

# HEL'S HIGH HOLIDAYS 2016

## NEW YEAR HOLIDAY DINNER

Freshly Baked Round Challah (Plain or Raisin) (V)

Honey Crisp Apples & Honey (V, GF, DF)

Matzoh Ball Soup with Carrots, Parsley & Farfel

Local Homemade Kishke



### CHOOSE ONE SALAD

Midwestern Mesclun Salad (V, GF)  
with Grilled Asparagus, Summer Squash &  
Fresh Grilled Corn tossed with Dried Cherries,  
Wisconsin Goat Cheese & Balsamic Vinaigrette

Autumn Chopped Salad (V, GF)  
with Chopped Romaine, Baby Spinach, Chopped  
Apples, Pears, Walnuts, Dried Cranberries & a touch  
of Gorgonzola with Raspberry Vinaigrette

Deconstructed Israeli Salad (V, GF)  
Heirloom Tomatoes, English Cucumbers,  
Chopped Parsley & Chive Batons  
with Green Goddess Dressing

### CHOOSE ONE ENTREE

(Can be split in multiples of 4)

Chicken Milanese  
Tender Medallions of Boneless Chicken Breast  
covered with Panko Crumbs & lightly sautéed with  
Split Roasted Grape Tomatoes & Capers  
in Lemon Butter Wine Sauce

Oven Roasted Garden Vegetable Chicken (Bone-In)  
with Fresh Herbs, Crushed Tomatoes, Green Pepper,  
Onion & Mushrooms (GF, DF)

Roasted Vegetable Strudel (V)  
Asparagus, Abalone Mushrooms, Cauliflower,  
Caramelized Leeks, Roasted Red Pepper,  
Smoked Gouda & Arugula  
with Farm Stand Tomato Coulis

First Cut Brisket of Beef (5 oz pp) (DF)  
sliced & served with Natural Brisket Gravy (2 oz pp)  
(Carrot, Onion & Tomato Coulis available  
for \$0.50 extra per person)

Stuffed Chicken Breast  
Boneless Breast of Chicken with skin wrapped around  
Hel's Fig, Pear & Apple Bread Stuffing  
with a touch of Golden Raisins oven roasted  
to golden brown & accompanied by Apple Cider Glaze

Mustard Maple Salmon (GF, DF)  
Fresh Salmon Fillet Maple & Mustard  
Glazed & Grilled

### CHOOSE TWO SIDE DISHES

Yukon Gold Potato & Heirloom Carrot Puree (V, GF)  
with a hint of Nutmeg

Lemon & Olive Oil Orzo (V)  
with Arugula & Ricotta  
tossed in Lemon Vinaigrette

Moroccan Cous Cous (DF)  
a Medley of Fresh Sautéed Vegetables  
& Dried Fruits combined with Cous Cous  
in a Curried Red Pepper Marinade

Oven Roasted Fingerling Sweet Potatoes (VV, GF, DF)  
with Brown Sugar & Cinnamon

Grilled Asparagus (VV, GF, DF)  
tossed with Extra Virgin Olive Oil, Sea Salt,  
Cracked Pepper & Fresh Lemon

Edye's Noodle Kugle or Kugle Cupcakes (V)  
(both available with or without Raisins)

Individual Parmesan Potato Galette (V)  
Thinly Sliced Idaho Potatoes layered  
with Parmesan Cheese, Cream & Butter

Butternut Squash & Parsnip Puree (V, GF)

Above package available for 8 or more  
\$25.70 per Guest  
(Must be ordered in multiples of 4)

Eggplant Timbale (V, GF)  
Layers of Sautéed Eggplant,  
Fresh Tomato Basil Sauce and  
Parmesan & Mozzarella Cheeses

## A TRADITIONAL "BREAK THE FAST"

Fancy Albacore Tuna Salad (GF)  
with Fresh Anjou Pears  
& Black Diamond Walnuts

Hel's Fabulous Egg Salad (V, GF)

Edye's Noodle Kugle  
or Kugle Cupcakes (V)  
(both available with or without Raisins)

Fresh Pita Triangles, Assorted Flatbread Crackers  
& Our Housemade Bagel Chips (V)

Fresh Nova Lox Platter  
served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses  
accompanied by Sliced Tomatoes, Thinly Sliced Red Onions, Sliced Cucumbers, Marinated Greek Olives,  
Scallions, Carrot Sticks & Capers with Sliced Muenster & Swiss Cheeses

Freshly Baked Assorted  
Mini Muffins & Coffee Cakes (V)

Our Frittata of Zucchini, Mushroom & Vidalia Onion  
with Sautéed Green Pepper, Roasted Red Pepper,  
Cream Cheese, Herbed Croutons & Jarlsberg Swiss Cheese

