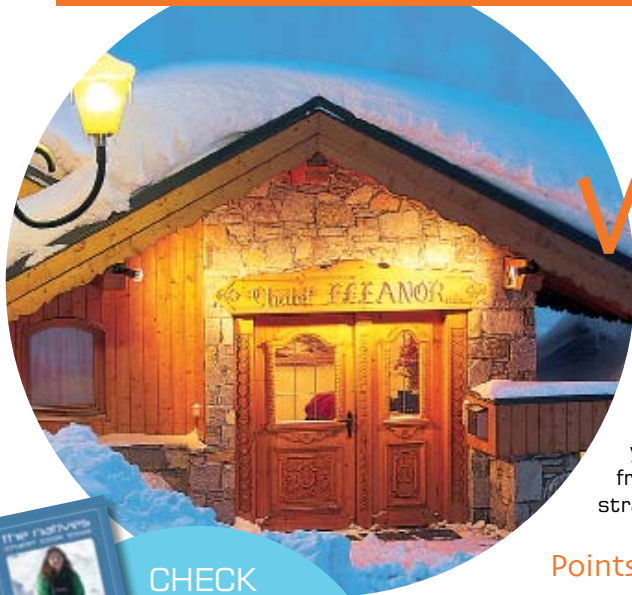




tribal recipes

OUR HELPING HAND TO
CHALET HOSTS AND CHEFS



We've given you many tasty treats over the previous issues of *Tribe*, so thought it time to introduce menu planning – an essential tool for any wannabe chalet host or chef. You'll no doubt be asked to submit a week's menu plan with your job application – don't fret, it's actually pretty straightforward. Here's how:

Points to consider

- Do the tastes of the dishes go together?
 - What will they look like on the plate?
 - Have you used the same key ingredient in the starter and main?
 - Can you cook it? (Crucial, as you'll usually be asked to prove this)
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- For starters, limit soups and salads to twice a week – one at the end, one at the beginning.
 - Include two types of vegetables and a starch/carbohydrate, e.g. potatoes, rice or cous cous, in main courses.
 - With desserts, bear in mind how many chocolate dishes you have served through the week and alternate with fruit ones.

Vegetarians...

Don't forget about the salad lovers! Make your life easier by choosing

dishes that resemble the main course. For example, if you're serving pork escalope with a mushroom and spinach sauce, then serve the vegetarians aubergine escalopes.

Make sure your vegetable dishes complement the vegetarian course – red peppers stuffed with rice and served with rice isn't good!

Don'ts...

- Avoid pasta dishes unless as a starter.
- Minced beef is a big no-no – it's seen as budget food, regardless of how you prepare it.
- Steer clear of curries and theme nights on your menu plan.
- Cobbled together desserts won't wash, such as fruit salad and ice cream – you have to actually make something.

Budget?

Blow the budget out the water for your application menu plan – you need to show flair and creativity. Check out the company's website, as it'll usually have sample menus.

Dress it up...

Think about the wording used and dress it up accordingly. For example, marinated chicken breasts filled with garlic cream cheese and wild mushrooms sounds a lot better than stuffed chicken breast.



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