



THE  
**BALCON**  
LONDON

**JANUARY – FEBRUARY NEWS**

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**DE-LIGHT MENU**



Starting the year with healthy resolutions but still keen on eating out? We recommend you to taste our De-Light menu. With calorie friendly dishes, this menu is perfect for those looking for a lighter start to the New-Year.

Avoiding produce with high fat content and focusing on spices, strong flavours and healthy cooking methods such as steaming and poaching, the De-Light menu offers a choice of balanced and flavoursome dishes giving you the opportunity to enjoy a three-course meal ranging from 500 to 700 calories.

For more information or booking please contact The Balcon.  
Tel. +44 (0)20 7389 7820 or email [thebalcon.london@sofitel.com](mailto:thebalcon.london@sofitel.com)

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**GALETTE DES ROIS**



January is the month of the Galette des Rois, a delicious French tradition that is served only once a year.

In France, this flaky puff pastry filled with almond cream is found in every bakery during the whole month of January. A little figurine is traditionally hidden in it and the one who finds it becomes the King or Queen for the day.

Until 29th January you will be able to indulge in this mouth-watering dessert, either at The Balcon or with afternoon tea in The Rose Lounge.

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## VALENTINE'S DAY



For Valentine's Day, the Head Chef will prepare an exceptional four-course dinner offering predominantly British ingredients prepared with a French touch.

Starting with "Poached Oysters, Spinach and Thermidor Foam", you will then enjoy dishes such as "Seared Scottish Scallops, Black Pudding Croquette and Apple" or "Cannon of Welsh Lamb, Caponata, Broad Bean Pesto".

For dessert, you will have the choice between a refreshing "Lychee and Raspberry Parfait, Hibiscus Veil" or a decadent "Chocolate and Hazelnut Feuilletine, and Lime Curd".

To end the evening, you can venture to the chic and cosy St James Bar, the perfect spot to linger over a nightcap or a cocktail.

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## GRILLED SCALLOPS WITH PIPERADE RECIPE



This month, we are delighted to share with you the flavoursome Scallops and Piperade recipe from our De-Light menu.

### Ingredients for 4 people

8 scallops  
10ml olive oil  
Sea salt

### Piperade:

200g onions, finely sliced  
200g red peppers, finely sliced  
1 tomato  
2 garlic cloves, finely chopped  
1 tsp fresh basil, finely chopped  
1 tsp fresh dill, finely chopped  
1 tsp fresh coriander, finely chopped  
1 pinch ras el hanout  
Salt and pepper

### Method

#### Piperade

Put the onions and peppers into a saucepan and sweat over a medium heat.

Immerse the tomato in boiling water for 15 to 20 seconds, refresh in cold water. Peel, seed and chop the tomato flesh. Stir the garlic into the vegetables. Season to taste and cook over a low heat.

Before serving, add the fresh herbs and the ras el hanout.

#### Scallops

Pre-heat the oven to 180°C.

Heat the olive oil in a pan over high heat. Add the scallops and cook on each side until golden-brown, transfer to an ovenproof tray and season with sea salt. Bake in the oven for 4 to 5 minutes.

Serve immediately.

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