DIY Yogurt Parfait Bar (V)  
Greek Yogurt with Mixed Berries,  
Housemade Granola & Honey

(V) Vegetarian (GF) Gluten-Free  
(VV) Vegan (DF) Dairy-Free

\$24.50 per Guest - Minimum of 8 Guests  
(Must be ordered in multiples of 4)

## APPETIZERS

Traditional Gefilte Fish with Carrot Slice & Prepared Horseradish (Roasted Beet or Plain).....	\$7.50 ea
Baked BBQ Salami Chub with Toasted Cocktail Rye (requires 90 minutes cooking) (12 oz serves 12-16).....	\$32.95
Chopped Liver Platter fully garnished & accompanied by Cocktail Rye (2 lb platter) (DF).....	\$29.95
Hel's Homemade Hummus with Pita, Carrot Sticks & Cucumber Rounds (serves 18-20) (VV, DF).....	\$25.95
Small Fresh Vegetable Crudite of Broccoli, Cauliflower, Asparagus, Carrot & other select Fresh Vegetables with Spring Scallion Dip (serves 14-18) (VV, DF).....	\$34.95
Petite Potato Latkes with Sour Cream & Applesauce (12 pcs) (V).....	\$14.95
Salmon Patties with Spicy Thai Mayonnaise (12 pcs).....	\$19.80
Vietnamese Spring Rolls Leaf Lettuce, Tofu, Bean Sprouts, Cellophane Noodles, Carrot, Cucumber, Chopped Peanuts, Thai Basil, Cilantro & Mint wrapped in Paper Thin Rice Paper served with Peanut Sauce (12 pcs) (VV).....	\$19.80
Goat Cheese Pops rolled in Chopped Nuts & served with Jalapeño Jam (12 pcs) (V, GF).....	\$20.95

## A LA CARTE SELECTIONS

### SALAD SELECTIONS

*2 lb or 12 person minimum on all Salad Selections*

Chilled Israeli Cous Cous Salad with Grilled Zucchini, Yellow Peppers & Grape Tomatoes, Chopped Pears, Jicama & Dried Cranberries (VV, DF).....	\$7.95/lb
Israeli Salad of Fresh Chopped Tomatoes & Cucumbers with Lemon & Parsley (VV, GF, DF).....	\$6.95/lb
Mediterranean Bulgur Wheat Salad with Kalamata Olives, Chives, Dijon Sherry Vinaigrette & Crumbled Feta (V).....	\$10.95/lb
Quinoa Salad with Dried Fruits & Grilled Vegetables (VV, GF, DF).....	\$12.95/lb
Hel's Homemade Egg Salad (V,GF).....	\$6.95/lb
Chicken Salad with Red Flame Grapes & Pistachios (GF).....	\$10.95/lb
Tuna Salad with Fresh Pears & Walnuts (GF).....	\$10.95/lb
Salmon, Caper & Dill Salad (GF).....	\$13.95/lb
Whitefish Salad (GF).....	\$15.75/lb
Hel's Famous Caesar Salad with Freshly Grated Parmesan Cheese & Homemade Croutons (V).....	\$1.90/person
Autumn Chopped Salad with Chopped Apples, Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola in Raspberry Vinaigrette (V, GF).....	\$2.50/person
Fresh Baby Spinach with Roasted Red & Yellow Beets, Toasted Pecans, Sliced Pears, Crumbled Goat Cheese & Halved Grape Tomatoes in Mustard Maple Vinaigrette (V, GF).....	\$2.50/person
Orange Raspberry Mesclun Salad with Orange Segments, Fresh Raspberries, California Montrachet, Toasted Sunflower Seeds & Grape Tomatoes in Citrus Vinaigrette (V, GF).....	\$3.50/person

### SIDE SELECTIONS

*2 lb minimum on all Side Dishes sold by the pound*

~ Vegetable ~

Warm Grilled Vegetables with Balsamic Reduction (VV, GF, DF).....	\$11.95/lb
with Crumbled Goat Cheese (V, GF).....	\$12.95/lb
California Stir Fry with Lemon Herb Butter (V, GF).....	\$7.95/lb
Asparagus Gremolata oven roasted with Olive Oil & topped with Lemon Zest, Garlic & Flat Italian Parsley (VV, GF, DF).....	\$13.50/lb
Grilled Haricot Vert with EVOO & Sea Salt (VV, GF, DF).....	\$9.95/lb
Orange Glazed Broccoli & Carrot Sauté (V, GF).....	\$7.95/lb
Honey Roasted Parsnips sprinkled with Chopped Pistachio (VV, GF, DF).....	\$8.95/lb
Eggplant Timbale (serves 8-10) (V, GF).....	\$34.95

