



CONNEXIONS
cuisine
FINE CATERED CUISINE



PARTY CATERING TO COLLECT - SPRING / SUMMER 2016

CONNEXIONS CUISINE

I am delighted to introduce you to an additional service that Connexions Cuisine can offer to our clients: this is our 'Party Catering to Collect' service.

Whilst Connexions Cuisine gained its outstanding reputation providing an event catering service, we do in addition provide a service whereby you can pre-order and collect our dishes for you to serve at home. There may be an occasion when you just need a couple of homemade desserts or a supper dish and canapés.

The food is prepared in our purpose-built kitchens in Beckenham by the same team of skilled chefs who run the Connexions Cuisine kitchens. Many of our popular signature dishes included in this brochure appear on our event catering menus.

The dishes can be cooked and presented on our white china dishes ready for you to serve at home and can be returned the following day. Alternatively we can have the food ready for you to collect in disposable boxes for you to transfer to your own serving dishes at home.

If you fancy something a little bit special for the weekend or if you just don't fancy cooking and want to impress your friends and family we should be able to help. Welcome to one of Beckenham's best kept secrets!

Please give me a call if you would like any help with your selection of dishes or the quantities to call. Alternatively please contact the office by telephone or email to place your order, giving us as much notice as possible (a week is ideal) and we will do the rest!

Bon appétit!

MICHELE JONES
Director

MAIN COURSE SALADS

Smoked chicken and avocado Caesar salad /

Sliced smoked breast of chicken with avocado, romaine lettuce, croutons and parmesan with a soured cream dressing.

£6.50 per portion

Seared salmon and asparagus salad /

Blackened salmon fillets served with fresh asparagus, new potatoes and a sweet mustard and lemon dressing – looks and tastes spectacular!

£6.50 per portion

Fresh salmon niçoise /

A variation on the traditional niçoise – freshly poached salmon with tomatoes, French beans, eggs, olives and anchovies.

£5.50 per portion

Thai beef fillet salad /

Fillet steak strips with cherry tomatoes, red and yellow peppers, red onions, fresh coriander and mint in a Thai dressing – this is fantastic and one of our most popular dishes!

£8.50 per portion

Coronation chicken /

Poached chicken breasts in a light curried mayonnaise with flaked almonds and fresh coriander.

£6.50 per portion

Tuna pasta salad /

Tuna with fresh pasta, sweetcorn, mixed peppers, eggs and spring onion in a mayonnaise dressing.

£5.50 per portion

Fresh seafood salad /

Mediterranean prawns, fresh salmon and squid with finely diced peppers, olive oil and lemon juice.

£8.50 per portion

Chicken with roast Mediterranean vegetables /

Chargrilled chicken with giant couscous, slow-roast Mediterranean vegetables and rocket.

£6.50 per portion

FRESHLY MADE SALADS

Traditional new potato salad /

New potatoes with a soured cream dressing, dill and spring onions.

£3.00 per portion

American new potato salad /

New potatoes with a crunch of celery, red onions, green peppers and dill pickle with a mayonnaise and new york mustard dressing.

£3.00 per portion

Greek salad /

Traditional crunchy salad with tomatoes, cucumber, red onion, peppers, feta, oregano and olive oil.

£4.00 per portion

Spicy couscous /

Giant couscous with Moroccan spices, mixed peppers, flat leaf parsley, pine nuts and sultanas.

£3.50 per portion

Tabbouleh salad /

Bulgar wheat with tomato, cucumber, red onion, mint and parsley with lemon and olive oil dressing.

£3.50 per portion

Broccoli salad /

Raw broccoli florets with diced smoked ham, spring onions and cheddar cheese in a soured cream dressing

£3.75 per portion

Roast Mediterranean vegetable and couscous salad /

With rocket and black onion seeds.

£3.75 per portion

Chef's salad /

With smoked ham, Emmental cheese, chicken, cherry tomatoes, celery, cucumber, new potatoes and chives with a Caesar dressing.

£4.00 per portion

Nutty brown rice salad /

With mixed peppers, spring onions, cashew nuts in a soy dressing.

£3.25 per portion

Chargrilled asparagus, courgette and halloumi salad /

With cherry tomatoes, fresh basil and rocket.

£4.75 per portion

Roast cauliflower and pepper salad /

With roast red onions, olive oil and fresh thyme.

£4.00 per portion

Burnt aubergine with yellow peppers and red onion salad /

Aubergine, cherry tomatoes, yellow peppers and flat leaf parsley with a maple syrup dressing.

