

BRAIN FOOD DINNER PARTY

DEANE HOUSE X NEUOTRITION

Research suggests that foods high in probiotics, prebiotics, omega-3 fats, and polyphenols (special plant compounds) can help us feed our gut AND fuel our brain. So we designed this menu in honour of our gut-brain axis (a big passion of mine)! I co-hosted this private event for donors and faculty at the University of Calgary's Mathison Centre For Mental Health with the Head of Psychiatry, Dr. Valerie Taylor (whose research focuses on faecal transplant for mental health disorders).

TO START

Fermented Fife Arancini

Ricotta, Pumpkin Seed Romesco

Redstone Brut or Sparkling Apple

FIRST COURSE (Probiotics)

Fermented Turnip

Warm Buratta, Oven-Dried Tomato

Gruner Veltliner or NOgroni

SECOND COURSE (Prebiotics)

Grilled Cabbage

Braised Oyster Mushroom, Sprouted Lentils

Meridian Nardello Soave or Ginger Mule

ENTREE (Omega-3 fats)

Roasted B.C. Black Cod

Braised Kombu, Fogo Island Baby Shrimp, Pecan Gremolata, Cold Pressed Canola Oil

Hugel Pinot Noir or For Thought Mocktail

DESSERT (Polyphenols)

Dark Chocolate Mousse

Haskaps, Candied Walnut

Kopke White Port or Hot Chocolate

Menu by



neurotrition
REAL FOOD. FOR THOUGHT

DEANE
HOUSE
INGLEWOOD