~ Rice, Potato & Pasta ~

Hel's Original Oven Roasted Fanned Potatoes (12 pcs) (V, GF).....	\$14.95
Potted Potatoes & Carrots drizzled with Brisket Gravy (DF).....	\$7.95/lb
Whipped Brandied Sweet Potatoes with Candied Pecans (V, GF).....	\$7.95/lb
Long Grain & Wild Rice with Pecans & Dried Wild Cherries (V).....	\$7.95/lb
Moroccan Cous Cous with Dried Fruits & Sautéed Vegetables (DF).....	\$7.95/lb
Lemon & Olive Oil Orzo with Arugula & Ricotta (V).....	\$7.95/lb
Yukon Gold Potato & Heirloom Carrot Puree (V, GF).....	\$7.95/lb
Butternut Squash & Parsnip Puree (V, GF).....	\$7.95/lb
Edye's Noodle Kugle with or without Raisins (5 lb pan) (V).....	\$34.95

~ Other Specialties ~

Matzoh Balls (5 pcs).....	\$7.25
Chicken Soup with Chopped Parsley, Slivered Carrot & Matzoh Farfel (DF).....	\$5.50/qt
Whole Kishke (approx 1 lb).....	\$9.95
Cheese Blintzes with Blueberry & Strawberry Compote and Sour Cream (V).....	\$29.95/doz
Our Frittata of Zucchini, Mushroom & Vidalia Onion (serves 10-15) (V).....	\$28.95



HEL'S KITCHEN | catering  
www.helskitchen.com

## HOUSEMADE AUTUMN SOUPS

Creamy Portobello Mushroom (V)

Tomato Bisque with Wild Rice (V, GF)

Butternut Squash (V, GF)

Classic Potato Leek with Fresh Chive Garnish (V)

All Soups served with Oyster Crackers

\$14.95 per 1/2 gallon  
(serves 6-8)



## ENTRÉE SELECTIONS

Pesce All'Ebraica – (8) 3 oz pieces .....	\$55.95
Italian-Style Tilapia oven roasted with Olive Oil, Red Wine, Pine Nuts, Honey & Drunken Raisins (serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (GF, DF)	
Salmon Provençal – (8) 3 oz pieces .....	\$57.95
Dusted with Country Herbs, lightly sautéed & served Provençal Style with Tomatoes & Mushrooms over Wilted Spinach (serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (GF)	
True Cod in Thai Marinade oven roasted with Scallions & Garlic – (8) 3 oz pieces.....	\$55.95
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (DF)	
Cedar Planked Chermoula Salmon Side marinated in Cinnamon, Cumin, Allspice & Turmeric.....	\$57.95
(1.5 lbs serves 6-8 as 1 of 2 entrees or 3-4 as full entrée) (GF, DF)	
Fresh Nova Lox Platter served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses .....	\$9.95/person
accompanied by Sliced Tomatoes, Thinly Sliced Red Onions, Sliced Cucumbers, Marinated Greek Olives, Scallions, Carrot Sticks & Capers with Sliced Muenster & Swiss Cheeses (12 person minimum)	
First Cut Brisket of Beef sliced & splashed with Natural Brisket Gravy (DF) .....	\$25.95/lb
(2 lb minimum)	
Brisket Gravy or Carrot, Onion & Tomato Coulis (DF).....	\$5.95/pint
Belgian Ale Braised Short Ribs (DF).....	\$103.95
slow cooked in Belgian Beer & Fresh Herbs until fork tender & bursting with flavor (serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)	
Apricot Glazed Turkey Breast (served warm or cold) .....	\$99.95
accompanied by Cranberry Apple Chutney & Apricot Moutarde (serves 16-20 as 1 of 2 entrees or 8-10 as full entrée)	
Chicken Marbella .....	\$5.00/pc
with Coriander, Bay, Brown Sugar, Garlic Cloves, Capers, Olives & Prunes (4 oz boneless breast) (GF, DF)	
Oven Roasted Mediterranean Chicken with Artichoke Hearts & Roasted Lemon Wedges .....	\$5.00/pc
glazed with Lemon, Oregano & Olive Oil (4 oz boneless breast)	
Chicken Florentine with Steamed Spinach & Sherry Mushrooms (4 oz boneless breast) .....	\$5.00/pc
Oven Roasted Garden Vegetable Chicken (Bone-In).....	\$29.95/order
with Fresh Herbs, Crushed Tomatoes, Green Pepper, Onion & Mushrooms (1 order includes 4 Breasts, 2 Thighs, 2 Wings & 2 Legs) (GF, DF)	
Bone-In Breast Only .....	\$5.00/pc
Roasted Vegetable Strudel .....	\$14.95
Asparagus, Abalone Mushrooms, Cauliflower, Caramelized Leeks, Roasted Red Pepper, Smoked Gouda & Arugula with Farm Stand Tomato Coulis (V)	

