

CHRISTMAS EVE CELEBRATION MENU

Notes:

Christmas Eve falls on a Saturday this year, which is a good day to sow tiny seeds of change to bring positive traits into your life due to its connection to harvest and planting. It also falls during the dark of the Moon, so if you get chance on this busy day to get a moment of stillness to rest and reflect as this cycle comes to an end you may catch a glimpse of many of the possibilities ahead. It is also traditionally the time of the offering feast made to the Greek Goddess Hecate, who is Goddess of the inbetween spaces, the boundaries, borders, crossroads and walls. The feast was offered to her to protect the household by preventing harm from crossing those thresholds. As Christmas Eve is a festival where the veil between us and those gone before is said to be thin, you may or may not find this relevant. I thought it couldn't hurt so I have included some of Her sacred foods in the feast, particularly as they include delicious things like garlic, cheese, honey and cake.

This dinner is better formed of platters placed on the table where everyone can reach everything and make their own delicious combinations

We start by considering our first platter. Garlic is wonderful for flavour and would be included for that alone but it is also said to banish negative energy which is helpful at any time but particularly at family gathering. Cheese is a symbol of joy and health as well as a demonstration of those things that have come to successful fruition. Bread brings sustenance as well as health, eggs are said to both increase openness to spirituality as well as providing a grounding energy perhaps due to their mystical nature. Olives are eaten for peace and relieving stress which is a particular bonus at this wonderful yet often fractious time.

Our second platter is full of gorgeous, luxury flavours as well as crispy potatoey deliciousness but what else does our selection bring? The beef brings with it some important protective, grounding energy whereas the salmon and mackerel add just a soupçon of love to lighten our evening as well as oily fish being sacred to Hecate. There is a little bit of aphrodisiac energy amongst our toppings and our potatoes bring some compassion and further protectiveness enhanced by the horseradish root. The fish and seafood are also known for heightening psychic awareness whereas the dairy elements of the platter bring heightened spirituality. Cucumber brings calmness and stress relief.

Our final platter is a bounty of cheese. When in the form of cheesecake it is full of love and nurturing energies. When in its natural form it sings of joy and health as well the pleasure you can take in something you have worked on with a successful outcome. Serve the cheese with celery, figs and dates for health & vitality plus an added aura of calmness. Add grapes to encourage more dreams.