

# SAMPLE MENU

This is a SAMPLE menu. When booking, tell me your favourites and I can come up 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 Tempera

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 mouse 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)