

# Meal Planner

(Most dishes can be adapted so just ask)

## Starters

*Risotto – Choose from Roasted Butternut Squash with Goats Cheese and Hazelnuts/ Mushroom/ Asparagus/ Smoked Haddock and Poached Egg/ King Prawn*

*Arancini – Risotto Balls Stuffed with Mozzarella*

*Cullen Skink – A Scottish Classic – Smoked Haddock Soup with Cream and Potato*

*Giant Stuffed Mushrooms with Parmesan, Breadcrumbs, Pancetta and Side of Rocket*

*Spaghetti Carbonara*

*Hot Smoked Salmon Salad with New Potatoes and Lemony Horseradish Dressing*

*Salad of Goats Cheese, Beetroot and Orange*

*Aubergine Parmigiana – Baked Aubergine, with Mozzarella, Tomato and Parmesan*

*Salad with Pan Fried Halloumi, Grapes and Strawberries*

*Baked Figs Stuffed with Gorgonzola Cheese and Drizzled in Honey and Marsala Wine*

*Lentil Soup*

*Smoked Salmon Mousse*

*Greek Salad with Cucumber, Tomato, Red Onion and Black Olives*

*Thai Salad of Roasted Butternut Squash, Pickled Red Onion, Mandarin and Toasted Cashew Nuts with Zesty Lime Dressing*

*Linguine with King Prawns, Courgettes and Peas*

*Spaghetti Bolognese (or can be served with courgette noodles as a healthy alternative)*

*Thai Spiced Chicken Noodle Soup*

*Tomato Fish Soupy Stew with Smoked Paprika and Parsley (can be made as a main)*

*King Prawns Pil Pil*

*Tom Yum Goong – Thai Aromatic Soup with King Prawn or Chicken*

*Mussels in a Garlic, Cream and White Wine Sauce served with Crusty Bread (can be a main)*

*Ayrshire Smoked Salmon and Pea Fettucine*

*Bruschetta with Tomatoes and Basil*

*Blue Cheese, Walnut and Candied Pear Salad with a Honey Dressing*

*Crostini with Smashed Broadbeans and Goats Cheese*

*Scallops and Black Pudding*

## **Mains**

*Italian Style Lamb Shanks (or leg if a full day lesson), Marinated in Garlic and Rosemary with Red Wine and Black Olives*

*Fish Pie Scottish Style*

*Spanish Paella with Chicken Thighs and King Prawns*

*Thai Style Chicken Coconut Curry with Spring Onions and Coriander*

*Simple Roast Chicken with Scottish Vegetables*

*Chicken and Leek Filo Pie*

*Spiced Pulled Pork Burgers with Sticky Sauce (full day session only)*

*Chicken Satay Skewers*

*Spicy Tomato Mexican Eggs with Tortillas*

*Simple Mince n' Tatties*

*Sage and Pancetta Wrapped Chicken Breasts Stuffed with Mozzarella and Sun-Blushed Tomatoes*

*Spanish Style Chorizo and Chickpea Stew (also good as a side, served with chicken or as part of Tapas)*

*Griddled Spiced Lamb Kebabs with Pistachios with Yoghurt Dressing and Herby Salad with Pickled Red Onion*

*Chicken Souvlaki – Kebabs Marinated in Garlic and Lemon*

*Spicy Chickpea Curry with Cardamom Spiced Rice and/or Homemade Flatbreads*

*Chicken Balmoral (Stuffed with Haggis), Served with Whisky Sauce*

*Slow Cooked Venison with Chilli and Dark Chocolate (for full day sessions only)*

*Beef Chilli with Roasted Spices and Veg*

*Baked Eggs with Bacon and Mozzarella and a Warm Mushroom and Spinach Salad*

*Haggis, Neeps and Tatties Stack with Ayrshire Bacon Wrapped Asparagus, Served with Whisky Sauce*

*Italian Sausage Casserole with Beans*

## **Desserts**

*Vanilla Panna Cotta with Cherry Compote*

*Chocolate Orange Tiramisu*

*Baked Lemon New York Style Cheesecake with Blueberries*

*Melty Chocolate Fondants*

*Cranachan with Fresh Raspberries*

*Pistachio Cake with Rosewater Syrup and Pomegranate Seeds*

*Apple Crumble (can be done with other seasonal fruits)*

*Chocolate and Marmalade Panetonne Tart*

*Pavlova or Individual Meringues with Strawberries/ Lemon Curd/ Passion Fruit and Mango/ Pear and Chocolate*

## **Sides**

*Pepperonata – Italian Stew of Peppers, Onions, Garlic and Herbs*

*Spicy Vegetable Noodles*

*Italian Style Rosemary and Garlic Roast Potatoes*

*Tzatziki Dip – Cucumber, Garlic, Mint and Yoghurt*

*Black Olive and Feta Cheese Dip*

*Honey Roasted Carrots and Parsnips*

*Mashed Brussel Sprouts with Garlic Butter*

*Creamed Carrots with Raisins*

*Roasted Butternut Squash/ Sweet Potato Chips*

*Roasted Mediterranean Vegetables with Chorizo (versatile dish which can be served with chicken/fish/pasta and cous cous)*

*Cauliflower Cheese*

*Roasted Beetroot with Balsamic Glaze*

*Fried Halloumi with Chilli and Lime*

*Waldorf Slaw*

*Spiced Nuts*

## **Home Baking**

*Freshly Baked Fruit Scones*

*Home Made Shortbread*

*Vanilla and/or Chocolate Cupcakes/ Celebration Cake with Vanilla Buttercream/Chocolate Buttercream*

*Cakepops – Vanilla or chocolate Ganache*

*Colombo – Italian Lemon Loaf Cakes*

*Chocolate, Banana and Walnut Loaf Cake*

*Easter Birds Nest Bundt Cake with Lemon Icing*

*Oaty Apricot Cookies*