

# Les Deux Platanes - menu suggestions

## STARTERS

- **Tomato soup:** a rich and very tasty home-made soup produced from Maureen's garden tomatoes\*\* and served with garlic croutons
- **Nordiq salad:** prepared with smoked salmon and fresh prawns on a bed of assorted salad leaves in a light walnut vinaigrette
- **Tricolour salad:** the classic tomato, mozzarella and avocado salad with locally produced olive oil and freshly picked basil leaves from the garden.
- **Paté & regional rillettes:** a selection to introduce our local Berrichon pate and rillettes served with baby cornichons and fresh crusty bread
- **Tomato & red onion tarts:** caramelised red onion and cherry tomatoes on a bed of puff pastry with a small salad.
- **Avocado & prawn salad:** a very tasty entrée of small salad leaves, avocado tossed in lemon juice and large prawns all with Maureen's special walnut vinaigrette.
- **Fish Terrine:** seafood terrine served with prawns accompanied with a small salad dressed with a light walnut oil vinaigrette and marie rose sauce.
- **Freshly made creamed smoked mackerel pâté:** A low fat fish-based pate containing Greek yogurt, fresh garlic, lemon juice and seasonings freshly made for you on the day.

*with fresh baguette and local butter*

\* Salads are served with home-made walnut oil dressing. A local gourmet and award winning bio walnut oil from Clion.

\*\* in season

**Oysters:** 6 Fresh Oysters are available on certain days of the week, served with lemon juice.



All the above are even better with a generous glass of chilled sauvignon blanc from our local gold medal winning supplier - 6 Euros for 500ml

## MAIN COURSES

- Pork fricasse** Small pieces of lean pork pan fried and then slowly cooked in a sauce enriched with cream and brandy with mushrooms and garden peas.
- Coq au vin** Classic French dish of chicken cooked slowly over 5 hours with prepared vegetables, herbs and seasoning in a red wine sauce made with local Touraine wine.
- Tarte paysanne #** A tasty mix of garden vegetables and bacon pieces in a shortcrust pastry case covered in a béchamel sauce topped with cheese.
- Quiche Lorraine \*** A classic French dish served warm from the oven containing local free range eggs, cheese and lardons. Other types of quiche are available e.g. Tuna and Broccoli. Note this is a generous 28cm quiche.

**Poitrine de poulet au fromage et aux noix:** A generous free range chicken breast stuffed with cream cheese and local walnuts slowly oven cooked and served in a rich and creamy 4 cheese sauce.

**Bacon, brie and avocado salad #** A wonderful large dish of freshly prepared mixed leaf garden salad with diced bacon pieces, fresh brie and avocado cubes tossed in a light walnut oil dressing (John's favourite!).

**Salmon parcels with Julienne vegetables:** A generous fresh Atlantic salmon fillet from the local market when possible slowly baked in a foil parcel with a selection of Julienne vegetables and seasoning.

**Mediterranean baked fish:** A generous fresh white fish fillet (normally cod) from the local market (Wednesday, Friday or Saturday) slowly oven cooked with a selection of pepper, herbs, courgettes and onions.

**Magret de Canard with Berrichon lentils\*\*** Classic French dish consisting of a generous planche fried French duck breast thinly sliced and served on a bed of locally produced green Berrichon lentils gently cooked with garlic, lardons and fine onions.

**Salmon fillet with Quails eggs & asparagus:** A freshly cut generous salmon fillet from the fresh fish stall at the market (Wednesday / Friday or Saturday) served with Quails eggs & asparagus (in season) or green beans from our garden. Served with a herb sauce and a light green salad with my special walnut oil vinaigrette dressing

*All (except \*\*) served with seasonal vegetables and buttered potatoes except those marked \* which are served with green salad tossed in a mild walnut oil vinaigrette or as indicated on the menu text*

# Also available as vegetarian option

## FROMAGE

A trio of local cheeses (The Indre is famous for goats cheese so an award winning goats cheese will be included in the selection) served with fresh crusty bread - ( 5 Euro supplement included in 4 course menu)

## DESSERTS

**Chocolate pavé** A rich, dark chocolate fondant portion served with crème anglaise (cold vanilla custard) and seasonal fruits accompanied by a small glass of Coteaux du Layon (sweet dessert wine from the Touraine)

**Seasonal fruit crumble** with custard, cream or ice cream. (Plum, apple, raspberry or blackberry)

**Cherries jubilee** Warm Cherries in a Kirsch-based sauce over vanilla ice cream and topped with a meringue accompanied by a small glass of Coteaux du Layon

**Fruit tartlette** A traditional French glazed tartlet served with cream or crème fraîche or ice cream. accompanied by a small glass of Coteaux du Layon

**Luxury ice cream** 2 boules of 'La Laitiere' luxury ice cream (from a choice of 3 flavours example \*\*) served with a generous topping of Chantilly cream.

Maureen sources and prepares everything on the day. All of the ingredients are sourced locally or from our kitchen garden as the seasons provide.

### Prices per person - all include Amuse Bouche

*Complete menu - four courses includes 'Trou Normand': 32€ pp*

*Starter + main + desert 28 euro pp*

*Starter + main or main + dessert: 24 € pp*

*Wine: provide your own or ask for details*

\*\*\*\*\*

- *Amuse Bouche – provided with all meals at no extra charge*
- *"Trou normand" provided at no extra charge with 4 courses*

*Breakfast can be provided on any of the days of your stay.*

**Breakfast menu:**

*Fresh breakfast bread and croissant plus brioche from our artisan baker in Clion, plus a selection of Maureen's home made preserves, pressed fruit juice, yogurt, fruit of the day all served with fresh coffee, tea or hot chocolate.*

*(9 Euro PP)*



## Les Deux Platanes - menu suggestions

Holidays are all about relaxing so if you would like to take lunch or dinner here at the cottage Maureen (who is an excellent cook) would be pleased to prepare a range of dishes to be served at a time of your choice. You simply select the items you would all like for each course \*\*, nothing could be easier! Many guests choose to order a meal on the final night of their stay but any evening or lunch time is a cause for a great meal when on holiday!

You prepare the table either in the cottage or in the garden / terrace, relax with your aperitif, open a bottle of nice wine and when you are ready the courses will be served at a relaxing pace as and when you require. For this meal you have no need to worry about buying food, cooking, driving or washing the dishes!

**Wine:** You can supply your own wine or we have an excellent selection of wines all at very reasonable prices. We have half litre pichets of excellent local white or red wines for only 6 euros!!  
*Or why not visit a local supermarket and buy a selection of wines to match the food you have ordered?*

*Everything is made fresh to order, cooked and presented to quality restaurant standards - minimum 24 hrs notice required*

**\*\* IMPORTANT:** *Due to the cost we are not able to cook separate dishes for individuals. All courses are designed to serve everyone ordering and will be cooked / fully prepared for you to serve yourselves and brought to your table at a time of your choice as it would be if eating family style table d'hotes at a chambre d'hotes in France. So the difficult part is selecting your menu from the courses offered.*

*Unfortunately, unlike a restaurant we cannot provide different choices for everyone as this would be both extremely time consuming and uneconomic.*

*Simply order, set your table, relax and enjoy your meal.*

*If you would like further details or have a dietary requirement please do not hesitate to talk to Maureen.*