

# BOWL FOODS



**Bowl foods are individual, hand crafted & beautifully presented “mini meals” that are served in small bowls complete with a fork for your guests to be able to eat whilst sitting or standing.**

**Served by our waiting staff they are a perfect way to provide your guests with an informal, substantial & most importantly a delicious meal.**



## Meat

**Braised beef short ribs, colcannon mash & house made pickles**

*Slow braised short ribs of beef cooked off the bone & served with mashed potato with shredded kale & topped with house made pickles*

**Grilled corn fed chicken, Asian coleslaw with a lime & peanut dressing**

*Slices of char grilled corn fed chicken on a bed of shredded carrot, cabbage, cucumber & daikon dressed with a lime & peanut dressing*

**Crispy duck salad, shredded mooli, spring onion & baby watercress**

*Confit duck leg glazed with tomato, honey & sesame seeds on a bed of shredded mooli, baby watercress & spring onions*

**Slow roasted shoulder of lamb, saffron couscous & baba ganoush**

*7 hour braised lamb shoulder with saffron infused couscous & blanched apricots with a smoked aubergine puree & a rich lamb jus*

**Hot & sour Thai beef salad, cucumber, mint & chilli**

*Thin slices of fillet of beef with cucumber, mint & vermicelli noodles tossed in a hot & sour chilli dressing*

**The-ultimate cottage pie**

*5 hour braised beef shin, carrots & peas bound with a rich beef jus topped with glazed horseradish mashed potato*

## Fish

**Roasted sea trout, spring onion pomme puree & lemongrass velouté**

*Roasted fillet of sea trout on spring onion pomme puree with wilted spinach, mange tout, baby leeks & a lemon grass fish velouté*

**Fillet of sea bass, crushed lyonnaise potatoes & lemon velouté**

*Roasted fillet of sea bass on crushed potato lyonnaise with artichoke, broad beans & lemon velouté*

**Hot smoked salmon, jersey royals, asparagus, lemon aioli**

*Salad of hot smoked salmon with blanched jersey royals, baby watercress, poached quails eggs, green asparagus & a lemon aioli*

**Seared tuna on wilted Nicoise salad**

*Seared loin of tuna with a wilted salad of baby spinach, new potatoes, olives, sun blushed cherry tomatoes & poached quail's egg*

**Red mullet, ratatouille & sautéed new potatoes**

*Warm salad of red mullet marinated in saffron oil with sautéed new potatoes & ratatouille*

**The-Recipe fish & chips**

*Fillet of line caught cod with crispy pont neuf potatoes, minted mushy peas & house made tartare sauce*

## the-recipe

Unit A, South Studio, Gainsborough Studios,  
1 Poole Street, London N1 5EE  
t: 0845 130 8087 e: hello@the-recipe.co.uk  
[www.the-recipe.co.uk](http://www.the-recipe.co.uk)

## Vegetarian

**Butternut squash & amaretti risotto**

*Creamy arborio rice with butternut purée, diced butternut, amaretti crumbs & parmesan shavings topped with deep fried sage crisps*

**Grilled pear, blue cheese & endive salad**

*Grilled pear, endive & gorgonzola salad with caramelised walnuts & baby rocket*

**House made gnocchi with artichoke veloute**

*House made herbed gnocchi with sun blushed tomatoes, black olives, green beans & an artichoke veloute*

**Goat's cheese & beetroot salad**

*Pickled heirloom beetroot salad with breakfast radish, spring onion, rocket & goat's cheese crumbs*

**Thai red vegetable curry**

*Grilled aubergine, mange tout, baby corn & wilted baby spinach in the-recipe Thai red curry sauce with a coconut Jasmine rice*

**Wild mushroom pot pie**

*Shitake, trompette & oyster mushrooms bound in a tarragon béchamel sauce & topped with gruyere cheese puff pastry diskettes*