



# My Backyard Kitchen

## Appetisers/ canapes

**£10 per person for 4 canapes**

**Minimum order of 20 each**

- ❖ Mini phyllo cups filled with French brie, pistachio and pomegranate
- ❖ Mini caramelized onion tartlets
- ❖ Baby potatoes wrapped in bacon with sour cream dip
- ❖ Parma ham and melon skewers
- ❖ Mozzarella, tomato and basil mini kebabs with extra virgin olive oil and balsamic vinegar
- ❖ Gnocchi and chorizo skewers
- ❖ Roasted fig and goat's cheese brioche toasts
- ❖ Sauté mushroom and garlic crostini with melted Gruyere and chives
- ❖ Grilled asparagus wrapped in Parma ham
- ❖ Deep fried chicken croquettes
- ❖ Blinis with beetroot, salmon gravlax.
- ❖ Caramelised pear, blue cheese and walnut crostini
- ❖ Watermelon discs with tapenade and crumbled goats cheese
- ❖ Aubergine involtini with almond and tahini paste served with mint dip
- ❖ Sticky pork belly skewers
- ❖ Mini potato rosti with BBQ pulled pork
- ❖ Chorizo sausage with goat's cheese with tomato and rosemary compote
- ❖ Torpedo prawns served with sweet chilli sauce



## COLD BUFFET IDEAS

**Prices range from £18-£25 per person depending on number and type of dishes selected**

- ❖ Fresh tomato and basil bruschetta
- ❖ Butter bean spread and roasted peppers bruschetta
- ❖ Sweet potato, goat's cheese and pumpkin seeds galettes
- ❖ Green pancakes with spinach, green chillies and spring onions served with lime butter
- ❖ Broad beans and goat's cheese pancakes served with sweet chilli dip
- ❖ Selection of mini quiche
- ❖ Arancini: Sicilian rice balls with spinach
- ❖ Side of Salmon in sweet chilli dressing
- ❖ Baked, orange-glazed whole gammon
- ❖ Pollo Milanese: lightly breaded and pan-fried chicken breast
- ❖ Lemon, thyme and honey chicken drumstick
- ❖ Marinated chicken skewers with a hint of chilli
- ❖ Beetroot and vodka salmon gravlax served with horseradish cream
- ❖ Caponata: Sicilian Aubergine stew seasoned with sweetened vinegar and capers
- ❖ Portobello mushrooms with tomato, spinach and goat's cheese or gorgonzola and walnuts
- ❖ Roasted peppers or ham and cheese pin wheels

- ❖ Caramelised garlic tart with goat's cheese, rosemary and thyme
- ❖ Cinnamon, chickpea and apricot couscous
- ❖ Basmati and wild rice with chickpeas, currants and herbs
- ❖ Pesto and chicken pasta
- ❖ Couscous with roasted vegetables

### *Salad menu*

**£15- £20 per bowl serving 10 people or as addition to hot/cold buffet**

- ❖ Insalata Caprese: tomatoes, mozzarella and basil
- ❖ Traditional Greek salad
- ❖ Mixed green: gem lettuce, tomato, spring onions, olives, cucumber in extra virgin olive oil and red wine vinegar dressing
- ❖ Fennel, rocket and orange in grainy mustard dressing
- ❖ Italian rice salad
- ❖ Potato salad with spring onions, radish and cress
- ❖ Royal potato salad with quail's eggs, petit pois and pine nuts
- ❖ Green beans and mangetout salad with hazelnut in orange dressing
- ❖ Green bean salad with mustard seeds and tarragon
- ❖ Tabbouleh: barley and herb salad with pomegranate and garlic and cumin
- ❖ Water cress, peach and feta
- ❖ Tuna Nicoise
- ❖ Chicken Cesar
- ❖ Walnut and beetroot
- ❖ Red cabbage and apple slaw

- ❖ Russian salad: diced cooked vegetables, boiled eggs and gherkins in a mayonnaise dressing
- ❖ Broad bean and radish
- ❖ Roasted peppers and green lentils
- ❖ Leek and apple and cabbage slaw
- ❖ Celeriac with raisins and walnut
- ❖ Summer pasta salad with fresh tomatoes and cucumber
- ❖ Avocado, quinoa and broad bean salad
- ❖ Quinoa and grilled sourdough salad
- ❖ Sweet winter slaw with macadamia nuts, mango, papaya and red chilli
- ❖ Bombay potatoes salad with green peas and mixed seeds
- ❖ Roasted sweet potato salad with red pepper and pine nuts
- ❖ Broccoli, cranberry and sunflower seeds salad with maple syrup and mustard dressing



### *My Backyard Kitchen Boards*

*Perfect for sharing as antipasti or as part of a cold buffet, 1 board is typically prepared to serve 10*

