

MARIE - MENU IDEAS



MO

LUNCH

Caesar Salad

DINNER

Baked potatoes +
coleslaw + green salad

TU

Panini - salad

Zucchini - mushroom
omelette



WE

tomatoes
mozzarella

green asparagus with
aceto di balsamico &
grana padano / rocket
salad



TH

Clourful quinoa
salad

Ratatouille & rice

FR

Pasta & zucchini pasta
& smoked salmon & cream

Fajitas with
vegetables, chicken

SA

Brunch
use the rest of
the week & the
fridge

Safran Risotto &
grilled fishes

SU

Brunch
& salted wheat
pancakes

BBQ & grilled vegetables
in oven - Haloumi cheese



LES IDÉES MENU DE HÉLÈNE

MIDI

SOIR

L Spaghetti Carbonara

Cake aux olives & salade verte

M Gratin de brocolis & choux fleur

Quiche lorraine + salade de concombre

M Wok légumes & pâtes asiatiques Ramen

Cake aux olives & salade tomates/mozza

J Polenta & côtes d'agneau grillées aux herbes

Salade endives, roquefort, poires et noix

V Quiche chèvre chaud & lardons

Purée carottes - pommes de terre & saucisses

S Grillades + Salade de couscous

Omelette espagnole "tortilla de patatas" & salade verte

D Finir les restes

Rôti de porc, haricots verts & flageolets

Avocado Salad with Fresh Herbs

This is a bit of this salad as a sort of deconstructed avocado. The freshness of the herbs and the cool, crisp avocado is the perfect side for rich chilaquiles. This salad would do well next to simple grilled chicken or pork. If you like heat, feel free to include some fresh jalapeños.

INGREDIENTS

1 large avocado

1 cup mixed assorted fresh herbs (basil, cilantro, etc.)

1/2 cup fresh lime juice

1/2 cup olive oil

1/2 cup salted, toasted (see technique) pepitas

1/2 cup queso fresco or cotija

1/2 cup fresh corn

1/2 cup fresh tomatoes, diced

1/2 cup fresh onions, diced

1/2 cup fresh jalapeños, sliced

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MARIE'S RECIPES (1/2)

Colourful Quinoa Salad

For 4 servings:

- Quinoa
- 1 spring onion/shallot, white part only (approx. 15g)
- 3 sprigs fresh coriander, leaves and stalks, plus extra leaves for garnishing
- 30g lemon juice
- 2 tbsp extra virgin olive oil
- ¼ tsp fine sea salt, to taste
- ¼ tsp ground black pepper, to taste
- 300g broccoli, cut into large florets
- 40g dried cranberries
- 50g flaked almonds, toasted

Coleslaw

For 10 servings:

- 1 medium cabbage (about 2 pounds), outer leaves removed
- 3 medium carrots, peeled and shredded
- 1/2 cup loosely packed fresh parsley leaves, coarsely chopped
- 1 cup (170 grams) mayonnaise
- 2 tablespoons apple cider vinegar or more to taste
- 2 tablespoons Dijon mustard or coarse ground mustard
- 1 teaspoon celery seeds
- 1/4 teaspoon fine sea salt or more to taste
- 1/4 teaspoon fresh ground black pepper or more to taste

Quarter the cabbage through the core, and then cut out the core. Cut each quarter crosswise in half and finely shred. Place the shredded cabbage in a very large bowl.

Add the shredded carrot and parsley to the cabbage and toss to mix.

Avocado Salad with Fresh He

Think of this salad as a sort of deconstructed... The freshness of the herbs and the cool... do is the perfect side for rich chilaquiles... did do well next to simple grilled chicken... you like heat, feel free to include some...

Start with a... sorted fresh herbs (basil, cilantro, etc.)... save the cilantro stems for... finely diced... and, toasted (see technique... olive oil... fleur-de sel... papitas

Place it flat-side... slice thinly... on a serving platter... of avocado, half of... in seeds, a bit of... of the papitas, and... over in the same



MARIE'S RECIPES (2/3)

Coleslaw

In a separate bowl, stir the mayonnaise, vinegar, mustard, celery seeds, salt, and pepper together. Taste for acidity and seasoning then adjust as desired.

Pour two-thirds of the dressing over the cabbage and carrot then mix well.

If the coleslaw seems dry, add a little more of the dressing. Eat right away or let it sit in the refrigerator for about an hour to let the flavors mingle and the cabbage to soften.

Strawberry Tiramisu (without raw eggs)

3lbs. fresh, ripe strawberries (you're going to have extra for sure) 2 full cups will be chopped and pureed in a food processor, some will be sliced for layers and a few whole for optional decorating of the to.

Savoirdi lady fingers, the crunchy kind, 24 in a package

500g mascarpone cream, room temperature

500 curd or fresh cheese

¼ cup to ½ cup powdered sugar

1 or 2 tablespoons of granulated sugar (optional)

1 teaspoon vanilla

½ cup water mint leaves for optional garnish

The first layer is the lady fingers that have been soaked in strawberry juice, not quickly dipped but soaked well enough this will give you the moisture that is needed for the cake.

Or you can use strawberry sirup.

Next you'll spread the cream mixture all over the lady fingers and on top of that sliced strawberries scattered all over the top, then you'll repeat everything one more time.

Avocado Salad with Fresh Herbs

The freshness of this salad is a sort of deconstructed avocado. The freshness of the herbs and the cool, creamy texture is the perfect side for rich chilaquiles, or if you like heat, feel free to include some...

1 cup of chopped fresh herbs (basil, cilantro, etc.) save the cilantro stems for...

1/2 cup of finely diced avocado, toasted (see technique...)

1/2 cup of olive oil, fleur de sel, and...

Place it flat-side down on a serving platter. Sprinkle with half of the sliced avocado, half of a sprig of salt, half of the pepitas, and...



MARIE'S RECIPES (3/3)



TO MAKE STRAWBERRY JUICE FOR DIPPING LADY FINGERS
Place 2 full cups of chopped strawberries into a food processor with $\frac{1}{2}$ cup of water and puree until nice and smooth, taste and see if you think it's sweet enough, if not add a tablespoon or 2 of granulated sugar.

Pour dipping mixture into a small deep dish wide enough so lady fingers can fit while soaking.

TO MAKE THE CREAM MIXTURE

In a bowl add the mascarpone and the curd cheese and with a hand mixer beat until it smooths out.

In the same bowl add the other ingredients, blend and beat until it thickens up like a firm whipped cream.

