

# Hel's Kitchen

C • A • T • E • R • I • N • G

847-205-5125

## “High Holiday Menu 2010”

3027 Commercial Ave., Northbrook, IL 60062  
[www.helskitchen.com](http://www.helskitchen.com)

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

All Rosh Hoshana orders must be placed by Friday, September 3 for pick up or delivery on Wednesday, September 8 & Thursday, September 9. No additions or deletions will be accepted after Monday, September 6.

All “Break the Fast” orders must be placed by Tuesday, September 14 for pick up or delivery on Saturday, September 18. No additions or deletions will be accepted after Thursday, September 16. Deliveries will take place within various three (3) hour time frames between 9:00am and 6:00pm.

## HEL'S HIGH HOLIDAYS 2010

### NEW YEAR HOLIDAY DINNER

Freshly Baked Challah

Matzoh Ball Soup with Toasted Matzoh Farfel

Apples & Honey

Kishke

#### Choose One Salad

Fresh Baby Lettuces with Feta Cheese,  
 Kadotta Fig, Grilled Red Onion &  
 Roasted Cherry Tomato in  
 Lemongrass Balsamic Vinaigrette

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

Fresh Baby Spinach  
 with Roasted Organic Yellow Beets, Toasted Pecans,  
 Sliced Pears, Crumbled Goat Cheese & Halved  
 Grape Tomatoes in Mustard Maple Vinaigrette

#### Choose One Entree (Can be split in multiples of 4)

Oven Roasted Mediterranean Chicken  
 Skinless, Boneless Breast of Chicken with  
 Artichoke Hearts & Roasted Lemon Wedges  
 glazed with Lemon, Oregano & Olive Oil

Old-Fashioned Brisket of Beef  
 sliced & served with  
 Onions & Homemade Brisket Gravy

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 Glacé

Salmon Provencal  
 Tender Salmon Fillet dusted with Country Herbs,  
 lightly sautéed & served Provencal Style with Tomatoes  
 & Mushrooms over a bed of Wilted Spinach

Oven Roasted Garden Vegetable Chicken  
 (Bone-In) with Fresh Herbs, Tomatoes,  
 Green Peppers, Onions & Mushrooms

#### Choose Two Side Dishes

Oven Roasted New Potatoes  
 quartered & tossed with Sautéed Onions

Vegetable Cous Cous  
 a Medley of Fresh Sautéed Vegetables  
 & Dried Fruits combined with Cous Cous  
 in a Curried Red Pepper Marinade

Hannah's Noodle Kugle  
 (with or without Raisins)

Tagine Vegetables  
 in a Savory Tomato Broth

Eggplant Timbale  
 Layers of Sautéed Eggplant,  
 Fresh Tomato Basil Sauce and Parmesan &  
 Mozzarella Cheeses

Oven Roasted Asparagus  
 with a touch of Extra Virgin Olive Oil  
 then lightly topped with a Gremolata of Lemon  
 Zest, Fresh Garlic & Flat Italian Parsley

Long Grain & Wild Rice  
 with Pecans & Dried Wild Cherries

Lemon & Olive Oil Orzo  
 with Arugula & Ricotta  
 tossed in Lemon Vinaigrette

Above package available for 8 or more  
 \$23.45 per Guest  
 (Must be ordered in multiples of 4)

### A TRADITIONAL "BREAK THE FAST"

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

Hel's Fabulous Egg Salad

Hannah's Noodle Kugle  
 or Kugle Cupcakes

Fresh Pita Triangles, Assorted Flatbreads  
 & Our Housemade Bagel Chips

(both available with or without Raisins)

Fresh Nova Lox Platter  
 served with Chive & Plain Whipped Cream Cheeses  
 accompanied by a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions, Sliced Cucumber,  
 Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses

Freshly Baked Assorted  
 Mini Muffins & Coffee Cakes

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

Fresh Bagels with a Duet of Whipped  
 Cream Cheeses (Chive and Plain)

\$23.10 per Guest - Minimum of 8 Guests  
 (Must be ordered in multiples of 4)



