Trace Elements Dinner

MENU

Canapés
Falafel with tahini dip (Fe, Cu, Zn, Cr)
Prawns (Cu, Zn, I, V, Fe) with cucumber and yoghurt (Mo, I) dip
Mushroom (V, Se) and pine nut (Fe, Zn, Se, Cu, Mn) provençale in pastry cups
Cherry tomatoes with smoked mackerel filling (I, Se, Cu)

Starter
Calves liver pate with a salad of fresh chicory, oranges and pine nuts served with red onion marmalade (Fe, Cu, Zn, S, V, Co as B₁₂, Mo)
or
Waldorf salad (a salad of red and green apples, walnuts, celery and black grapes on a bed of mixed leaves) (Fe, Cu, Zn, Se, B, V, K)
served with sun-dried tomato bread (K, Ca, Mg)

Demi-tasse of Oyster and Saffron Chowder (Zn, V, Cu)

Main Course
Lamb korma (Fe, Zn, Cu, Fe, I, Co as B₁₂)
or
Parsnip and haricot-bean curry (Si, Fe, Zn)
served with Sultan’s Rice [basmati rice with almonds, raisins and saffron (Fe, Mn)] or plain rice with naan bread, lentil dhal (Cr, Fe, Zn, Se, Mo), raita (I) and an assortment of pickles, chutneys and other accompaniments

Pudding
Apple strudel (Cu, Mn, Fe, Zn, B)
or
Terrine of dark and white chocolate served with crème anglaise (I, Mo, Fe, Cr)

Petits Fours
Florentines, chocolate Brazils (Se, Fe, Mn, Cu, Cr)

Tea (Mn, F) and Coffee (K, Mn)

NB Table salt is iodised