

Mr Shields Groaning Board



To Start

To Make a Grand Sallet

AFTER washing your lettuce, be sure it is dry and chopped, arrange it on a platter with pippins sliced fine, good cheese as you choose, pickled vegetables, candied nuts...dress with the juice of lemons and good oil mixed up well or dressing four sour'd cream and sweet herb will also be fine
(The English Art of Cookery, Richard Briggs, 1788)

Entrees

Beef Olives another Way

The best beef is from the leg, pounded thin with a rolling pin, stuff it with cubes of a dry penny loaf to which is added vegetables chopped fine...brown them and put in your baking dish with gravy...place in a slow oven...

(The Art Of Cooking made Plain and Easy, Hannah Glasse 1766)

To Fry Chicken

Clean your chicken well being sure it is clear of feathers, marinated with salt and vinegar or lemon juice if you prefer, rolling in fine flour and fry quickly in lard or clear oil

(Dictionarium Domesticum, Nathan Bailey, 1736)

Curried Fish

Take white fish and cut them into pieces four inches long... roll in Indian flour and cook quickly in hot lard...having made your gravy with a spoonful of curry to your taste

(Inspired by Mary Randolph)

Corner Dishes

Potato Pudding

AFTER they are boiled...mash them in a mortar, or on a clean board with a broad knife, and put them into a stew pan with milk and butter until it is melted...

(The English Art of Cookery, Richard Briggs, 1789)

Mr. Shields Vegetables of the Season prepared in the Best manner

Dessert

To make strawberry cream

Take one pint of thick cream and set it on the fire, keep stirring and make it sweet with double refined sugar, add in strawberry jam and the peel of a lemon, when it is cold bring it to froth...

Is very good served with warm doughnuts

(The Complete Confectioner, Hannah Glasse, 1765)

Mr. Shields Groaning Board

Served Family Style

Mr. Shield's Salad

Garden greens, apples, aged Barbers Reserve Cheddar, Candied Walnuts,
Pickled Onions, Herb Vinaigrette

Entrees

Stuffed Angus Beef

Cornbread dressing with roasted vegetables and herbs, thyme and rosemary scented jus

Crisp Fried Chicken

Mr. Shields Proprietary Recipe

Curried Fish

Today's local fish, flash fried with heritage grain corn meal with Indian Cury velouté

Herb Mashed Potatoes

Vegetables of the season served with fresh herbs and butter

Strawberry Mousse

Warm Doughnut and strawberry Coulis

Choose one protein

Choose two proteins

Choose three proteins

Mr. Shields Groaning Board Experience includes;

Good bread with herb butter and proper refreshment of soft drink, iced tea, lemonade, or
coffee

Call For Pricing

For the Lighter Fare

Plated Entrées

Salmagundi

with Mr. Shields chicken, boiled egg, country ham
Garden greens, apples aged Barbers Reserve Cheddar, Candied Walnuts, Pickled
Onions

Crisp Fried Chicken

Mr. Shields Proprietary Recipe with
Potato Pudding and Garden stuffs cooked according to the proper rules to be observed when
cooking vegetables

Curried Fish

Today's local fish, flash fried with heritage grain corn meal with Indian Cury velouté

Stuffed Angus Beef

Cornbread dressing with roasted vegetables and herbs, thyme and rosemary scented jus

Strawberry Mousse

Warm Doughnut and strawberry Coulis

Mr. Shields Lighter Fare includes;

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coffee

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Mr. Shields Lunch on the Go

Choice of One

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Chicken Biscuit

Mr. Shield' fried chicken breast with honey mustard butter

Country Ham Biscuit

Edwards Smoke House Country ham and honey mustard butter

Cold Fried Chicken (2 pieces)

Mr. Shields proprietary recipe & cabbage slaw

Turkey Sandwich

Hand carved slow roasted turkey breast, aged cheddar, sweet and sour pickled onion

Beef Pasty

Tender beef, sweet onions, vegetables & potatoes

Roasted Vegetables Baguette

Seasonal squash, bell pepper, grilled red onion, green herb and sour cream dressing

Mr. Shields Salad

Garden greens, candied walnuts, apple, aged cheddar cheese and Mr. Shields Good

Dressing Add Mr. Shield fried chicken breast

Includes

Sea salt kettle chips, fresh apple, sugar cookie

12 oz Soda or 16 oz Water

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Young Patriots Menu School Groups

Plated

Entrees

Choose One

Fried Chicken Breast

Mr. Shields recipe served with mashed potatoes

Roast Turkey Breast

Slow roasted hand carved turkey breast served with mashed potatoes and gravy

Beef Pot Pie

Tender beef, vegetables, and potatoes baked under a flaky crust

Chicken Pot Pie

Simmered chicken, vegetables, and potatoes baked under a flaky crust

Baked Macaroni and Cheese

An original recipe from Thomas Jefferson using good cheddar cheese

Dessert

Choose One

Vanilla or Chocolate Cake, Apple Crumb Pie, Warm Doughnuts

Includes

Mr. Shields Vegetable, warm biscuit and a choice of

Soft drink or lemonade

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