## APPETIZERS

Cocktail Veal Meatballs with Mint, Parsley & Dill tossed in a Lemon Infused Sauce (20 pieces)	\$17.95
Creamed Herring with Apples & Onions (2 lb minimum)	\$7.95/lb
Gefilte Fish with prepared Horseradish	\$4.95 ea
Chopped Liver Platter fully garnished & accompanied by Cocktail Rye (2 lb platter)	\$29.95
1 Lb Display of Scottish Smoked Salmon accompanied by Russian Rye Triangles,	
Water Crackers, Fresh Chopped Dill, Capers Nonpareils & Sour Cream (serves 10-15)	\$59.95
Hel's Homemade Hummus accompanied by Fresh Pita Triangles (serves 18-20)	\$21.95
Petite Pesto Charlotte with Tomato Basil & French Bread Slices (serves 15-20)	\$24.95
Small Fresh Vegetable Crudite (serves 14-18)	\$34.95
Broccoli, Cauliflower, Asparagus, Carrot & other select Fresh Vegetables with Spring Scallion Dip	

Petite Lamb Rack  
grilled to Medium Rare, sliced & fanned  
accompanied by Chimichurri Sauce  
served at Room Temperature with Herb Crust  
\$125.00 (4 Racks: 28-32 Chops)

Build Your Own Appetizer Trio  
accompanied by Fresh Pita Triangles, Flatbreads & Crusty Sourdough  
Choose 3 from the following:  
Hummus ~ Artichoke Tapenade ~ Whitefish Salad ~ Salmon, Dill & Caper Salad  
Baba Ganouj ~ Mixed Olives ~ Bruschetta  
\$29.95 (serves 12-20)

## A LA CARTE SELECTIONS

### SALAD SELECTIONS

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

Salmon, Dill & Caper Salad	\$13.95/lb
Chilled Israeli Cous Cous Salad	\$7.95/lb
with Grilled Zucchini, Yellow Peppers & Grape Tomatoes, Chopped Pears, Jicama & Dried Cranberries	
Hel's Homemade Egg Salad	\$5.95/lb
Chicken Salad with Red Flame Grapes & Pistachios	\$9.95/lb
Tuna Salad with Fresh Pears & Walnuts	\$9.95/lb
Wild Rice Salad	\$7.95/lb
with Pecans, Sno Peas, Mandarin Oranges & Dried Wild Cherries drizzled in Tangerine Vinaigrette	
Gala Apple Waldorf Salad with Celery, Apples & Walnuts in a Sweet & Tangy Dressing	\$7.95/lb
Hel's Famous Caesar Salad with Freshly Grated Parmesan Cheese & Homemade Croutons	\$1.90/person
Autumn Chopped Salad with Chopped Apples, Pears, Walnuts, Dried Cranberries & a touch of Gorgonzola in Raspberry Vinaigrette	\$2.25/person
Fresh Baby Spinach with Roasted Organic Yellow Beets, Toasted Pecans, Sliced Pears, Crumbled Goat Cheese & Halved Grape Tomatoes in Mustard Maple Vinaigrette	\$2.25/person
Orange Raspberry Mesclun Salad with Orange Segments, Fresh Raspberries, California Montrachet, Toasted Sunflower Seeds & Grape Tomatoes in Citrus Vinaigrette	\$2.25/person

### SIDE SELECTIONS

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

~ Vegetable ~	~ Rice, Potato & Pasta ~
Warm Grilled Vegetables with Balsamic Reduction	Hel's Original Oven Roasted Fanned Potatoes (18 pcs)
with Crumbled Goat Cheese	Potted Potatoes & Carrots drizzled with Brisket Gravy
California Stir Fry with Lemon Herb Butter	Sweet Potato & Apple Tzimmes
Tagine Vegetables in a Spiced Tomato Broth	Whipped Brandied Sweet Potatoes with Candied Pecans
Haricot Vert with Baby Carrot & Caramelized Pearl Onion	Long Grain & Wild Rice with Pecans & Dried Wild Cherries
Orange Glazed Broccoli & Carrot Sauté	Basmati Rice with Fresh Dill
Organic Golden & Red Baby Beets with Orange Lime Butter	Vegetable Cous Cous with Dried Fruits & Grilled Vegetables
Mustard Sherry Green Beans (served chilled)	Lemon & Olive Oil Orzo with Arugula & Ricotta
with Roasted Red Pepper Garnish	Hannah's Noodle Kugle with or without Raisins (5 lb pan)
Eggplant Timbale (serves 8-10)	Kugle Cupcakes – individually tinned (10 pack)

