
BOWL FOOD

Bowl foods are a substantial and stylish alternative to canapés, a perfect middle way between canapés and a full formal dinner.

Bowl food is served in ceramic bowls, or similar and designed to eat standing up; often known as mini meals, they are an effective and stylish way to feed any numbers of guests more informally without having to sit everyone at dining tables.



The Food Co.

BOWL FOOD 2013

The best way to describe our bowl food is a walking individually served fork buffets. They are an easy to eat; full of flavour individually garnished mini meals served in a palm sized white bowl or equivalent.

A chef to prepare the bowl food will be required (£25.00 per hour) and waiting staff will be required to serve the food (£12.00 per hour).

Serving Bowl Food

The bowls are placed on trays and walked around by waiting staff to your guests so they get their very own portion and do not have to line-up for food. This style of menu is ideal for a stand-up reception or party and is suggested they follow 3 – 4 canapés.

Alternatively

If you wanted to use bowl food as your sole catering provision, we would suggest 3 – 4 savoury bowls and 2 – 3 pudding bowls.

We are happy to talk through the bowl food concept with you and help you choose the right mix and amount of canapés and bowls to suit your particular occasion.



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Pork & Sausage

Mini cumberland sausages, red onion, merlot gravy, mustard mash, sugar snap peas

Belly of pork marinated in Roquette cider, sage and honey, apple sauce, champ potato

Sweet and sour pork, egg fried rice

Italian sausage & Tuscan bean stew with oregano & baby ciabatta

Chorizo and garlic king prawns on chilli and garlic vermicelli

Chicken

Coq au vin, creamed potatoes, mange tout

Chicken arrabiatta; tomato, onion, mushroom, basil & chilli sauce on fusilli

Curry butter chicken, candied chilli, mini poppadum's, basmati rice

Chicken pad thai; chicken & rice noodles served in a mini wok with tamarind, lime, palm sugar, shrimp, chilli & egg

Baby chicken, leek & mushroom pie

Chicken stroganoff, basmati rice

Thai green chicken curry, jasmine rice

Lamb

Lancashire hot pot with baby rosemary dumplings

Lamb tagine with lemon, jewelled cous cous

Beef

Calves liver & crispy prosciutto, buttered mash, onion gravy

Beef in Randall's Liberation Ale, herby dumplings, parsley potatoes, peas

Chilli con carne, rice, sour cream & chives

Steak and chips; skewers of chargrilled beef fillet, chunky chips, béarnaise sauce

Beef in black bean sauce with pak choi & sesame noodles

Beef bourguignon, dauphinoise potatoes, green beans

Slow braised beef masaman curry with jasmine rice

Duck & game

Teriyaki pepper crusted duck breast on stir-fried choi sum with egg noodles

Oriental duck on mixed Chinese greens with cashews and rice

Toulouse cassoulet with slow braised duck

Venison stew, champ potatoes, garden peas



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Fish

Luxury fish pie; salmon, smoked haddock, pollock & king prawns in a dill, white wine and cream sauce topped with mash

Cajun crusted salmon, roasted potato wedges, mixed salad, avocado cream dip

King prawns, chilli, garlic, parsley, served with crusty bread

Thai red king prawn curry, jasmine rice

Angel hair pasta with garlic, scallops, rocket

Risotto with scallops, pancetta & minted peas

Thai scallops; hand dived Guernsey scallops, green papaya & mango salad, lime & palm sugar dressing

Asian crusted sea bass, sweet potato mash, wilted spinach

Breaded seafood in a mini frying basket, garlic aioli

Salmon, chive mash, champagne & pink peppercorn sauce

Vegetarian

Zucchini, feta & mint fritters with garlic aioli

Vegetable Pad Thai finished with peanuts and coriander

Mushroom stroganoff on basmati and wild rice

Roasted pumpkin, feta and rocket penne

Indonesian nasi goreng

Fettuccine with creamy spinach and roast plum tomatoes

Vegetable and bean chilli with rice and sour cream

Pesto and toasted pine nut tagliatelle

Fettuccine with gorgonzola and spinach

Three cheese tortellini fresh spinach with a tomato and basil sauce

Lemon and coriander cous cous with feta and asparagus

Mac 'n' cheese; macaroni in a creamy cheese & leek béchamel with truffle oil



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Salads

Seared duck, watercress and watermelon
tossed in a redcurrant dressing

Fresh tuna Niçoise

Thai beef & noodle salad

Chicken caesar salad

Sea bass ceviche, with lime, chilli and coriander,
topped with plantain crisp on a bed of mixed leaves
and Asian greens

Seared rare tuna rolled in white and black sesame
seeds with salsa verde and Asian slaw

Prawn, prosciutto & boccaccini salad
drizzled with basil pesto

Poached salmon on crushed new potatoes
tossed in a lemon and watercress mayonnaise

Guernsey chancre; picked chancre crab with lime,
spring onion & coriander with gazpacho dressing,
microleaf salad & basil oil

Dessert bowls & glasses

Tiramisu

Fruit trifle

Seasonal & exotic fruit brochettes

Strawberries and cream (seasonal)

Profiteroles in a warmed rich dark chocolate sauce

Eton mess (crushed meringue, whipped cream
& mixed berries in cassis)

Crème brûlée

Chocolate brûlée

Lemon possett with shortbread

Vanilla pavlova filled with fresh cream and
mixed soft fruit and berries cooked in cassis

Vanilla panna cotta with balsamic strawberries

Baby Gâche Melée & vanilla custard

Syrup sponge with custard

Bread and butter pudding with nutmeg finish

Seasonal fruit crumble with thick Guernsey cream

Warmed chocolate brownie with
a rich dark chocolate sauce
