



SECOND-HELPINGS

Homemade food made with passion

SAMPLE SPRING 2024 MENU

This is a SAMPLE menu. When booking, tell me your favourites and I can come up with some bespoke menu choices, tailored just for you and your guests.

Prices are from £35.00 per person for three courses, which includes canapes on arrival, water and teas & coffees to end.

www.second-helpings.co.uk

Starters

Butternut/Kabocha Squash, Parmesan & Rosemary Tart

Rosemary, pine nuts, parmesan & garlic roasted with squash & topped with parmesan - served straight from the oven

Caramelised Mushroom Tart

Wafer thin crispy puff pastry discs covered in a smooth, creamy onion puree, topped with caramelised mushrooms & parmesan shavings

Oven roasted, Serrano Ham Croquettes

*Inspired from a trip to San Sebastian, these are truly sublime ... a crisp breadcrumb coating with an oozing creamy seasoned centre flavoured with Serrano ham. Served with a little salad and some Apple & Chilli Chutney
(other flavours of croquettes are also available)*

Twice Baked Gruyere & Bacon Souffle

*Crispy smoked bacon, reduced cream and nutty Gruyere cheese make for a lavish starter = light, fluffy and decadent!
(a lighter cheddar & parmesan souffle with salad is also available)*

Classic Scandinavian Gravadlax

In a mix of seasonings, dill & lemon zest, the salmon is cured for 24 hours. Its served with pickled cucumber and tiny florets of cauliflower in a horseradish crème fraiche.

Tian of Crab or Prawn

Little towers of fresh white crab meat (or prawns) diced avocado and a salsa of vine tomatoes drizzled with a dill vinaigrette

Miso Cod Tempura

Chunks of marinated cod, covered in the lightest of batter until golden. Served on a bed of crispy seaweed with an Asian dipping sauce

My take on a Caesar Salad

A new twist on an old favourite, creamy avocado & crunchy pine nuts together with crispy croutons and parmesan crisps

Trio of Starters to Share

Charcutier selection served with Buffalo Mozzarella & a celery, pine nut & olive tapenade and a Mixed Tomato & Basil Salad with a fresh warmed bread selection with butter, oils & balsamic

Plenty more alternatives for starters available; happy to discuss options

Mains

Gratin of Roasted Butternut Squash, Leeks, Sweetcorn and Hazelnuts with a Gabriel Cheese Cream Sauce.

Individual portioned stacks of vegetables bound with the sauce, covered with a crust and baked in the oven served with seasonal vegetables

Cheese Crusted Pork Loin Chops with Madeira Sauce

Crusty Gruyere Cheese & Herb topping keeps the pork chops succulent & tender, served on top of individual Pommes Boulangère

Seared Fillet of Sea Bass with Prawn Risotto and Lemon Crumb

(Other Risottos available such as Undyed Smoked Haddock & Leek Risotto)

Pan fried Cod Fillet with a creamy chive, tarragon, dill & parsley sauce served with baby boiled potatoes and seasonal vegetables

Chunky cod fillet, pan fried and finished in the oven sits on a bed of rich, velvety cream and herb sauce

Sri Lankan Monkfish Curry

*A light, fragrant tomato, onion & ginger sauce, served with fluffy basmati rice, poppadum, fresh tomato chutney, coriander chutney, & cucumber and mint raita
(Monkfish can be substituted with chicken)*

Tender, pink fillet of lamb with herb crust

Served sliced on a bed of peas, shelled broad beans & smoked lardons with a drizzle of home made mint sauce and some crème fraiche

Traditional comfort food re-invented

Classic Chicken Chasseur

A classic "Hunter's Chicken Simple and delicious with finely diced shallots, garlic, tomato, mushrooms & tarragon. Served with silky mash potato

Beef Stroganoff

Sirloin strips, chestnut mushrooms, sour cream, porcini powder, parsley Dreamy!

Serious Fish Pie

Jam packed full of smoked undyed haddock, salmon, cod & prawns topped off with a silky smooth potato & parmesan which is grilled until golden brown

Shepherd's Pie vs Lasagne

Served with garlic & herb ciabatta and crispy green salad

Grown Up Macaroni Cheese with a difference

Added flavours of Cheddar, Crab and Anchovy essence, topped with a lemon brioche & tarragon crumb

What's your favourite fish or meat choice? Let me know and we can come up with lots of alternatives.....

Desserts

Chocolate and Pistachio Semifreddo

A heavenly Italian creation – a cross between frozen mousse and ice cream

White Chocolate Parfait with Passionfruit & Mango Sauce

Ditto above but a different flavour – very popular

Cinnamon Pavlovas with Caramelised Apples & Blackberries

Individual crispy, cinnamon flavoured meringues with whipped cream topped with warm caramelised apples and blackberries

Celebration Chocolate Mousse Cake with Raspberries & Blueberries

Chocolate cake topped with chocolate mousse topped with fruit, crème fraiche and Greek yoghurt

Poached Pear, golden honey mascarpone mousse and oat crumble

Pears poached with star anise, cinnamon & lemon juice, with a creamy honey mascarpone mousse topped with a delicious crunchy crumble

Apple & Honey Frangipane Tart

Sweet French Patisserie filled with frangipane, apples & honey. Served with Crème fraiche or clotted cream and a honey drizzle

Warm Chocolate & Raspberry Layered Pots

A delicious three layered dessert – tart raspberry layer at the bottom, chocolatey custardy centre and a crunchy chocolate topping

Passionfruit Tart with Orange Pastry

Completely divine! Served with a dusting of icing sugar and some single cream or crème fraiche

Cheese, Fruit & Chocolate Sharing Platter

*Save the best and the most popular until last – a selection of soft, hard & blue cheese with home made cheese biscuits/crostini served with fruit and a selection of chocolate treats
(£5.00 Supplement per person)*

So many other sweet choices available on request 😊😊