

Greco-Roman Feast for Summer Collegia 2017
(Food allergies and vegetarians see end notes)

1st remove

Olive Relish and Moretum Cheese with Assorted Bread/Pita

Relish: black calamata & green olives, red wine vinegar, olive oil, fresh coriander(cilantro), arugula

Cheese: garlic, romano, coriander leaves, arugula, celery leaf, salt, white wine vinegar, olive oil

Bread: bakery bread & pita (gf bread substitute upon request)

2nd Remove

Athenian Cabbage

Raw cabbage, coriander leaves, arugula, Asafoetida powder, salt, honey, red wine vinegar

Hummus with Celery

Celery, chickpeas, olive oil, garlic, salt, artichokes in olive oil served on top of hummus

Coriander Crusted Fish

Haddock, salt, coriander seed, olive oil, white wine vinegar (vegetarian substitute available)

3rd Remove

Cucumber

Sliced cucumber, mint, mead (honey mead), red wine vinegar, asafoetida powder

Roasted Carrots

Baby carrots, olive oil, salt & pepper

Lentils

Lentils, leeks, fresh & ground coriander, arugula, pepper, asafoetida powder, red wine vinegar, olive oil

Parthian Chicken

Chicken breast/leg, pepper, red wine, asafoetida powder, celery leaf, caraway seeds (vegetarian substitute available)

4th Remove

*Pasteli with Figs

Sesame seeds and honey (to make a "bar") served in small pieces topped with figs

Grapes, hazelnuts and almonds

*still needs to be taste tested and subject to change

Notes: First 3 removes have been taste tested by over 20 tasters and have been approved to be tasty!
(Two of which are admitted picky eaters, one who doesn't usually like fish and four vegetarians).

Allergies/vegetarian questions: please contact me directly of any allergies no later than Thursday 8/17
at theaustinfiles@yahoo.com or by text at [912-541-1629](tel:912-541-1629) and I will let you know if we can accommodate,
which is easier to do before we mix everything. I am a vegetarian and have food allergies myself and take
this very seriously! Meat eaters reading this, don't worry, Meat-eaters will be cooking the fish/chicken!

GF: everything is guaranteed GF (except for the bread, but we have a GF bread substitute). All labels will
be read and available for you to look at upon request.

Vegetarians: every standard non-meat feast item is vegan except for the cheese. You may choose to try
the following "non-period" substitutes if you wish:

Vegetarian Fish Substitute: coriander crusted tofu slices cooked separately using same spices.

Vegetarian Chicken Substitute: "Quorn" brand turkey loaf cooked separately using same spices. Does contain eggs and milk. Made from mycoprotein (member of mold/fungus family- mushrooms). Please ask questions if unfamiliar with product.

Vegetarians who would like to try the substitutes, please contact me so I know how many to prepare for. (In case you are wondering, there is no extra charge for GF/vegetarian substitutes.)

And lastly- what is Asafoetida powder?? It is a relative of fennel and a substitute for the now extinct silphium (although it tastes nothing like fennel). It adds a savory flavor to foods. The one we are using is Asafoetida Hing Powder by Earthon and is GF.