**£8 per person, minimum order of 10**

- ❖ Traditional Italian Antipasto misto: selection of cold meats (Parma ham, salami Milano, mortadella, bresaola, prosciutto cotto), olives, mozzarella balls, bread sticks)
- ❖ Grilled vegetables board: grilled aubergines, courgettes, mushrooms, asparagus, bell peppers, carrots, red onions served in extra virgin olive oil, garlic and balsamic vinegar dressing
- ❖ Cheese board: just as we love it! Selection of chesses, crackers, grapes and figs (seasonal)
- ❖ Polish cured meats board: selection of delicious cured meats and sausages Poland is famous for, served with pickled vegetables, pickled wild mushrooms sour dough bread and polish Lard "smalec"
- ❖ Ploughman's platter: selection of hams and cheese, pork pie, quail eggs, red onion chutney, fresh crudités, coleslaw
- ❖ Greek meze platter: marinated chicken skewers, lamb koftas, falafels with tzatziki, feta, fresh crudités, olives, hummus and pita bread
- ❖ Fruit platter: bursting with colour fresh fruit selection



## HOT BUFFET IDEAS

**Meat: £17 per person with 1 side and 1 salad of your choice**

- ❖ Pollo alla Cacciatora: traditional Italian hunters chicken stew in intense tomato and red wine sauce, flavoured with garlic, and rosemary
- ❖ Jamaican Jerk Chicken stew with peppers, incredibly rich and smoky and slightly spicy
- ❖ Hungarian goulash with bell peppers, lardons and plenty of paprika served with crispy potato pancakes
- ❖ Pulled Pork served with sage and onion stuffing, smoky BBQ sauce and tangy apple sauce
- ❖ Chilli con Carne: just the right amount of heat in a rich tomato sauce with red kidney beans and chick peas, accompanied by fresh salsa and guacamole
- ❖ Lasagne; mouth-watering, Italian, family favourite, oven baked layers of pasta and meat sauce with béchamel and parmesan cheese topping
- ❖ Roasted Italian sausage and potato bake with garlic and herbs
- ❖ Brazilian one pot rice and chicken, hearty and comforting with a hint of red chilli and tangy lime.
- ❖ Cottage pie; family classic, mince beef in rich sauce topped with fluffy mashed potatoes
- ❖ Pork filet stakes, tenderised and slowly stewed in onion gravy

- ❖ Italian sausage and chorizo and butter bean tomato ragu with paprika and thyme

**Prime meat dishes: £20 per person**

- ❖ Beef Bourguignon: Beef stew with mushrooms and shallots in red burgundy gravy
- ❖ Lamb stew with baby potatoes, green broad beans, unforgettably delicious, melt in your mouth lamb neck fillet in light gravy
- ❖ Slowly roasted lamb shoulder with peas, broad beans and gem lettuce

**Fish:**

- ❖ Fishermen's pie
- ❖ Cod filets in rich tomato sauce with black olives and capers

**Vegetarian dishes: £12 per person**

- ❖ Fully loaded ratatouille
- ❖ Chick Pea, courgette and coconut curry
- ❖ Letcho: Hungarian pepper casserole
- ❖ Tomato and mozzarella pasta bake
- ❖ Bulghar pilaf with onions, peppers and currants
- ❖ Multi- vegetable paella
- ❖ Parmigiana: layers of aubergine, tomato, mozzarella and parmesan
- ❖ Spinach and ricotta Cannelloni

### **Vegetables:**

- ❖ Roasted vegetables
- ❖ Braised red cabbage
- ❖ Garden peas with garlic and pancetta (pancetta can be replaced with flaked almonds)
- ❖ Peperonata: slowly stewed peppers with garlic, basil and tomato, served hot or cold

### **Sides:**

- ❖ Selection of delicious crusty breads: perfect simple accompaniment for many dishes
- ❖ Baby potatoes roasted with garlic and herbs
- ❖ Long grain rice, perfect for chilli or ratatouille
- ❖ Buttered baby potatoes with mint, tarragon and chives
- ❖ Boulangere potatoes
- ❖ Pilaf rice
- ❖ Coconut rice
- ❖ Spicy potato wedges





Mini puddings and sweet treats      £3.50 each or £5 for regular size

- ❖ Traditional tiramisu shots
- ❖ Lemon meringue tartlets
- ❖ White chocolate and raspberry cheesecake pots
- ❖ Fresh fruit and mascarpone cream tartlets
- ❖ Eton mess shots
- ❖ Fresh berry Pavlova
- ❖ Mango panna cotta
- ❖ Fresh fruit salad
- ❖ Banoffee pie shots
- ❖ Black forest gateaux cupcakes with fresh cream
- ❖ Dark chocolate espresso pots
- ❖ Summer berry and champagne jelly shots

*At My Backyard Kitchen we use only high-quality ingredients with many like olive oil, vinegar, sundried tomatoes, capers, olives, herbs, parmesan cheese and pasta imported directly from Sicily.*

Food allergies and intolerances.

Allergen list for each dish will be provided.

Please ask for a list of ingredients before placing an order.

I follow good hygiene practices in my kitchen to reduce the risk of cross contamination however, whilst a dish may not identify a specific allergen as an actual ingredient, please be aware that all known allergens are used in my kitchen.