

Plain English Meal Descriptions

The following table provides examples of dishes with an associated plain English description.

Dish Name	Plain English description
Lamb Navarine	A slow-cooked lamb stew with tender meat, carrots, and potatoes in a rich, savoury sauce.
Chickpea and Pumpkin Tagine	A warm and mildly spiced stew with soft chickpeas, sweet pumpkin, and gentle seasonings.
Scrambled Eggs Florentine	Creamy scrambled eggs served with wilted spinach and a touch of cheese or cream.
French Cassoulet	A hearty baked bean and meat casserole, slow cooked with sausages and tender meat.
Bouillabaisse	A flavourful fish and seafood soup, gently cooked with herbs and tomatoes
Beef Bourguignon	A slow-cooked beef stew, rich in flavour, with red wine sauce, mushrooms, and soft carrots.
Steak Diane	A pan-fried steak with a creamy mushroom and onion sauce, lightly seasoned
Borscht	A warm beetroot soup, slightly sweet, served with sour cream
Coq Au Vin	A tender chicken stew, slow cooked with a red wine sauce, mushrooms, and onions
Salade Niçoise	A fresh salad with tuna, boiled eggs, potatoes, and olives, dressed in a light vinaigrette
Lamb Bhuna	A mildly spiced, slow-cooked lamb dish, served in a thick, flavourful sauce
Chicken Adobo	A Filipino-style braised chicken dish, simmered in a soy and vinegar sauce with garlic.
Kung Pao Chicken	A mildly spiced stir-fry with tender chicken, peanuts, and a light sauce
Baklava	A sweet flaky pastry made with thin layers of pastry filled with chopped nuts and honey syrup
Tres leches cake	A soft and moist sponge cake soaked in three types of milk topped with whipped cream
Pear Tarte Tatin	A warm, caramelized pear dessert, baked with a golden pastry crust