



SECOND-HELPINGS

Homemade food made with passion

SAMPLE 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 £40.00 per person for three courses, which includes canapes on arrival, water and teas & coffees to end.

Starters

A Shell-less Lobster & Langoustine Thermidor

(gently poached lobster tail and langoustine mixed with a flavourful sauce topped with Gruyere cheese & grilled until golden and bubbling)

Roasted Asparagus with a Spanish Romero Sauce

(fresh asparagus needs little more than a good olive oil and salt & pepper, roasted in the oven for a few minutes and topped with this delicious fragrant tomato, pepper & almond sauce)

Teriyaki Beef Lettuce Cup

(tender slices of fillet coated in a glossy rich Japanese sauce sit on top of finely sliced carrot, cucumber & radish wrapped in baby gem lettuce leaves)

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 stuffing flavoured with Serrano ham. Served with a little salad and some Apple & Chilli Chutney)

Cheddar and Parmesan twice-baked Souffle

(light, fluffy and cheesy! Served on a bed of rocket, pear, parmesan and sweet chilli walnuts)

Salmon Fishcakes with Madras Curry Mayonnaise

(cider-cured diced salmon, fluffy potato, coriander, sweet-chilli, tabasco & citrus shaped into delicious croquettes, coated in breadcrumbs - gently fried with curry leaves & sprinkled with garam masala - served with a decadent home-made madras mayonnaise)

Beef Carpaccio with Tonnato Sauce, finely diced Shallots & Fried Capers

(classic Italian - the freshest of tenderloin, sliced paper-thin, served with rocket and a creamy and flavourful tangy sauce, shallots & fried capers)

Burrata with chargrilled grapes and basil

(buttery, mild mozzarella with a combination of stracciatella & cream, paired with black grapes which have been marinated in a Valdespino vinaigrette, sea salt flakes & basil and baked to intensify their flavour - served with Ciabatta to soak up the delicious vinaigrette)

Mains

Confit Duck à L'orange

(succulent, melt-in-the-mouth confit duck leg with a delicious tangy Seville orange sauce – comes with steamed vegetables and a silky mash)

Pancetta wrapped organic chicken breast with a tomato, pine nut & basil stuffing

(a ballotine of moist chicken breast which has been stuffed with a pine nut, sun blushed tomato, basil and garlic mixture then wrapped in smoked pancetta served with a vermouth, thyme sauce)

Salmon with Ginger and Lime en Papillote

(organic salmon fillet, steamed in a little parcel of parchment on a bed of shredded leeks, carrots & tomato served with a light, creamy, lemon sauce – when opened at the table, it releases a burst of aromatic steam, creating an impressive and sensory dining experience – a favourite at Second-Helpings)

Paprika baked Cod with Chorizo, Lemon & Thyme

(chunky cod fillet baked in the oven with chorizo slices, lemon zest and cherry tomatoes – a powerful rainbow of tastes!)

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)

Fillet of Lamb

(another favourite at Second-Helpings – a tender pink herb coated fillet of lamb served on a bed of peas and shelled broad beans & bacon with a drizzle of home made mint sauce and crème fraiche)

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

(a chunky piece of cod fillet which has been pan fried and finished in the oven sits on a bed of rich, velvety cream and herb sauce)

Rioja braised lamb shanks with Chorizo & Garlic

(an intense infusion of flavourful ingredients – this lamb has been in the oven for 3½ hours so falls off the bone and melts in the mouth – served with lashings of buttery mash and steamed vegetables)

Curry, Curry, Curry!!

(any type you fancy. Served with fluffy basmati rice, poppadum, fresh tomato salad, coriander chutney, grated mooli (if available) salad and cucumber & mint raita) – a great sharing experience!

Desserts

Greek Yoghurt Panna Cotta with Strawberries & Chocolate Viennese Fingers

(not too sweet, this dessert is perfect if you don't want anything too heavy – creamy panna cotta with poached, glazed strawberries, a coulis and a chocolate dipped Viennese finger, topped off with some shredded basil)

Sticky Cornish Fudge Pudding with Salted Muscovado Sauce & Clotted Cream

(sounds heavy but, surprisingly light – fudgy sponge pudding, salted toffee sauce and clotted cream, or custard, or ice cream)

Lemon Meringue Surprise

(the surprise is a sticky, lemony, biscuit base. Smooth, zingy lemon, topped with crisp meringue – a very popular dessert)

Treacle Tart with Ginger Cake & Orange

(one of my personal favourites – delicate short pastry with a ginger cake, stem ginger, orange zest and a hint of rosemary filling, served with a drizzle of ginger syrup and ginger flavoured cream)

Chocolate Mousse Cake with Seasonal Fruits

(chocolate sponge cake topped with a light chocolate mousse, topped with crème fraiche and Greek yoghurt, and fruits)

Pear and Amaretto Cheesecake

(pears poached in vanilla sugar syrup, mixed with mascarpone and amaretto liqueur sits on a bed of Nutella flavoured biscuits – no gelatine, no baking)

Cheese Fruit and Chocolate Sharing Platter

(save the best 'til last – a selection of cheeses, home made cheese biscuits/crostini served with fresh fruit, and chocolate treats!)

PLEASE NOTE ALL THESE STARTERS, MAINS & DESSERTS ARE EXAMPLES.
If you would like more fish, chicken, lamb, beef, pork or vegetable dishes to consider –
just let me know and I can send more choices. 😊😊