

## *Simple Day Feast Ingredient List*

### *Three Fish Terrine*

- spinach
- cod
- tilapia
- salmon
- eggs
- breadcrumbs (gluten-free available)
- low-fat cream cheese
- nutmeg
- vegetable oil
- grains of paradise
- salt
- lemon (garnish)
- dill (garnish)

### *Herbed Potted Shrimp & Lobster*

- unsalted butter
- anchovy fillets
- thyme
- lemon zest
- mace
- salt
- grains of paradise<sup>5</sup>
- celery
- shrimp
- lobster
- garlic clove
- lemon wedges (garnish)

### *Lemon and Tarragon Crisps*

- whole wheat flour (gluten-free available)
- tarragon
- lemon zest
- baking powder
- grains of paradise
- salt
- olive oil

### *Chilled Artichokes with Dill Sauce*

- artichokes
- salt
- lemon juice

- extra virgin olive oil
- dill, chopped
- sour cream

### ***Fruit and Nut Cheese***

- cream cheese
- honey
- sharp Cheddar cheese
- dried apricots and cherries
- almonds

### ***Peat-smoked Pork***

- pork shoulder butt roast
- Irish peat

### ***Peas with Mint***

- honey
- mint
- peas
- salt
- butter

### ***Garden Salad with Edible Flowers and Small Egg***

- egg
- strong tea
- salt
- lavender flowers
- mixed lettuces (Romaine, spinach, green leafy)
- tarragon leaves
- edible flowers: nasturtiums, borage, marigolds, rose, coneflower
- extra virgin olive oil
- white wine vinegar
- brown mustard
- garlic clove
- sugar

### ***Apple and Blackberry Compote***

- honey
- Granny Smith apples
- blackberries

### ***Duck with Juniper Berries and Plums***

- juniper berries
- duck
- thyme sprigs

- bay leaf
- prunes
- red wine vinegar

***Carrot, Parsnip, Apple, Leek and Goat Cheese Tart***

- carrots
- parsnips
- leek, cleaned
- parsley
- Granny Smith apple
- goat cheese
- crème fraiche (made with buttermilk and sour cream)
- carrot juice
- eggs
- salt
- grains of paradise
- butter
- puff pastry (gluten-free available)

***Red Cabbage with Apple and Bacon***

- red cabbage
- onion
- bacon (vegetarian available)
- Granny Smith apple
- honey
- raisins (vegetarian version made with currants)
- malt vinegar
- salt

***Country Pâté with Red Currant Sauce***

- onion
- garlic
- butter
- duck liver
- parsley
- thyme
- rosemary
- bay leaf
- brandy
- butter
- salt
- grains of paradise
- parsley
- red currant jelly (served on the side)
- port

- white bread toast points (gluten-free available)

***Summer Pudding with Whiskey Cream***

- strawberries
- blackberries
- raspberries
- blueberries
- powdered sugar
- lemon juice
- white bread (gluten-free available)
- heavy whipping cream
- honey
- Irish whiskey