

BLUE STRAWBERRY
an improbable name, but seriously good food



MAY NEWSLETTER 2010

IT'S THE FLOWER POWER SEASON

With the Chelsea Flower Show in full swing, why not indulge in some edible floral heaven with these blooming delights. From nasturtium and rose petals to lavender and sugar snap pea flowers, add some colour and style to your dishes. Great to brighten up a salad, garnish a cocktail or decorate a serving platter.



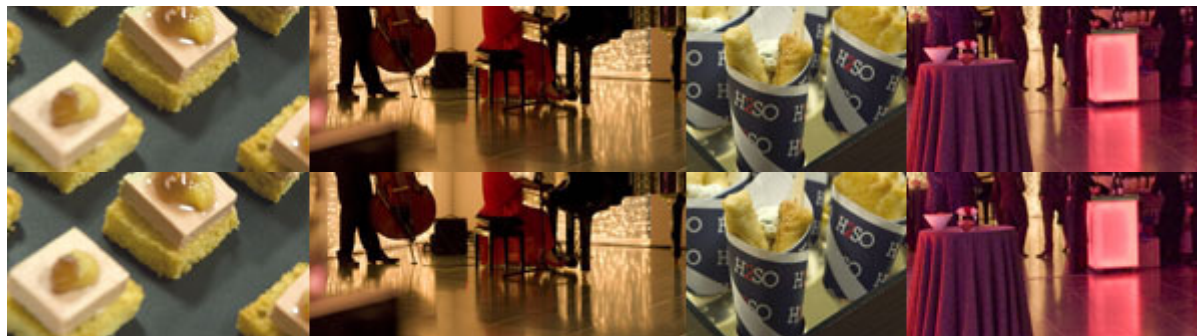
Edible Flowers – Here at Blue Strawberry we've added edible flowers to some of our dishes. These flowers are loved for their rich, jewel-toned colours and transform a dish into something more unusual and decorative. With sweet and peppery tastes, they work well in salads or with lighter starters such as almond crusted mackerel or a goat's cheese and beetroot type salad. Other pretty edible flowers that add a touch of the nature to a dish, include chamomile, borage and spring primroses.

Floral Canapé Trays – Take advantage of the flourishing seasonal flowers around, choosing colours that will compliment your theme. Scatter fresh flowers and petals in a clear, lidded perspex box with and use this as a canapé tray or adorn platters and rustic boards with a few floral stems in mini vases. Tulip stems, hydrangea heads and rose petals look fabulous served this way. Sprinkle a few borage or baby pansies on a simple cold chicken salad. A green salad can look stunning with sweet peas or nasturtium petals.

Rose Petal Martini – Our signature Rose Petal Martini is a delightfully elegant cocktail with a subtle and fragrant aftertaste. Garnished with a floating fresh rose petal or a caramelized sugar squiggle, this tippie is certain to make the female guests 'wilt' at the knees. Another creative use for rose petals is to freeze them in ice cubes and add to summer punches.

Lavender Shortbread – It's high tea time you added a hint of sweet lavender to your buttery shortbread biscuits. It even makes for a light, summer dessert paired with some vanilla ice cream and fresh berries. Add a sprig of lavender for a pretty garnish. Lavender also tastes good in iced drinks and blended with mint. Have you tried lavender ice cream before?

H2SO PROPERTY LAUNCH



Property company H2SO recently held their launch party in Savile Row, Mayfair. Organised by Judge Events, a property industry events specialist and catered by Blue Strawberry, the high-profile event welcomed both clients and colleagues. A jazz duo chilled the mood, while an impressive vodka luge challenged those who dared. Elegant canapés including foie gras terrine, tomato and basil risotto and Thai salmon fishcakes were enjoyed before mini meals were circulated - think sausages and mash, traditional fish & chips in branded cones and fragrant curries with basmati rice. For more information about Judge Events please contact [Joanna Collins](#) on 020 7499 1333.

5 WAYS WITH STRAWBERRIES

The arrival of the strawberry marks the beginning of summer and these succulent, fragrant fruits are as beautiful as they are flavoursome. There's nothing like a strawberry to encourage nostalgia and get the senses going.



1. Strawberry Martini - Try this delicate strawberry martini recipe and why not add a splash of lemongrass and ginger syrup for good measure? For an even better flavour, let the strawberries come to room temperature before eating, or put them out to warm in the sun for a couple of hours to bring out their full taste and a better aroma.

2. Eton Mess - This quintessentially traditional English dessert was originally made with strawberries or bananas and mixed with ice cream or cream (meringue was only a later addition). It's the wonderful simplicity of this dessert that makes it such a popular choice and almost impossible not to like – crisp meringue, lightly whipped cream and juicy strawberries all stirred into a gooey 'mess' – how delicious!

3. Strawberry Shortbread - Another delicious treat for a summery dessert is our strawberry shortbread stack composed of layers of biscuity shortbread, vanilla cream and fresh English strawberries. Perfect for weddings.

4. Strawberries dipped in Chocolate – So that you don't feel you need a sweet dessert canapé to mark the end of your event. How can anyone resist a red ripe strawberry dunked in smooth, velvety chocolate – a perfect way to round off the evening in a delightfully 'light' way?

5. Strawberry Lollies - Get cool and creative by serving fresh strawberry lollies at your summer party? Or why not serve frozen strawberry and banana or strawberry and orange smoothies – refreshingly thirst quenching and healthy too.

HAVE YOU TRIED THE PINEBERRY? The new white strawberry ...



