

# WINTER SOLSTICE CELEBRATION MENU

## Notes:

The winter solstice this year falls on Odin's Day or more usually Wednesday. Odin is, amongst other things, the god of the mystical, poetry and resourcefulness so foods that are eaten on this day should be those that are said to improve spiritual focus, artistic ability and heighten the imagination. The waning moon will help to banish negative energy but as the Moon sits in Scorpio, so a transformation is most definitely at hand. The Solstice is all about bringing back the sun and beginning the everlasting cycle so those foods that resemble the sun in colour or shape can be said to be important. The colours of the solstice are white for protection, green for growth, prosperity & health, and red for strength, courage and the vitality the sun will bring back to the earth. Foods in these colours will help to focus the mind on these qualities.

So our round rosemary and chestnut loaf has a circular sun shape, contains rosemary for protection and chestnut enhances openness to the spirit and imagination. Bread itself is all about sustenance even without these delicious flavour additions.

On to our next course: Pumpkin & Cheese Ravioli with Sage & Garlic Butter. The pumpkin is both round and sun coloured so is particularly auspicious on this day. It is also said to attract money and improve healing. The sage and garlic are protective ingredients as well as good for banishing negative energies. The butter is excellent for smoothing relationships (important for any large family gathering) and finally the cheese is said to bring joy as well as symbolising all those things coming to fruition at this time of year.

Our main course is the centre of the feast - Pork is traditional on this day as it is the closest most people can come to wild boar, traditionally an important animal at Yule and sacred to Freyr. Pork is also known for its connection to abundance and fertility. It has a passing affinity with theatrical flair so you can present your Solstice Ham with style. Our vegetarian pie is no less symbolic, its snake like shape is a reminder of eternity and the constant cycle of birth, death and rebirth. The round shape are representative of the sun, thus joy and health and the delicious filling ingredients increase the eater's openness both to their spiritual nature and to prosperity. The beautifully coloured, vibrant, fresh tasting beetroot salad carries seasonal colours as well as bringing a suggestion of love and passion plus health & longevity. The inclusion of apple also adds just a touch of earth magic for extra sparkle. The greens and sprouts contain seasonal colour as well as attracting prosperity. Caraway seed is said to prevent the sun from being stolen at this important festival and the horseradish in the delicious root vegetable mash will add additional protection.

We finish as does the email with our gorgeous puddings. They both contain gingerbread thus benefiting from the warmth, love and happiness this attracts. The spices provide protection, blessings for the home, attract money and kisses and increase psychic awareness. If your gingerbread yule log also contains chocolate then there is added potential love and money boost. If you opt for the trifle then those wonderful pears will not just add to your five a day but are said to add to your luck as well as increase your longevity.