, take both curries off the heat and cover with lids or tin foil. Warm up on a medium heat just before service.

7:00pm

32. Put the marinated cauliflower on the middle shelf of the oven. Roast for at least 30 minutes.
33. Thoroughly wash the wild rice twice in cold water then cover with water and put on a very low heat so it is ready to boil.
34. Put the falafels in the oven then serve.
35. Prepare the sides. Place the carrot salad and raita in small servers (preferably curry bowls), sprinkle carrot salad with freshly chopped coriander and toasted almonds and raita with freshly chopped mint.
36. Serve the starters.
37. Bring the rice to boil and cook it while the starters are being served. It should take about 10-12 minutes.
(Once the starters have been served)
38. Move the cauliflower onto the top shelf of the oven and place the pitta breads on the middle shelf to warm up for 2-3 minutes.
39. When the rice is cooked, drain it in a colander.



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40. Cut pittas in half and drizzle garlic butter over them. Serve them in bread baskets.

To Serve

(Serve a well presented server of each dish to each table):

- 1 Server of curry sprinkled generously with chopped coriander
- 1 Rice
- 1 Spiced cauliflower
- 1 Bread basket of naan breads
- 1 Carrot, onion and almond salad
- 1 Raita
- 1 Mango chutney
- 1 Shaker of chilli flakes

CHEF'S TIPS

1. Take chicken breasts out of the freezer the night before.
2. We buy the chutneys from the UK and have a limited supply for the season. You must re-use your left-over chutneys to ensure you have a sufficient amount for the whole season.

CHARDONS
DAY 5 – DESSERT

Fruits of the Forest Cheesecake /Caramelised Tropical Fruit VG/LF
Serves: 16 Persons/1 Person



Regular



Gluten free



Vegan



CHARDONS

Recipe Ingredients

Cheesecake Mix

500g
1L
Splash
200g
8 sheets

Not suitable for LF/V/VG (see page 3)

Philadelphia-style cream cheese
Whipping cream
Vanilla extract
Icing sugar
Gelatine, soaked in water

Base

3 packs
450g
100g
100g

Pre-bought biscuits
Gluten Free Muesli
Brown sugar
Butter, melted

Not suitable for **GF** (see page 3)

Coulis

0.5kg
200g
200ml

Frozen mixed berries
Sugar
Water

Caramelised Tropical Fruit **VG/V/LF** (see page 3)

1
1 slice
2tbsp

Banana, sliced
Tinned pineapple, cubed
Brown sugar
Strawberry sorbet

Morning Preparation

10:30am

1. Place all the mixed berry coulis ingredients in a small saucepan.
2. Bring to the boil on a high heat then simmer for 15-20 minutes until reduced by half. The fruit should still retain its shape.
3. When ready, take off the heat and set aside to cool down then cover with cling film.
4. Crush the biscuits with your hands into a large mixing bowl, add sugar and melted butter and mix well.
5. Transfer the base mix into a cheesecake tin (saving a couple of spoons of the base mix for sprinkling later) and press down with the back of a spoon to create an even base.
6. Break gelatine sheets in half, place in a small bowl and cover with cold water to soak for 3 minutes.
7. Strain excess water.



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8. Warm the gelatine in a microwave for 20 seconds to create a paste. Try not to boil the gelatine as it will set and go hard really quickly; you are looking for a consistency of a paste.
9. In a separate bowl, add all remaining cheesecake mix ingredients and using a hand blender, blitz them to a smooth consistency and no lumps.
10. Add dissolved gelatine, continuously blending until all ingredients are well combined.
11. Place the mix in the fridge for 3-4 minutes, until it starts to set.
12. If you have a **GF** guest, put 2 tbs of **GF** muesli into the bottom of a wine glass.
13. Once the cheesecake mix is starting to set, pour the mix on top of the biscuit base, filling the cake tin to the very top of the rim. For **GF** fill up the wine glass with muesli in, leaving a little room on top for the coulis.
14. Put the cheesecakes in fridge to fully set.
15. Ice the cake.

Evening Preparation

8.00pm

16. Preheat a small frying pan on a medium heat and slightly grease it with a bit of vegetable oil. **V/VG**
17. Coat slices of banana and pineapple in sugar and fry in the pan for 3-4 minutes on each side until they are brown. The sugar should caramelize nicely, but be careful not to burn it.
18. When caramelized on both sides, transfer the fruit onto a plate, creating a circle.
Slice the cake into 16 equal portions using a clean knife dipped into boiling water for each clean cut.

To Serve

19. Place a slice of cheesecake in the centre of a plate. Add 2 spoons of coulis over the top and a sprig of fresh mint. Decorate by sprinkling a little of the base mix saved earlier.
20. For **GF**, top the wine glass with the coulis and a sprig of fresh mint
21. For **V/VG** serve the caramelised tropical fruit warm with a scoop of strawberry sorbet on top and a sprig of fresh mint.