£4.75 per portion

Lebanese cucumber and poppy seed salad /

With red chillis and fresh coriander in a sweet vinegar dressing.

£3.50 per portion

Roast butternut squash and barley salad /

With fine green beans, rocket and goats cheese.

£4.75 per portion

Italian panzanella bread salad /

With chopped ripe tomatoes, garlic, chilli, red onion, bread, olive oil, black olives and capers.

£4.00 per portion

Mixed tomato, buffalo mozzarella and fresh basil salad /

Heritage tomatoes with mozzarella in a balsamic dressing.

£4.50 per portion

MAIN COURSE CHICKEN DISHES

Thai massaman chicken curry /

Chicken breast diced and fired with Thai spices, coconut milk and potatoes.

£6.75 per portion

Coq au vin /

A classic - boneless chicken thighs slowly cooked with red wine, bacon, mushrooms and shallots.

£6.75 per portion

Chicken and ham pie /

Poached chicken breast with ham in a creamy white sauce with fresh tarragon and a glazed pastry top

£6.75 a portion

Citrus spiked chicken /

Corn-fed chicken supreme baked with red onions, oranges, lemons, fresh thyme and orange juice. Delicious hot or cold.

£6.75 per portion

Chicken with Marsala wine and spiced oranges /

A rich casserole of chicken breast pieces, tangerines, kumquats, chestnuts, redcurrant jelly and Marsala wine – fantastic with creamed potatoes and a glass of red!

£6.75 per portion

Chicken supremes with mushrooms in a rich marsala and cream sauce /

Flambéed supremes with sliced mushrooms in a rich sauce. Delicious with rice or creamed potatoes, salad or fine green beans.

£6.75 per portion

Chicken tagine with tomato and cinnamon /

A rich Moroccan tagine with tomatoes, chickpeas and Moroccan spices.

£6.75 per portion

Classic chicken chasseur /

Chicken breast cooked in white wine with sliced mushrooms, tomatoes and fresh tarragon.

£6.75 per portion

MAIN COURSE FISH DISHES

Thai king prawn curry /

Large king prawns cooked with traditional Thai spices, coconut milk and fresh coriander.

£9.50 per portion

Prawn and courgette curry /

Prawns cooked with Indian spices, tomatoes, fresh ginger, garlic, courgettes, lemon and coriander - a fresh light curry.

£6.75 per portion

Chinese salmon noodles /

Marinated baked salmon, in soy sauce, mirin wine, and sugar syrup, served with blanched baby vegetables, noodles, ginger, coriander and sesame oil – delicious served hot or cold.

£6.75 per portion

Dressed poached whole salmon /

Lightly poached whole salmon, presented with mayonnaise, parsley, prawns. Prices vary according to weight.

Allow £90.00 for an 8lb salmon, which will serve 20 as part of a buffet. Please note that smaller salmon are not always available.

Spanish cod stew /

Cod cooked with peppers, chorizo and chickpeas with sweet paprika.

£7.25 per portion

MAIN COURSE BEEF DISHES

Boeuf bourguignonne /

A real favourite – diced top rump, slowly cooked with red wine, shallots, mushrooms and bacon.

£7.50 per portion

Chilli con carne /

Beef steak cooked with tomatoes, red peppers, onions, garlic, kidney beans, and a hint of oregano and a sneaky piece of chocolate!

£7.50 per portion

Beef and pheasant casserole /

A rich combination of diced top rump, pheasant, and mushrooms – very festive, but good all the year round – serve with creamed potatoes and red cabbage.

£7.95 per portion

Beef daube with mixed mushrooms /

Diced top rump slowly cooked with mixed mushrooms, celery and fresh thyme in a rich dark sauce with a hint of orange.

£7.50 per portion

Thai red beef curry with butternut squash /

Rump steak cooked with Thai spices, kaffir leaves and coconut milk.

£7.95 per portion

Steak, kidney and mushroom pie /

A rich classic topped with puff pastry.

£7.75 per portion

Veal goulash /

Hungarian classic with sweet peppers, paprika, a hint of caraway and tomatoes, topped with soured cream.

£7.50 per portion

MAIN COURSE LAMB DISHES

Lamb tagine with lemon and coriander /

Diced lamb fillet slowly cooked with Moroccan spices, coriander and pickled lemons – a rich tasty dish perfect with buttered couscous.

£8.50 per portion

Lamb fillet with tomato, beans and rosemary /

A rich casserole of diced lamb fillet, tomatoes and rosemary with haricot lingots. Perfect with creamed or new potatoes.

