

NEW YEAR'S DAY CELEBRATION MENU

Notes:

New Year's Day is on a Sunday next year, so any foods which are related to gods, leadership and learning are enhanced on this day. The Moon is waxing so the day should be blessed with growth and positive energy. The Moon is also in Taurus which suggests abundance and potency.

I find that New Year's Day feasts should not only be appealing and filling, they should be easy to prepare when feeling, shall we say, a little delicate. If you have ever wrestled with a hot slippery goose whilst trying not to set fire to your oven on New Year's Day after a touch too much sparkly the night before you will understand.

Our tear and share garlic butter and cheese stuffed loaf can be prepared the day before and just assembled. The bread provides sustenance, the butter will soothe troubled relationships, the cheese will enhance your health and joy and the garlic lends its protective energies to the present company. Eggs and the oily anchovies are sacred to the Goddess Hecate who is the Goddess of the inbetween spaces, walls, barriers and boundaries who you may enjoy having on your side at this time of year. Eggs also increase openness to spirituality.

Our main course is another make ahead delight for which your present self will thank your past self. The beef provides that grounding energy whilst the lentils provide us with the possibility of luck and attract prosperity. They also reduce our meat consumption. The spinach is also responsible for attracting prosperity as well as bringing strength. The winter coleslaw adds some more grounding energy as well as attracting money to the home. It also works beautifully with the rich lasagne.

This incredibly beautiful coloured moist cake is the perfect pudding, attracting nurturing loving energy as well as prosperity along with the almonds and pomegranate. The almonds are also suggested to enhance healing energies. The delicious dairy accompaniment also opens the mind to spirituality.

