# Prepared Frozen Meals

### Meat

Overnight braised shin of beef in Black Dub Ale

€4.60

Award winning! Rich, melting shin beef cooked in a fabulous treacly ale, with field mushrooms, just needs a green vegetable and a small portion of potato!

Beef in red wine with roasted pancetta & shallots

€4.60

Award winning! Matured Northumberland steak cooked slowly with red wine and shallots, garnished with Cumbrian dry cured pancetta. Deliciously rich and unctuous! Try it with colcannon or mashed potatoes.

Border Reivers Pie

€3.50

Minced chuck steak in a tasty gravy with a mixed root vegetable mash. Serve on its own or with some seasonal vegetables.

Mutton Tagine with Chickpeas & Apricots

€4.60

Diced shoulder of lamb cooked in a sauce flavoured with Middle Eastern spices, and with chick peas and apricots. Delicious with a simple cous cous side dish.

Mutton with Coconut

€4.75

Diced shoulder of mutton in a rich coconut sauce with cracked black pepper and coriander. Far superior to any run of the mill curry. Just add rice.

North Country Hotpot

€3.50

North Country Hotpot of mutton and fresh leeks, topped with sauté potatoes.

#### Game

Wild Boar and Pear Sausages

€4.00

Two Wild Boar and Pear sausages cooked in a rich onion gravy with Madeira, wholegrain mustard and a few Puy lentils; a hearty portion and perfect with Colcannon or lentils.

Venison with Sticky Onions

€4.60

Diced wild highland venison simmered in a sauce of Old Peculier Ale with a hint of orange zest topped with roasted sticky onions and garlic. Serve with seasonal vegetables.

Breast of Pheasant

€5.99

Skinless breast of pheasant poached in a red wine and thyme jus. Add some delicious colannon or mash & vegetables.

### Fish

Salmon Laksa

€4.50

A truly fabulous "one-stop" supper! Big chunks of Scottish freedom foods salmon in a spicy Asian style coconut and coriander broth with egg noodles. Just reheat, decant into a bowl and serve. What could be easier....

Smoked Haddock

€5.10

Fillet of natural oak smoked haddock roasted in the oven with leeks and a velvety cheese sauce, flavoured with crumbly Berwick Edge cheese from the Doddington Dairy: a marriage made in heaven! Try serving with new potatoes and seasonal vegetables.

Salmon & Broccoli in Creamy Sauce

€3.50

Salmon and broccoli in a creamy sauce topped with sauté potatoes. A meal in itself, or delicious served with some seasonal greens.

## Vegetarian

Mushroom, spinach & pine nut lasagne

€5.10

A deliciously indulgent "one stop" vegetarian meal, layers of mushroom, spinach and pine nuts with fresh pasta and a creamy béchamel sauce flavoured with Berwick Edge goats cheese.

## Accompaniments

Colcannon

£2.75 (2 portions)

Stir fried shredded Savoy cabbage folded into buttery mash enriched with cream, the ultimate comfort food. Try with any of the meals above or your own creation!

Sherried Lentils

£2.95 (2 portions)

Puy lentils braised with diced root vegetables finished with crème fraiche, fresh parsley and a twang of sherry vinegar. Great with sausages, game, tuna steaks or served over pasta.

Made by March Hare Foods, Stocked by Tastes Delicatessen. We also stock a range of seasonal vegetables, and dried goods such as rice, pasta and cous cous.

Tastes Delicatessen, 92 High Street, Eton, SL4 6AF - 01753 641 557