

Menu ideas for FEEDING A CROWD

'Keep it simple' is the best advice for easy entertaining. Niki Bezzant has put together menu suggestions that won't give the cook a nervous breakdown!

MENU 1

starter

- Smoked salmon on crostini with reduced-fat sour cream and rocket (plate these up in advance)

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main course

- Roast pork with herb and apricot stuffing (double or triple recipe for more people)
- Warm new potato salad with peas, reduced-fat mayonnaise and mint
 - Green salad with lemony vinaigrette
- Steamed asparagus or green beans with balsamic oil

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dessert

- Platter of stone fruit, scattered with 'crumbled' meringues, vanilla yoghurt and lemon curd.

MENU 2

starter

- Prawn cocktails: mix thawed, cooked prawns with reduced-fat mayonnaise, lemon juice and a dash of Worcestershire sauce. Serve with cos lettuce, tomato and avocado

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main course

- Roast chicken (cook two or three for more people)
- Warm salad of roast veges: potatoes, pumpkin, kumara, red capsicums and red onions. Toss rocket leaves through at the last minute

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dessert

- Chocolate and cherry trifle: make trifle as usual with bought sponge cake. Soak in cranberry juice. Add chocolate custard, vanilla yoghurt and fresh or canned cherries. Top with cherries and flaked chocolate.

MENU 3

starter

- Crostini (made from French bread, sliced, grilled in the oven)
- Dip made from green peas, mint, olive oil and lemon juice
- Dip made from reduced-fat cream cheese and chopped smoked fish

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main course:

- Roast leg of lamb (double or triple recipe for more people)
- Sliced tomato, basil and crumbled feta salad with vinaigrette dressing
 - Couscous spiced with paprika, cumin and toasted almond slivers
 - Green salad with balsamic dressing

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dessert

- Christmas pudding ice cream: melt low-fat vanilla ice cream, mix in crumbled meringue and chunks of Christmas pudding. Refreeze in loaf tins. Cut slices and serve with fresh strawberries.