£8.50 per portion

Spiced coconut lamb /

Our most popular dish – diced lamb fillet cooked with Indian spices, fresh ginger, onion, coconut and fresh cream – serve with basmati rice.

£8.50 per portion

Navarin of lamb /

Tender diced fillet cooked slowly with turned spring vegetables; carrots, onions, potatoes and turnips.

£8.50 per portion

Slow braised lamb shanks /

Cooked with fresh rosemary and red wine with turned spring vegetables - perfect with buttered mash.

£7.50 per portion

Lamb and date tagine /

Slow cooked lamb fillet with Moroccan spices and dates.

£8.50 per portion

MAIN COURSE VEGETARIAN DISHES

African sweet potato, mushroom and spinach stew /

A lightly spiced sweet potato curry with button mushrooms, ground peanuts and fresh spinach – hugely popular.

£5.75 per portion

Spiced vegetable tagine /

Celeriac, potatoes, carrots, and chickpeas in a spicy, fruity sauce.

£5.75 per portion

Aubergine parmigiana /

Layers of aubergine with a rich tomato sauce and fresh mozzarella.

£5.75 per portion

Thai butternut squash, spinach and pumpkin curry /

Cooked together with fresh lime leaves and coconut.

£5.75 per portion

Four cheese macaroni with butternut squash and fresh spinach /

Fresh pasta in a rich cheese sauce with squash and spinach.

£5.75 per portion

ACCOMPANIMENTS

Spiced basmati rice /

With chilli, onion and spices, a perfect accompaniment to so many of our main courses.

£3.00 per portion

Flash mashes /

Classic mashed potato with horseradish, or pesto, fresh cream and butter.

£3.50 per portion

Roast new potatoes /

Potatoes diced with garlic, sea salt, olive oil and rosemary.

£3.50 per portion

Cauliflower cheese /

Steamed cauliflower in a rich cheese sauce.

£3.75 per portion

Gratin dauphinois /

Thinly sliced potatoes cooked with cream and garlic.

£5.50 per portion

Root vegetable purée /

Mixture of seasonal root vegetables puréed with cream and nutmeg.

£5.50 per portion

DESSERTS

Dark chocolate roulade with white chocolate filling /

A soft chocolate sponge with a creamy white chocolate filling.

£20.00 each (serves 8 - 10)

Lemon meringue roulade /

A soft meringue with cream and lemon and passion fruit filling.

£20.00 each (serves 8 - 10)

Dark chocolate torte /

Belgian chocolate all the way with a liqueur enriched sponge base, and a very rich mousse of chocolate and cream.

£26.00 each (serves 16)

Large French almond and fruit tarte /

Rich pâte sucrée base filled with almond paste, apples, plums, apricots or pears.

£26.00 each (serves 12 -14)

Strawberry and meringue layer cake /

Spectacular! Vanilla sponge topped with meringue and layered with strawberries and whipped cream – a weight watchers classic (!)

£28.00 each (serves 12)

Large traditional Pavlova /

Filled with cream and tropical fruits or red berries.

£28.00 each (serves 12 - 14)

Raspberry and white chocolate trifle /

Spectacular layered dessert with fresh raspberries

£28.00 each (Serves 8 - 10)

***We require a minimum of 4 days' notice to prepare your dishes.
Orders must be for a minimum of 8 portions of any one dish.
We are happy to take telephone orders on 020 8658 5008.***

COCKTAIL AND FINGER FOOD

Filo pouches with fresh salmon and herb cheese

Gravlax salmon on dill blinis

Individual caramelised onion and gruyere cocktail quiches

Tartlets filled with fresh salmon, asparagus and dill mayonnaise

Fresh teriyaki salmon kebabs

Sweet potato scones with blue brie and caramelised peppers

Marinated Mediterranean prawns in lemon, chilli and garlic

Herb scones with smoked trout

Crudités with a selection of homemade dips

Fragrant chicken kebabs

Artichoke, rocket and parmesan frittata

Roast Mediterranean vegetable and mozzarella kebabs

Cumberland sausage rolls with caramelised onion marmalade

Ginger scones with fresh crab

Bacon and gruyere frittata

Savoury splits with smoked salmon and lemon cream

Blinis with brie and roasted tomato chutney and fresh basil

Spiced coconut chicken kebabs

Fresh fruit kebabs

Our minimum order for cocktail and finger food is for 20 of any one item, and we need at least 4 working days to prepare your dishes.

Three to four items would suit pre dinner drinks, and seven to ten would comprise an evening buffet.

Prices vary according to the ingredients and complexity of each item, but as a guide, allow £1.50 - £2.00 per item.

We can give you an exact price before you place your order.