

# Private Cooking Competition

## Binding Experience

5<sup>th</sup> October 2014

Brisbane – 12 guests

Choose 6 dishes for competition (1 per couple)

\$1400 (all ingredients, utensils and equipment, driving, set up, cleaning up, chef and assistant included)

### Fish/Seafood

- Grilled Barramundi with Mango Salsa & Rocket and Tomato Salad
- Basil Scallops on top of Garlic & Spinach Gluten Free Pasta
- Grilled Marinated Prawn, Avocado & Broccoli on a Gluten Free Pasta
- Whole Baked Brazilian Stuffed Fish served with Vinaigrette
- Grilled Snapper with Spicy Banana, Coriander & Kaffir Lemon Salsa served with Spinach & Cherry Tomatoes Salad

### Chicken:

- Spice & Mustard Marinated Grilled Chicken with Green Vegetables

- Grilled Chicken with Lemon Myrtle & Macadamia Crust w Green Salad
- Mild Chai Chicken Curry & Basil & Sesame Stir Fry Vegetables
- Chicken Saltimbocca served with Creamy Polenta
- Chicken Tangine

### Lamb/Beef:

- Lamb Kofta with Green Salad and Tahini Mint Sauce
- Moroccan Lamb & Roasted Veggies Couscous
- Braised Lamb Shanks, Eggplant & Broccoli
- Shallots, Sesame & Ginger Beef, Spinach & Veggies Stir Fry
- Marinated BBQ Lamb served with Coconut & Almond Pilaf
- Beef Skewers with Chimichurri Sauce & Green Salad
- Brazilian cut BBQ Rump Steak served with Farofa

### Salads/ Vegetarian:

Roasted Pumpkin & Seeds, Chickpeas, Spinach, Cashew Salad

Kale, Quinoa, Orange & Roasted Almonds Salad (vg)

Raw Zucchini Pasta w Sundried Tomatoes & Capsicum Sauce (vg/r)

Quinoa Paella (vg)

Mexican Sweet Potato & Quinoa Salad (vg)

## *Snacks:*

- Chia Chicken Mini Burgers*
- Gluten Free Masala Vegan Patties*
- Grilled Salmon Fish Cakes*
- Shredded Root & Tuber Vegetable Pancakes*
- Vegan Dahl Koftas & Tomato Chutney (vg)*
- Eggplant, Sundry Tomatoes & Macadamia Ricotta Rolls*

## *Desserts:*

- Quinoa Chocolate Balls*
- Raw Vegan Chocolate Cheesecake*
- Raw Vegan Lime Cheesecake*
- Raw Vegan Lime & Passionfruit Cheesecake*
- Raw Vegan Cacao Bonbons*
- Raw Vegan Choc Chia Squares*
- Raw Vegan Ginger, Carrot & Orange Cake*
- Raw Vegan Chocolate Mousse Served with Raspberry Coulis*
- Raw Blueberries Topped with Banana Cream & Ginger Agave Caramel  
Sauce*
- Pineapple Slice*

-Poached Pears with Mix Berries Coulis

-Raspberry & Mint Sorbet

-Baked Almond Peaches