



*“For catered read cosseted. We are cared for by our host and chef, Vicky and James, who turn out a gourmet four-course meal every night..... these bright people are more than able to deliver excellent service without the atmosphere becoming servile.”*

**Kate Simon, Travel Editor, Independent on Sunday  
(Sunday 13th January 2008)**



*Chef – James Lowe*



*Rustic, garden setting in Mallorca*

*The Elemental Kitchen* combines the services of an experienced chef and front-of-house host to create a haven of indulgent, bespoke dining for clients and guests in your own private setting. This year we have travelled across Europe to locations including luxury villas and private homes in Corsica, Mallorca, the French Alps and to hunting lodges and castles across Scotland, including the Isle of Mull, Sutherland and Royal Deeside....the venues and menus are endless!

Your chef & host will discuss your complete requirements, provide menu plans, or if you wish, throw in a few surprises and of course take care of the groceries, sourcing the best, fresh, local ingredients. While your chef is whipping up a storm in the kitchen, your host will create an inviting table design, then ensure discreet, attentive service and an ambient, relaxed atmosphere.



*Plating up chicken liver parfait*

## KEY ELEMENTS...

*I believe in simple cooking with great locally sourced fresh ingredients, wherever and whenever possible. There's no need to be elaborate - merely to recognise and be sympathetic to the wonderful food of our countryside, rivers and oceans, and let it speak for itself.*

*The following are examples only; menus are planned to meet your individual likes and dislikes, and tailored to utilise what is local, seasonal and fresh.*

*James*

### Starters

- Chicken liver parfait with old doverhouse chutney
- Finnan haddock, leek and potato chowder
- Seared monkfish collops with avocado salsa
- Poached salmon with potted squat lobster tails, lemon butter sauce, garden herb salad.
- Red snapper fillets, confit fennel, pesto a la genovese
- Roast vegetable and goats cheese gateau, spinach salad, tapenade
- Courgette & cream cheese soup
- Wood pigeon, black pudding and bacon salad, hazelnut dressing
- Chevre croutons with chilli jam
- Asparagus and broad bean terrine, tomato, shallot and parsley salad
- Salad of smoked duck with cape gooseberry chutney

## Mains

- Crustified salmon fillet with champ, stir fried shredded mange tout, fennel pesto
- Duck breast, roast squash and wilted spinach, green peppercorn and raspberry sauce
- Grilled lamb cutlets with crushed garlic and lemon broad beans, salsa verde
- Seared calves liver, red wine sauce, crispy shallot mash
- Roast fillet of pork, crispy pancetta wafer, mushroom risotto, herb oil
- Pan fried breast of grouse, chanterelle and madeira sauce, sauteed potatoes and green beans
- Baked halibut, preserved lemon roast potatoes, warm tomato confit, sauce alioli
- Beef daube with braised root vegetables and celeriac mash, orange gremolata
- Roast peppers stuffed with Killiechronan cheese, herb and parmesan crust, caponata, herb dressing
- Supreme of chicken with a carrot, sweet potato and parsnip ragout, sauce vierge
- Steamed sea bass, stir fried vermicelli, pak choi, hot and sour mussel broth

## Puddings

- Baked dark chocolate mousse, raspberries, chantilly cream
- Upside-Down Apple cake with bramble coulis
- Fruit salad with glazed vanilla sabayon
- Lemon posset, mulled berries
- Plum & peach crumble, mascarpone cream
- Iced cointreau parfaits with macerated orange salad
- Poached pears, shortbread, malt whisky butterscotch sauce
- Tarte au Citron
- White chocolate bread and butter pudding, crème ecossaise
- Vanilla pannacotta & raspberry mille feuille
- Roast figs with honey and pistachios

## SPECIAL ELEMENTS...

*The Elemental Kitchen* is also available for special projects. For example we were recently asked to create a range of freezer meals and develop tea room menus for Torosay Castle, a visitor attraction on the Isle of Mull. In September 2008, we have been asked to return to provide catering and event support at the launch of a new whisky being held at this spectacular venue.

Your host has extensive experience of providing entertainment management at prestigious events - including several years producing The Radio Forth Awards, a major celebrity, corporate and community ceremony held in Edinburgh and with this in mind, *The Elemental Kitchen* would be more than happy to assist you with the planning and organization of your special occasion.



*Host – Vicky Watt*



## *EXPERIENCE... The Elemental Kitchen*

*"Vicky & James, You made our holiday absolutely perfect. We could never have hoped for such a relaxing, jovial time with our friends... The combination of service, smiles and gourmet food will keep you in greater and greater demand. We wish you every good wish and our heartfelt thanks."*

- Katie and Jonathan Simon, New York (Dec 08/Jan 09)

EK catered for clients (party of 26) at Kinveachy Lodge, Strathspey

*"I spoke with my parents at the weekend and they asked me to pass on their many thanks...everyone enjoyed themselves thoroughly and they couldn't fault you in any way, they sung your praises! Thank you for making their week so special."*

- Lesley Dodds, Coastal Life Properties, Edinburgh (Jan 09)

EK catered for the party at a holiday home in St Monans, East Neuk

*"James and Vicky were both very professional, demonstrating great capability and innovation. It was really such a culinary experience to have them in Corsica and I look forward to having them at my house again."*

- Jerome Rebilly, Landlord of Dorback Estate, Scotland

EK catered for clients at their Corsican villa and on Dorback Estate

*"Congratulations for a very fine cuisine which comes with a very friendly, efficient service. We enjoyed both very much."*

- Philippe et Anne Louis-Dreyfus, Paris

EK catered for clients at Glencalvie Lodge, Sutherland

*"James and Vicky cooked for and looked after between 18 and 22 of us of varying ages and tastes for a week in a lodge in Scotland. Not only was the food delicious but they coped with great good humour with constant changes of plans, numbers and menus..."*

- Mr & Mrs Dennis, Lincolnshire

EK catered for clients at Glen Muick lodge, Royal Deeside

*"We are delighted that James is to return with his partner Vicky to cook at a very prestigious event, launching a new whisky for a national firm of distillers. James menu played a significant part in the decision to bring the event to Torosay."*

- Sarah James, Proprietor, Torosay Castle & Gardens, Isle of Mull

EK catered for clients at Torosay Castle, creating tea room menus and a home made frozen food range.

## *CONTACT... The Elemental Kitchen*

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