~ Other Specialties ~

Matzoh Balls (5 pieces)	\$6.25
Chicken Soup with Chopped Parsley, Slivered Carrot & Matzoh Farfel	\$4.95/qt
Whole Kishke (approx 1 lb)	\$9.95
Israeli Salad of Fresh Chopped Tomatoes & Cucumbers with Lemon & Parsley	\$6.95/lb
Leona's Five Fruit Compote – Prunes, Apricots, Peaches, Cherries & Pineapples	\$8.95/lb
Cheese Blintzes with Blueberry & Strawberry Compote and Sour Cream	\$29.95/doz
Our Frittata of Zucchini, Mushroom & Vidalia Onion (serves 10-15)	\$28.95
Orange Cranberry Walnut Mold (serves 12-18)	\$24.95

## HOMEMADE SOUP SELECTIONS

Creamy Portobello Mushroom

Tomato Bisque with Wild Rice

Chef Francisco's Fabulous Pumpkin Squash

All Soups served with Hel's Seasoned Oyster Crackers

\$26.95 per Gallon

(serves 12-16)

## ENTRÉE SELECTIONS

Roasted Tenderloin of Beef hand carved & fanned on platter with Tarragon Mayonnaise & Horseradish Sauce. . . . . \$225.00

Roasted Sirloin of Beef hand carved & fanned on platter with Tarragon Mayonnaise & Horseradish Sauce . . . . . \$99.95

Apricot Glazed Turkey carved & fanned on platter with Cranberry Apple Chutney & Apricot Mustard . . . . . \$89.95

(Meat Platters above serve 16-20 as 1 of 2 entrees and include 30 Freshly Baked Rolls)

Fresh Herb Grilled Salmon with Cucumber Chive Crème Fraiche – (8) 3 oz pieces . . . . . \$47.95  
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)

Dijon & Panko Encrusted Pike – (8) 3 oz pieces . . . . . \$55.95  
Fresh Pike Fillet encrusted with Panko Crumbs & a touch of Dijon & baked to golden crisp  
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)

Fresh Pacific Sea Bass in Hel's Thai Marinade with Scallions & Garlic – (8) 3 oz pieces . . . . . \$87.95  
(serves 6-8 as 1 of 2 entrees or 3-4 as full entrée)

Salmon En Croute – Whole Salmon Filet lightly poached with Fresh Spinach, Asparagus & Whitefish Mousse . . . . . \$134.95  
wrapped in a Light Puff Pastry and accompanied by Mustard Mayonnaise & Cucumber Dill Sauce  
(serves 20-25 as 1 of 2 entrees)

Whole Poached Norwegian Salmon (6 lbs) . . . . . \$109.95  
fully garnished & served with Cucumber Dill & Mustard Mayonnaise Sauces (serves 20-25 as 1 of 2 entrees)

Family Size Whole Smoked Lake Superior Whitefish Platter served with Fresh Lemon Wedges (2 lbs) . . . . . \$49.95  
garnished with Fresh Cut Vegetables

Fresh Nova Lox served with Baskets of Bagels and Chive & Plain Whipped Cream Cheeses . . . . . \$9.95/person  
accompanied by a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions, Sliced Cucumber,  
Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses (12 person minimum)

Smoked Fish Basket of Peppered Sable, Smoked Chubs & Fresh Smoked Lake Trout . . . . . \$12.95/person  
presented with our Fresh Nova Lox Platter served with Baskets of Bagels,  
Chive & Plain Whipped Cream Cheeses and a Platter of Sliced Beefsteak Tomatoes, Bermuda Onions,  
Sliced Cucumber, Marinated Greek Olives, Scallions, Carrot Sticks and Sliced Muenster & Swiss Cheeses (20 person minimum)

Old-Fashioned Brisket of Beef splashed with Homemade Brisket Gravy . . . . . \$21.95/lb

Brisket Gravy . . . . . \$5.95/pint

Stuffed Chicken Breast wrapped around Fig, Pear & Apple Bread Stuffing with Apple Cider Glacé . . . . . \$7.95/pc

Chicken Marbella with Coriander, Bay, Brown Sugar, Garlic Cloves, Capers, Olives & Prunes (4 oz boneless breast) . . . . . \$4.60/pc