They are small, perfectly sweet and taste rather like pineapple. A sort of Alice in Wonderland fruit which makes a truly original drinks garnish! They look like a strawberry, but the flesh is white and the taste is similar to that of a pineapple – how confusing? Covered in red pips but with a white flesh. Add an unusual decoration to your dishes and cocktails. We rather fancy the sound of a pineberry pavlova or pineberry cheesecake.

WHITE STRAWBERRY MARTINI

*6 white strawberries
2 shots of Belvedere vodka
Dash of gomme syrup
Splash of pineapple juice*



Muddle 6 white strawberries in a shaker with the vodka, sugar syrup and a dash of pineapple juice. Shake with ice and strain into a chilled martini glass. Garnish with a white strawberry.

BBQ LAMB SALAD RECIPE ... with a Thai lime and chilli dressing

Serves 4

Dressing

1/3 cup sweet chilli sauce

1/2 small red onion, finely chopped

1/3 cup soy sauce

2/3 cup freshly squeezed lime juice, to taste

4 teaspoons palm sugar, to taste

2 tablespoons sesame oil

2 tablespoons black sesame seeds



Combine the chilli sauce, finely chopped red onion, soy sauce, lime juice, sesame oil, sesame seeds and sugar to taste. Stir well and mix thoroughly. Adjust the flavours so that the sauce is equally salty and sour with a light touch of sweetness. Let the sauce sit for at least 15 minutes before using, to allow the flavours to amalgamate.

Salad

500 g loin of lamb

2 tablespoons oyster sauce

1 tsp ground white peppercorns

100 g mixed salad greens

1 red onion, finely sliced

1 red pepper, julienned

1 cucumber, finely sliced

1/2 cup mint leaves

1 cup soaked vermicelli noodles – method according to the instructions on the packet

2 tblsp roasted crushed peanuts

2 tblsp crispy fried shallots

Rub the lamb with oyster sauce and white peppercorns. Cook on a hot, lightly oiled BBQ to medium rare (about 5-7 mins), Allow to rest for 5 minutes. Follow the instructions on the packet of noodles and soak before putting the salad together (usually about 20 minutes)

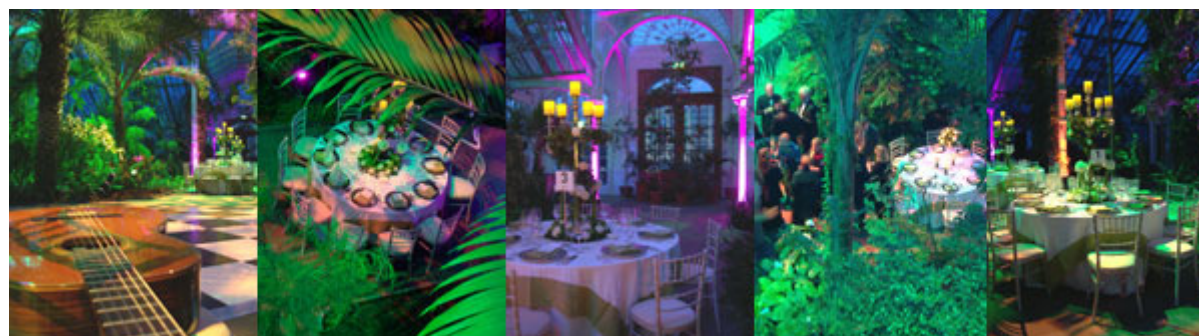
Slice the lamb thinly and place in a large mixing bowl with salad greens, onion, red pepper, cucumber, mint and noodles. Toss gently with dressing and pile onto a serving plate. Sprinkle with crushed peanuts and crispy shallots.

VENUE FEATURE: TWO TEMPLE PLACE



In the heart of central London, overlooking the River Thames, stands Two Temple Place. With an exterior of grand Portland stone and an interior filled with works from some of the finest 19th Century sculptures, this elaborate venue is ideal for both personal and corporate events. On entering, guests are greeted by a wealth of literary artefacts including carved literary figures and friezes depicting Shakespearean scenes. The Lower Gallery space on the Ground Floor is the most versatile of the function rooms and with grand paneled oaked walls, it can accommodate up to 150 for a reception and 100 for dinner. Moving upstairs, the elegant and prestigious Great Hall, boasts a Renaissance style interior and is adorned with stained glass windows representing Swiss landscapes (Reception 200, Dinner 120). For a less formal occasion, the Library offers calming views of the Temple Gardens leading down to the river and the mahogany doors, bookcases and finely carved figures from the Arts and Sciences, give a fine sense of antiquity and tradition.

50TH BIRTHDAY PARTY AT KEW GARDENS



Nestled inside the magnificent and luscious Temperate House at Kew a select group of friends and family were gathered to celebrate a beautiful 50th birthday party. The plants and vegetation were brought to life as washes of warm colour, including purple, yellow, orange and pink illuminated the glasshouse and the surrounding plantation. The female guests were delighted by the choice of cocktails served from a mirrored bar, which offered chilled mojitos as well as a signature birthday cocktail consisting of gin, rose water, peach bitters and apple juice. The boys were far more interested in the 16 lane scalextric set that had been set up for the evening. Individual tables were transformed into a magical paradise, centered with a huge candelabra where an elegant three course dinner was served. The menu started with a Forme d'Ambert cheese soufflé with toasted ginger bread and white truffle and honey port reduction and followed by roast breast of guinea fowl with home smoked mashed potato. An exquisite summer pudding roulade with nougat ice cream completed the dinner before the DJ insisted guests took to the dance floor.

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