

2015

# HELEN'S CUISINE

PRODUCT CATALOGUE

“ REFINED CAFÉ MEALS  
WITH UNSURPASSED  
QUALITY, CONSISTENCY,  
TASTE AND LARGE  
RANGE OF CHOICE. ”

## NEW INSIDE

GLUTEN-FREE FRITTATAS  
CONNOISSEUR PIES  
LASAGNE PETITE-ROUNDS



# Meet Helen and your Friendly Sales Team



(Left to Right): Chloe, James, Helen, Jimmy and Michelle

## Direct Ordering Details

Please contact our friendly sales staff for delivery days to your area. Alternatively, ask your local distributor for their delivery days.

Orders must be placed before 11:00am to ensure next day delivery.

**P** (07) 3272 2722 **F** (07) 3273 7600 **E** orders@helens.com.au

## Other Information

- Visit our website for additional information, including Product Specifications, news and promotions
- Re-freezing not recommended
- Prices may vary without notice
- Whilst every effort has been made to ensure the accuracy of content in this catalogue, Helen's European Cuisine cannot be held responsible for any errors or omissions.

Effective 3 November 2014

## The Helen's Philosophy:

**“To provide you, our loyal customer, with the goodness and quality of our handmade foods – and that great taste you have come to know and love.”**

When Helen Zeniou cooks she does so with love, passion, enthusiasm, creativity and the combined knowledge of over 3,000 years of traditional European recipes, stretching back to the sun-baked lands of ancient Greece.

Whilst never happier than when experimenting with and teaching others about food, she is acutely aware of her responsibilities in bringing to the plate only the highest quality of produce ingredients, which are lovingly crafted into mouth-watering delicacies that will please the palate of even the most particular of food connoisseurs.

In recent times and following the welcome suggestions of our customers, Helen has been working at a quality gourmet range of gluten-free delicacies. The range is small presently, but Helen and her “taste team” are well pleased with the future possibilities. Stay tuned here for some exciting releases on these and other health related meals.

Health and Safety remains, as always, a non-negotiable top priority. The retention of our much acclaimed 5 Star Rating awarded by Brisbane City Council, along with our continued success in meeting the exacting standards of HACCP Certification, guarantees our customer's absolute excellence and peace of mind. But why stop there when you can achieve even more? Our recently acquired SQF Certification (a high-benchmark, globally recognised food safety and quality management system) is a heightened level of food safety certification, so it really is nothing but the best at Helen's.

Today, Helen's European Cuisine and our family of 65 staff members, blow out the candles on our 21st birthday cake, knowing that our large range of quality, taste-tantalising foods are in demand Australia-wide. That gives us confidence to raise the flag on our new contract manufacturing division known as “Corporate Cuisine”, tailored specifically to large corporate clients, where developing high quality product lines unique to their business is our mission.

**CORPORATE**  
*Cuisine*





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ancy Pides  
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# For the individual

## **INDIVIDUAL ITEMS**

The magic behind that truly homemade taste of Helen's fine cuisine lies in the careful ingredient selection and preparation. Fresh produce is hand-picked from local markets and premium ingredients sourced from quality suppliers. From hand-cut vegetables to innovative presentation, each product is especially handmade for one. With Helen's exciting range of Individual Items, your customers can indulge at any time.

# Gourmet Filos

Helen's traditional oven-baked fillos are made from fresh, wholesome produce containing premium ingredients such as succulent tenderloin chicken, chunky topside steak and tender lamb pieces, wrapped in layers of golden filo pastry. Helen's Gourmet Fillos look great and guarantee customer satisfaction every time.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 200g



## Creamy Chicken & Mushroom

Whole chicken tenderloin marinated in white wine, enfolded in a creamy homemade sauce with sauteed mushroom, onion, shallots and parsley.



## Chicken, Sundried Tomato & Pesto

Whole chicken tenderloin marinated in a light basil pesto, enfolded in a cheesy pesto sauce with finely chopped shallots and sundried tomato strips.



## Chicken, Bacon & Avocado

Whole chicken tenderloin marinated in white wine, enfolded in a creamy avocado and capsicum sauce with a hint of lemon and chopped bacon bits.



## Chicken, Mango & Macadamia

Whole chicken tenderloin and crushed macadamia nuts combined in a sweet mango and pawpaw relish.



## Chicken & Bacon

Whole chicken tenderloin marinated in white wine, enfolded in a creamy homemade sauce generously sprinkled with chopped bacon bits.



## Satay Chicken

Whole chicken tenderloin and crushed roasted peanuts combined in a mildly spicy, homemade satay sauce with fresh herbs and spices.



## Chicken & Avocado

Whole chicken tenderloin marinated in white wine, enfolded in a creamy avocado and capsicum sauce with fresh parsley and a hint of lemon.