Oven Roasted Mediterranean Chicken with Artichoke Hearts & Roasted Lemon Wedges . . . . . \$4.60/pc  
glazed with Lemon, Oregano & Olive Oil (4 oz boneless breast)

Chicken Florentine with Steamed Spinach & Sherry Mushrooms (4 oz boneless breast) . . . . . \$4.60/pc

Chicken with Tomato Concasse & Fresh Sliced Mushrooms (4 oz boneless breast) . . . . . \$4.60/pc

Oven Roasted Garden Vegetable Chicken (Bone-In) . . . . . \$27.80/order  
Includes 4 Breasts, 2 Thighs, 2 Wings & 2 Legs

Individual Oven Roasted Garden Vegetable Chicken Breast (Bone-In) . . . . . \$4.00/pc

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 ~ Chocolate Peanut Butter Squares  
Rocky Road Brownies ~ Lemon Delites  
Turtle Bars ~ Malted Milk Bars ~ Lahina Clouds  
Apricot Nut Bars ~ Raspberry Oatmeal Triangles  
White Chocolate Raspberry Cheesecake Bars  
\$10.80 per Dozen  
(1/2 dozen minimum on any variety)

## PETITE PASTRIES

Petite Apple Strudels ~ Key Lime Tartlets  
Chocolate Éclairs ~ Petite Napoleons  
Grand Marnier Cream Puffs ~ Chocolate Truffle Tartlets  
Mini Fresh Fruit Cheesecakes ~ Assorted Rugelach  
Chocolate Covered Banana Squares  
Macadamia Nut & White Chocolate Cookies  
\$15.00 per Dozen  
(1 dozen minimum on any variety)

## 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    Large (serves 45-55) \$124.95

Freshly Baked Plain or Raisin Challah (1 lb loaf) . . . . .	\$4.95
Frosted Chocolate Banana Cake (serves 8-10) . . . . .	\$17.95
“Reverse” Fresh Banana Cake (serves 8-10) . . . . .	\$17.95
Just Chocolate Cake with Powdered Sugar (serves 8-10) . . . . .	\$10.95
Best Damn Lemon Cake coated in Chocolate (serves 12-16) . . . . .	\$19.95
Chocolate Decadence (serves 10-12) . . . . .	\$14.95
Killer Chocolate Cake (serves 20-24) . . . . .	\$34.95
Praline Turtle Cheesecake (serves 20-24) . . . . .	\$34.95
Oreo Chocolate Chip Cheesecake (serves 20-24) . . . . .	\$34.95
Fresh Fruit Mosaic Cheesecake (serves 20-24) . . . . .	\$34.95
Lemon Mousse with Raspberry Sauce (serves 12-16) . . . . .	\$29.95
Fresh Fruit Tart (serves 12-16) . . . . .	\$29.95
Sour Cream Dutch Apple Torte (serves 16-20) . . . . .	\$34.95
Coeur a la Crème (serves 8-10) . . . . .	\$34.95
A Delicate, Heart-Shaped Cream Cheese Confection served with Raspberry Sauce	
Sweet Raspberry Sauce (8 oz) . . . . .	\$5.95

While you are celebrating the turning of another New Year and solemnly observing the Day of Atonement, we at Hel's Kitchen would like to acknowledge our loyal customers for their continued patronage throughout the years, and this past economically difficult year in particular. We look forward to providing for all of your catering needs, large and small, for many years to come.

We invite you to take some time and peruse our new BLUE SKY PICNICS division on our Web site (<http://helskitchen.com/blueskypicnics/>) and see how easy we can make your casual company or family picnic entertaining and at prices that reflect true value in this still turbulent economy.

We have added special young adult packages to our Bar/Bat Mitzvah Menus and we have developed our new Extreme Value Kiddush Menus ([http://helskitchen.com/simcha\\_delivered.html](http://helskitchen.com/simcha_delivered.html)). Now you will have the opportunity to experience all of the hallmark flavor and beautiful presentation that has become synonymous with the name Hel's Kitchen for the past 25 years – all at special all-inclusive pricing. Keep in mind that we are a full service company with a ready corps of the finest catering service staff in Chicagoland and the expertise to create the perfect full service event from top to bottom, including complete floral, as well as linen and silver, glass and china rentals.

So, have a wonderful Happy New Year and an easy fast. Our event coordinators look forward to helping you make your vision a reality for your next simcha