

BRAIN FOOD DINNER PARTY

SAIT X NEUROTRITION

Orsha worked with the chef instructors and culinary students at SAIT (Southern Alberta Institute of Technology) to create this five course dinner with pairings. Orsha's favourite comfort foods, charcuterie, ramen and tacos, were hacked with brain-loving ingredients and elevated in this mind-blowing menu.

PASSED HORS D'OEUVRES

Oysters with Kimchi Hot Sauce & Popcorn Shots
Mini Sweet Potato & Quinoa Cakes with Coconut Yogurt & Mint
Poached Cherry Tomato, Black Garlic, Basil, Dehydrated Vegan "Tortilla"
Turkey Skewers, Sunflower Seed Satay Sauce, Roast Pineapple, Cilantro

Cocktails: Test Tube Alcoholic & Non-Alcoholic Cocktails

FIRST COURSE

Plant-Based Charcuterie Board

Beet "Pastrami", Carrot Cashew Pate, Pistachio Crusted "Cheese" Ball, Saskatoon Mostarda, Blacksmith Mustard, Brassica Salad, Homemade Seed Cracker

Pairing: Cherry, Red Grape & Beet Juice

SECOND COURSE

Mushroom "Ramen"

Chaga & Chicken Bone Broth, Shiitake, Oyster & Lions Mane Mushrooms, Fermented Celeriac Noodles, Chickpea Miso, Green Onions, Leeks & Pea Shoots, Garnished with a 63C Degree Egg

Pairing: Reishi & Rhodiola Tea

THIRD COURSE

Palette Cleanser

Mint Kombucha Granita

FOURTH COURSE

Family Style Tacos

Homemade Sweet Potato & Gluten Free Flour Tortilla Shells
Black Cod, Grass-Fed Beef (Skirt or Flank) or Lentil "Meat"
Fermented Jicama & Cabbage, Fermented Tomato Salsa, Guacamole, Homemade Hot Sauce, Fresh Cilantro

Pairing: Watermelon "Margarita"

FIFTH COURSE

Oat, ShawZ Dark Chocolate & Sunchoke Terrine with Matcha/Avocado Mousse
Oat, Chia & Cacao Nib Tuille, Date Caramel with Cashew Nut Butter, Micro Fennel

Pairing: Burnt Orange Juice with Ginger & Carrot

Menu by



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REAL FOOD. FOR THOUGHT



SAIT