



A FULL 16-COURSE MENU



MENU

The word menu or bill of fare (escriteau) dates back to 1718 where the list or order of dishes was displayed in the kitchen to which they should be served. The modern menu's appeared as a handy sized reproduction on the door especially at the Palis-Royal, a famous 19 century French restaurant. There is also evidence that Royalty in France and England had a menu list slipped in their pockets to be aware of which dishes would be coming up to save their appetite for there favourite dishes.

Unbelievable banquets in Louis XIV time showed total unbalanced menus, lavish choices beyond believe spending hours drinking with outrageous amounts of waste.

The first restaurant (1765) is believed to have been that of Monsieur A.Boulangier to which it was the first public place where any diner may order a meal from a menu choice.

Boulangier was known as a soup vendor producing mainly soups, broths, stews and ragouts a lot being made from pigs and sheep's feet.

Marie-Antoine Careme known in the trade as the King of Chef was the fore runner of Haute Cuisine. Trained at the Talleyrands kitchens, he excelled in pastry work where he opened his own shop 'Patisserie de la rue de la Paix' He cooked for Napoleon and was Chef to the banker Rothschild and to Prince Regent, later George IV. His credits includes the chef hat (toque), classification of all sauces based on the 4 mother sauces, serving dishes in there correct order on menus and several book the famous being *L'Art de la Cuisine Francaise*.

Adolphe Duglere (pupil of Careme) became head chef of the famous Cafe Anglais the most famous restaurant of the 19th century and achieving its highest gastronomic reputation. In 1867 he produced the world famous 'Dinner of the Three Emperors' – Diner des trios Empereurs. The Tsar Alexander III, King William I of Prussia, And Prince Otto von Bismarck this lavish eight hour dinner fest included Souffle of chicken with truffles, Saddle of Mutton, whole chicken Portugaise, quail pate, sliced aspic Lobster, Roast Duckling, Ortolans on toast, asparagus a la crème and Bombe glace. He was also chef to the Rothschild family and manager of the Les Freres Provencaux at the Palais

Royal. Dishes attributed are Pommes Anna, Sole Duglere, Poularde Albufera, Souffle a la Anglaise and had a hand in the dish Tournedos Rossini. The composer Rossini dubbed Duglere Le Mozart de la Cuisine.

Auguste Escoffier. This legendary French Chef achievement was to simplify and modernize Careme elaborate and lavish style, to update French cuisine and to development it in to modern times. He organised kitchens in to brigade systems with discipline and professionalism. He wrote the book *Le Repertoire de la Cuisine* a major reference book. He had his own restaurant at one stage in Cannes called *The Golden Pheasant*. He linked up with Cesar Ritz and the two men formed a partnership and open up numerous hotels including Grand Hotel in Rome. They both worked at the Savoy Hotel in London and this is where he created and in invented many famous dishes and recorded recipes.



The following menu list is what is considered a full 16 course menu in the correct order for modern times.

Hors d ' Oeuvre Course

(Light and decorative to stimulate the appetite)

Soup Course

(Cream, puree, clear, veloute or bisques)

Egg Course

(Chicken, duck or plovers egg)

Fish Course

(Flat, round, oily or shell fish)

Farinaceous Dish

(Pasta dish containing flour or high starch content ie noodles, ravioli)

First Entrée

(Abats - Offals = Heads, Hearts, Kidney, Liver, Brains etc)

Second Entrée

(Volantes – Game –Grouse, Pheasant, Duck, Chicken or cuts as Chops, Entrecote, Chops, mignon etc)

Sorbet

(Water ice given in this case as a rest between courses)

Relieve

(Joint or Roast, Beef Wellington etc)

Salad Dish with Cheese

(Tossed light salad with a soft or fermented)

Vegetable Dish

(Rectangular, oval or round dish with a covered lid containing UNARRANGED vegetables)

Entremets or Sweet Dish

(i.e Bavarois, mousses, Charlotte, Blancmanges, Creams etc)

Nuts and Fruits

(cracked and prepared at the table)

Ice, Bombe or Coupe Dish

(Parfaits, Ice creams or Iced Cups)

Savouries

(Dishes like Angels or Deville's on Horseback, Herring Roe on buttered toast or Scotch Woodcock etc)

Friandice or Migardises

(Delicacy of Patisserie or Sweetmeats (petit fours)

Filter Coffee

16 COURSE MEAL

DUCHESSÉ NANTUA.

(Petit choux profiteroles filled with crayfish puree cohered with whipped cream and topped glazed fish jelly)

VELOUTE DE GOSFORD.

