

## Regional Specials – Pan Asian August 2017

### APPETISER

#### Thai Green Mango Salad - £6

Shredded green mango, bean sprouts, carrot and gem lettuce gently pounded with sweet, sour and spicy Som Tam dressing

#### Fish Shu Mai - £6.50

Steamed dumplings made with chopped fish, ginger and spring onions, served with a spicy crushed peanut chutney

### MAINS

#### Chicken with Holy Basil - £12

Chicken breast stir fried with lemon grass, galangal, chillies and holy basil

#### Beef Short Rib Rendang - £13

Our version of this fragrant Indonesian dish, tender short ribs daubed in sweet and spicy coconut sauce

#### Monk's Vegetables - £9

Our version of this classic dish made with tofu, baby corn, asparagus, beans, chilli and garlic topped with cashew nuts

#### Egg Fried Rice - £4

Basmati rice stir fried with eggs and spring onions

### DESSERT

#### Sorbet Duet - £5

Refreshing sorbets- a scoop each of strawberry & fresh basil and coconut & lime served with lemongrass meringue

*Menu created by Master Chef Dinesh Rawat*

Prices include VAT and exclude optional 10% service charge

## Pan Asian Cuisine

Indian cuisine has been influenced over the years by the cuisines of multiple civilisations and cultures that have either ruled or immigrated to India. Hence there are many restaurants in India that serve dishes that find their origins across many countries across Asia.

Asian cuisine styles can be broken down into several tiny regional styles that have rooted the peoples and cultures of those regions. The major types can be roughly defined as: East Asian with its origins in Imperial China and now encompassing modern Japan and the Korean peninsula; Southeast Asian which encompasses Cambodia, Laos, Thailand, Vietnam, Brunei, Indonesia, Malaysia, Singapore, and the Philippines; South Asian states that are made up of India, Burma, Sri Lanka,



Bangladesh and Pakistan as well as several other countries in this region of the continent; Central Asian and Middle Eastern.

Examples of typical pan Asian dishes found in India include:

The dragon roll – a crispy finger dish similar to a Spring Roll but filled with spicy ingredients including eggs, paneer, potatoes etc. The dragon roll is often referred as the caterpillar roll because of the shape.

Monk's Vegetables - is very similar to Buddha's Delight. The dish is traditionally enjoyed by Buddhist monks who are vegetarians, but it has also grown in popularity throughout the world as a common dish available as a vegetarian option in Chinese restaurants.

Asian foods can be hard to pair with wine, but an aromatic gewurtzraminer from Alsace and German Rieslings work well, as does spicy Australian Shiraz. Try Lychee and ginger infused cocktails which bring out the best in Asian flavours.