

Soup ideas for the evening

Black bean, tomato and cilantro soup with grated carrot

Butternut squash with ginger and nutmeg and mascarpone cheese.

Roasted brocolini and courgettes with garlic and rosemary.

Salad ideas for lunch menus

Pan seared duck salad with fresh peaches and honey coated cashews, julienne of apple and rocket, served with a soy and sesame dressing with a splash of sweet chilli.

Orzo wheat salad with diced tomatoes, red onion, corn and green beans, fresh parsley and finished with seasonings and olive oil.

Wild rice salad with roasted carrots and sweet potato, diced sugar snaps and avocados and finished with an Italian dressing and fresh olives.

Poppy seed chicken served with roasted bell peppers and blanched green beans, fresh rucola and a curried mango dressing.

Fresh Cajun tuna salad with olives, chunky tomatoes and grilled asparagus served with a lemon and basil dressing and garlic herbed croutons.

Entrée ideas for the dinner parties

Freshly char roasted vegetable salad with sun blanching tomatoes, rocket and a pumpkin and cumin compote and fresh basil pesto sauce.

Chinese spiced duck breast served on a slowly roasted tomato and diced green beans with a peach and onion compote and a chilli orange marmalade

Cajun pan seared lamb loin served with a fresh chunky tomato, capsicum and cilantro salsa, diced avocado and finished with a petit mesclun salad

Freshly made Risotto Fungi with a brunoise of red onions, garlic, shitake, morel and Portobello mushrooms and complemented with tomatoes and basil, finished with parmesan cheese, truffle oil and rucola

Main ideas for the fish dish requested

The fish is all substitutable and I gave here a few different styles of cooking, oriental, English, Mediterranean and a fusion Style.

Fresh Sea Bass, rolled in cilantro, sesame seeds and garlic, served on a bed of sugar snap peas, bok choy and an oriental julienne of seasonal vegetables and finished with a sweet and tart lemon and Hoisen sauce.

John Dory pan seared with fresh chives and rock salt with a garlic and herb mash, grilled asparagus and served with fois gras and an orange beurre blanc

Baked fresh orange roughly served with wilted spinach and basil, and finished with sautéed chickpeas and mushrooms with a light tomato and garlic broth.

Char grilled Red Snapper served on a bed of baked red peppers, sautéed mung beans and avocados and finished with a sweet soy and chilli dressing and sun flower sprouts.

Desserts for the evening remembering the "light" concept

Frozen Passion fruit and coconut soufflé served with a poached pear and fig chutney and clover honeycomb.

Fresh lemon tart served with franjellico ice cream and candied orange peel

Individual baked vanilla bean cheesecake served with a fresh strawberry compote and fire tuile's.

Mandarin and ginger sorbet with sable biscuits and freshly diced nectarine compote.