

...the **cashew** *kitchen.....*

.....presents...

*** The Spring Feast ***

*....inspiring RAW & COOKED foods
for warmer days & cooler nights....x*



*Saturday 18th March 2017 10am - 4pm
@ the Cashew Kitchen,
Bridge Farm, Barcombe Mills BN8 5BX*

This session offers recipes to help you acclimatize to a time of year when nature and the environment is regenerating and transitioning from a colder climate to warm. Lots of great 'outdoorsy' entertaining ideas with a little extra something for friends and family alike!

On the day we will cover:

Canapés/finger foods: Beetroot gazpacho w lemon cream & basil oil

- 'Vietnamese style' pancake rolls
- **Braised tempeh & peanut satay kebabs**
- *Mini borek – stuffed w spinach & potato served w tzatziki*
- **Raw chocolate & raspberry torte pieces**
- Med-jewel – medjool dates stuffed w avocado, pistachio & miso
 - **Edamame & mixed mushroom gyoza**
- Poached pear, griddled pineapple & lemon ice cream

Main Meal: Tempeh tamales served w a molé sauce

- **Moorish griddled seitan w chermoula tomatoes * Pear fennel cucumber walnut mint & pink peppercorn salad**
- Raw Summer Berry & Custard Tart *Avocado & lime ice cream

The day includes a lunch feast of canapés/finger foods and then a spring dinner feast to take home for afters!



The cost for the full session is £90 pp or £160 for 2 places

Sessions take place @ The Cashew Kitchen, Bridge Farm, Barcombe Mills, BN8 5BX

please contact to book your place or for further details
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