

Nutritional Medicine

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 pinenut (*Fe, Zn, Se, Cu, Mn*) provencale in pastry cups
Cherry tomatoes with smoked mackerel filling (*I, Se, Cu*)

Starter

Calves liver pate with a salad of fresh chicory, oranges
and pinenuts 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