All above Entrée Selections sold by the piece must be ordered in multiples of 4

# THE SWEET STUFF & CHALLAH

## COOKIES & DESSERT BARS

Chocolate Chip Cookies ~ Oatmeal Raisin Cookies  
Blackout Cookies ~ Peanut Butter Cookies  
Macadamia Nut & White Chocolate Cookies ~ Sugar Cookies  
S'mores Bars ~ Turtle Bars ~ Fudgy Brownies  
Sea Salt Caramel Brownies ~ Lemon Delites  
Apricot Nut Bars ~ Lahina Clouds  
Raspberry Oatmeal Triangles  
\$13.80 per Dozen  
(1/2 dozen minimum per selection)

## PETITE PASTRIES

Chocolate Éclairs  
Petite Apple Strudels ~ Assorted Rugelah  
Key Lime Tartlets ~ Lemon Tartlets  
Mini Cream Puffs ~ Mini Cannoli  
Mini Fresh Fruit Cheesecakes  
Chocolate Truffle Tartlets  
Limoncello Panna Cotta Tarts  
\$16.80 per Dozen  
(1 dozen minimum per selection)

## OTHER SPECIALTIES

A Sweeping Display of Fresh Fruit to include  
Honeydew Melon, Cantaloupe, Watermelon, Seedless Grapes, Fresh Pineapple & Select Strawberries

Small (serves 12-16) \$45.95    Medium (serves 25-30) \$69.95

Freshly Baked Plain or Raisin Challah (1 lb round loaf) .....	\$6.50
Traditional Honey Cake with Orange Zest Glaze (serves 10-14) .....	\$14.95
Frosted Chocolate Banana Cake (serves 8-10) .....	\$17.95
Best Damn Lemon Cake draped with Chocolate Ganache (serves 12-16) .....	\$19.95
Sea Salt Caramel Flourless Chocolate Cake (serves 10-12) .....	\$29.95
Killer Chocolate Raspberry Cake (serves 16-20) .....	\$34.95
Turtle Cheesecake (serves 12-16) .....	\$34.95
Pumpkin Cheesecake (serves 12-16) .....	\$34.95
Lemon Mousse with Raspberry Sauce (serves 12-16) .....	\$29.95
Chocolate Mousse with White Chocolate Sauce (serves 12-16) .....	\$29.95
Citrus Panna Cotta with Balsamic Strawberries (serves 20-25) .....	\$34.95
White Chocolate Cranberry Bread Pudding (serves 12-16) .....	\$29.95
Plum & Walnut Tart (serves 12-16) .....	\$29.95
Pear Custard Tart (serves 12-16) .....	\$29.95
Caramel Apple Galette (serves 10-12) .....	\$29.95
Fruit & Oat Stuffed Baked Apple (minimum 12) .....	\$2.25 ea
Individual Trifle Cups (minimum 12 per selection) .....	\$2.95 ea
Peanut Butter Mousse with Oreo ~ Tiramisu ~ Death by Chocolate	
Sweet Raspberry Sauce (8 oz) .....	\$5.95

## CONTEMPORARY JEWISH ENTERTAINING

Born from our deep understanding of the cultures and traditions that infuse and inform modern Jewish entertaining, comes this exceptional service within Hel's Kitchen Catering. Our 31 years of experience along Chicagoland's North Shore gives our Contemporary Jewish Entertaining staff a strong background in the foods, traditions and stories that make Jewish entertaining unique. From the simplest family gathering to the most meaningful life cycle events, we celebrate and respect this traditional culture while bringing an air of cutting-edge sophistication to your Jewish affair.

## L'SHANA TOVA (5777)

### ALL OF US AT HEL'S KITCHEN WISH YOU A FRUITFUL & HEALTHY NEW YEAR

All Rosh Hoshana orders must be placed by Monday, September 26  
for pick up or delivery on Sunday, October 2 & Monday, October 3.  
No additions or deletions will be accepted after Wednesday, September 28 at 12:00pm.

All "Break the Fast" orders must be placed by Thursday, October 6  
for pick up or delivery on Wednesday, October 12.  
No additions or deletions will be accepted after Monday, October 10.  
Deliveries will take place within various three (3) hour time frames  
between 9:00am and 6:00pm.