

Gourmet Feasts  
Menu List



Fish & Shrimp Sauce

# Gourmet Feasts

## Menu List- Finger Foods / Appetizers - page 1

### **Koki Beans**

Steamed savoury black-eye peas pudding with green leaf vegetable

### **Egusi Pudding**

Steamed savoury pumpkin seed pudding with small pieces of smoked fish fillet

### **Dodo**

Pan fried golden brown ripe plantain slices

### **Pressing Plantie**

Seasoned pan fried pressed semi-ripe plantain pieces

### **Fish Rolls**

Thumb size baked or fried pastry rolls filled with finely chopped fish fillet, herb and vegetable

### **Puffpuff**

Fluffy raised yeast batter balls

### **Falafel**

Pureed chick pea and herb fritters

### **Akara Banana**

Mashed ripe banana and corn meal fritters

### **Bobotie**

Traditional sweet and savoury South African meat pie

### **Meat Balls**

Beef, pork or lamb meat balls seasoned with herbs and spices

### **Samosa**

Pastry triangles filled with seasoned minced meat

### **Soya**

Party size skewered beef strips marinated with a blend of peanut and spice seasoning

### **Yaikni**

Eggplant rolls filled with a combination of bell peppers tomato herbs and nuts

# Gourmet Feasts

## Menu List- Finger Foods / Appetizers - page 2

### **Beef Patties**

Backed half- moon shaped pastry pockets filled with a combination of minced meat, herbs and vegetables

### **Chicken Drumsticks or Wings**

Marinated chicken legs or wings with ginger and mixed spices grilled to perfection

### **Koeksisters**

Sweet and crunchy braided butter and cream pastry fried and served with syrup

### **Akra Beans**

Pureed black-eye peas fritters

### **Humus**

Chickpea Spread

### **Fish Pate**

Smooth spicy fish spread (Snoek or other firm fish)

### **Chapati or Roti**

Round flat unleavened bread

### **Fritters, Fruit, Vegetable or Meat Fritters**

### **Tomato Sauce Dip**

### **Baba Ganoush, Eggplant spread**

### **Avocado Dip**

### **Sandwiches and Canapés**

### **Fruit Kebobs**

### **Fruit Platters**

### **Spinach Loaf Slices**



# Gourmet Feasts

Menu List- *Entrees/Main Dishes*

## **Poulet De Ge**

Popular Cameroonian chicken cooked with ginger mixed spices and vegetables combined with fried ripe plantain pieces

## **Beef in Egusi Sauce**

Bite size stewing beef cooked with pumpkin seeds herbs and spices

## **Bobotie ( Main Dish Size)**

Traditional sweet and savoury South African meat pie

## **DoroWot**

Spicy Ethiopian chicken stew

## **Lamb Tagine**

North African Lamb and vegetable stew

## **Coconut Fish**

Whole firm fish or fish fillet cooked in coconut milk with ginger and spices

## **Baked Whole Fish**

Pink Salmon or other large fish well marinated and backed to perfection

## **Grilled Chicken**

Marinated grilled chicken pieces

## **Chicken Yassa**

Senegalese style chicken marinated in lemon and cooked with a lot of onion

## **Chicken in Peanut Butter Sauce**

# Gourmet Feasts

Menu List- *Entrees/Main Dishes* - Vegetarian

## **Spinach Egusi**

Leaf spinach sautéed with onion ginger tomatoes and ground pumpkin seeds

## **Shrimp and Vegetable Platter**

Shrimps and mixed vegetables sautéed with herbs and spices

## **Saffron Vegetables**

Steamed fresh cut vegetables in season with saffron and herbs and spices

## **Jellof Rice**

Subtle combination of white rice and vegetables cooked in tomato sauce

## **Coconut Rice**

White rice cooked in well-seasoned coconut milk and vegetables

## **Corn and Bean Casserole**

Whole corn kernels and red kidney beans cooked in a tasty tomato sauce

## **Spinach Country Style**

Leaf spinach sautéed with garlic ginger onion and fresh tomato

## **Koki Corn**

Pureed fresh corn dumpling

## **Bean Pot**

Bean chilli

# Gourmet Feasts

## Menu List- Side Dishes

### **Rice Dishes**

White rice, yellow rice, spinach rice or onion rice

### **Couscous**

Plain couscous, couscous with raisins, or couscous with mixed vegetables

### **Njera**

Ethiopian sour dough flat bread

### **Foofoo**

Smooth cooked corn meal dumpling

### **Yam Foofoo**

Cooked yam flour dumpling

### **Atieke**

Cassava couscous

### **Garifoto**

Roasted cassava grits with tomato sauce , sardine and hard boiled eggs

### **Breads**

Flat bread, baguette, rolls

### **Steamed Mixed Vegetables in Season**

### **Steamed or Boiled Semi-ripe Plantain Pieces**

# Gourmet Feasts

Menu List- Soups & Salads

## *Soups*

**Chicken and Green Plantain**

**Fish Soup with Njansah Spice**

**Peanut Butter Soup**

**Chickpea Soup**

**Pumpkin Soup**

**Bean Soup**

**Lentil Soup**

**Fresh Corn Soup**

**Mix Fruit Salad**

## *Salads*

**Corn, Tuna and Pineapple Salad**

**Avocado and Shrimp Salad**

**Mixed Green Salad with Avocado & Peanuts**

**Layered Carrot Lettuce and Egg Salad**

**Carrot and Parsley Salad**

**Tomato, Bell Peppers and Cucumber Salad**

# Gourmet Feasts

Menu List- *Denerts & Drinks*

## *Denerts*

### **Melk Tert**

Popular South African Milk Tart

### **Tropical Fruit Salad**

### **Coconut Squares**

### **Mixed Fruit Platter**

### **Pineapple Merengue Pie**

### **Fruit Fritters**

## *Drinks List*

### **Red Wine**

### **White Wine**

### **Orange Juice**

### **Apple Juice**

### **Mineral Water**

### **Ginger Ale**

### **Red Sorrel Drink**

### **Coffee and Teas**