(Asparagus soup thickened with tapioca and finished with pouring double cream)

OEUFS DE PLUVIER POCHEES AUX MONTROUGH

(Poached egg placed on a grilled giant mushroom topped with Sauce Supreme containing puree mushrooms)

ANGUILLES SUFFREN

(Chunks of eel studded with anchovy fillets poached in white wine, a reduction made from the liquor and finished with tomato puree, cayenne pepper and anchovy essence)

RAVIOLI FARCI AUX CREVETTE PUREE SUR BEURRE NOISETTE

(Poached Ravioli envelopes stuffed with mashed prawns finished with nut brown butter containing chopped parsley)

PETIT DELICE DE VEAU ROGNON CASSEROLE SUR TABLE

(Suet wrapped around sliced veal kidney slowly casserole in the oven, thickened with gravy and served at the table from the casserole pot)

COTELETTES D'AGNEAU MARECHALE

(Lamb cutlet coated with egg and breadcrumbs, cooked in butter and garnished with truffle slices and topped with buttered Asparagus heads)

SORBET AUX FRUITS EXOTIQUES

(water ice using mangoes, banana, berries and sweet pineapple)

CHEVREUIL ROTI AUX CERISES

(Slice of larded roebuck saddle roasted with pickled vegetables, the tray swilled with Sauce Poivade (demi-glace flavoured with game stock, bay-leaf, vinegar, parsley stalks, flavoured with red current jelly and added stoned red cherries)

SALAD MIGNON OU PARISENNE COUPE DE STILTON

(Finely cut shrimps with artichoke slices cohered with mayonnaise and whipped cream garnished with slices of truffle, sprinkled with cayenne and served with a ball of stilton cheese)

BOUQUET OF LEGUMES AUX BEURRE NOISETTE.

(Sauteed plate of sea kale, cepes, broad beans, chestnuts and oyster plant)

EATON MESS

(Crushed Strawberries with a folk folded in equal amounts of whipped cream served with a spoonful of Junket milk)

DENOYAUTEUR AUX FRUIT SUR TABLE

(Fruit pitted at the table with a special hand machine ie cherries and fresh olives and accompanied with fresh Brazil nuts)

BOMBE ANDALOUSE

(Conical mould lined with apricot pureed ice cream then filled with vanilla ice cream)

CROUTE IVANHOE

(Pureed haddock a la cream placed on a crouete and topped with small flat grilled mushrooms)

PETIT FOURS

(Grapes dipped in soft ball sugar glaze and smoked gooseberries dipped in pink icing)

FRESH FILTER COFFEE.



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16 COURSE MEAL

AMUSE-GUEULE

on arrival (mouth watering pleasers - canapes)

ESCARGOTS A LA BOURGUIGNONNE SUR PORRIDGE

(cooked and drained snails reheated in butter with sauteed shallots, crushed garlic, chopped parsley, seasoning then presented on a bed of semi sweet oat porridge).

CONSUMME CELESTINE

(clear soup thickened with tapioca and garnished with julienne of pancake containing chopped truffle and rubbed mixed herbs).

OEUF EN COCOTTE A LA FORESTIERE

(eggs cooked in a buttered cocotte dish, the bottom lined with fried chopped bacon and mushroom puree and topped with parsley on serving).

HUITRES POCHE AVEC RAIFORT A LA CREME

(poached oysters placed back in the cleaned shells with a Guinness and horseradish-flavoured reduced cream sauce topped with pumpkin seeds with soft bread chunks to one side of the dish for dipping).

GNOCCHI A LA ROMAINE

(semolina cooked in boiled milk flavoured with nutmeg, seasoned, grated Gruyere and parmesan added then thickened with egg yolks and glazed).

FILET MIGNON BREHAN

(marinated beef filet cooked by grilling, garnished with straw potatoes and watercress bouquets with threads of sauce Bearnaise).
Deep-fried parsnips

GLACE A LA MANDARINE

(sorbet or water ice made with tangerines, oranges, syrup then served shaped as balls with drizzles of blood orange coulis).

COCHON DE LAIT ET ROTI A L'ANGLAISE

(stuffed sucking pig using baked onions, seasoning, breadcrumbs, whole eggs, milk, beef fat, nutmeg and sage and roasted with crackling).

SUPREME DE FAISAN A LA CRÈME AUX MARRONS

(breast of pheasant which has been larded, cooked in the oven casserole-style, finished with Brandy and cream and garnished with crunchy chestnuts).

RIS DE VEAU PRINCESS

(blanched sweetbread coated in breadcrumbs and sauteed then garnished with globe artichoke bottoms filled with asparagus tips, Noisette potatoes and black butter).

CUP OF GREEN TEA

POUDING AU PAIN A L'ANGLAISE

(bread and butter pudding baked with sultanas and currants in a sweet egg and milk mixture).

CRÈME BAVAROISE AUX CERISES

(Bavarian cream mousse with assorted fresh cherries and red currant jelly).

NOIX AND FRUIT

(plate of assorted nuts in their shells to be cracked at the table and fresh exotic fruit such as mango, kiwi, dragon fruit, pomelo and paw paw cut and prepared at the table).

CROUTE LAITANCES

(soft herring roes placed on shallow-fried bread and sprinkled with cayenne pepper).

FROMAGE

(stilton cheese mounded in shapes coated in oatmeal and crushed nuts, deep-fried and served with an apricot coulis dip).

FRIANDISES AND CAFÉ

(fresh coffee served with chocolate truffles, sweetmeats or sweet delicacies).



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NOTES

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