## Creamy Chicken & Camembert

Whole chicken tenderloin marinated in white wine, enfolded in a creamy Camembert cheese sauce with finely chopped onion and shallots.



## Roast Pumpkin, Spinach & Fetta

A rich and colourful filling of oven-roasted pumpkin, with simmered garden spinach enfolded in a creamy cheese blend of crumbled fetta, onion and spices.



## Chicken & Asparagus

Marinated chicken tenderloin and asparagus cuts combined in a smooth homemade onion and capsicum sauce.



## Thai Chicken

Whole chicken tenderloin in a spicy Thai green curry sauce, made with garden vegetables and fresh herbs simmered in coconut cream.



## Italiano Chicken Parmigiana

Whole chicken tenderloin combined with our authentic Napolitana sauce, made from Italian crushed tomatoes, plus the added bite of tasty Parmesan cheese.

**Helen's**  
EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



**Italiano Chicken Parmigiana Gourmet Filo**

*Try serving with a simple salad...layer a crisp Frilly lettuce leaf with some shredded sugarloaf cabbage, snipped chives and some snow pea shoots. Finish with a couple of halved cherry tomatoes and drizzle on some olive oil and balsamic vinegar...perfect! (Red Onion can be added too!)*

# Gourmet Filos

Helen's traditional oven-baked filo's are made from fresh, wholesome produce containing premium ingredients such as succulent tenderloin chicken, chunky topside steak and tender lamb pieces, wrapped in layers of golden filo pastry. Helen's Gourmet Filo's look great and guarantee customer satisfaction every time.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 180g



## Garden Spinach & Fetta

Simmered garden spinach enfolded in a creamy cheese blend of crumbled fetta with onion and spices.



## Tender Steak & Mushroom

Tender chunks of topside steak marinated in red wine, combined with fresh field mushrooms and chopped shallots in a rich homemade gravy.



## Tender Steak & Guinness

Tender chunks of topside steak marinated in Guinness beer, combined with caramelised onions in a rich homemade gravy.



## Rosemary Lamb

Tender chunks of lightly seasoned lamb, enfolded in a rich homemade rosemary and herb gravy.



## Creamy Chicken & Mushroom

Shoe string fries and a dollop of garlic aioli, team nicely with this filo. For a bit 'more' also add our signature Salad of filled Frilly Ice lettuce cups (details on previous page).



## Chicken, Mango & Macadamia

Brush some Sweet Chilli sauce generously onto hot grilled pineapple slivers, and serve in a Frilly Ice or Coz lettuce cup. Perfect with the exotic Filo flavours and looks very impressive!

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EUROPEAN CUISINE®

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**Rosemary Lamb Gourmet Filo**

*A simple tasty side is easy! Cut 1cm cubes of cooked or preserved beetroot and mix with some mint leaves. Top with crumbled fetta and a few mint leaves to garnish...Olive oil if necessary.*

# Money Bag Filos

One of Helen's recent innovations is the Money Bag Filo. Famous flavours from around the globe have been carefully selected and perfected, then neatly wrapped inside a thin, flaky filo pastry and oven-baked until golden brown. An international inspiration!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 170g



## Butter Chicken

Succulent chicken breast pieces in our own mild and creamy butter chicken sauce, based on an authentic Indian recipe.



## Moroccan Beef

Tender chunks of lean beef coated in Moroccan seasoning, slowly simmered with garlic and onion into a rich gravy reduction. Finished with a sprinkling of poppy seeds.



## Peri Peri Chicken

Succulent chicken breast pieces infused with Peri Peri chilli, simmered with diced tomato, capsicum, onion and a dash of fresh cream. Finished with a dusting of paprika.



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- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity




# Gourmet Fancy Quiche

Helen's unique Gourmet Fancy Quiches are perfect for display, resembling the "star" product they are. Carefully wrapped and oven-baked in a thin and crispy pastry, they are a lighter option for those health-conscious customers who still appreciate great taste. One of Helen's signature products.

 Fresh: 4°C | Frozen: -18°C

 Fresh: 5 – 7 Days | Frozen: 10 Months

 Units per Carton: 6 <sup>1</sup>, 5 <sup>2</sup>

 Approx. 200g <sup>1</sup>, 180g <sup>2</sup>



## Classic Fancy Quiche Lorraine <sup>1</sup>

A traditional quiche favourite with diced bacon, fresh eggs, herbs and tasty cheese, oven-baked in thin and crispy pastry and topped with a cherry tomato.



## Classic Oval Quiche Lorraine <sup>2</sup>

Our same popular Quiche Lorraine mixture, but nestled inside an elegant oval-shaped short crust pastry base.



## Chicken & Asparagus <sup>1</sup>

Oven-roasted chicken and asparagus pieces combined with fresh eggs, herbs and tasty cheese, in a rich yet light quiche.



## Chicken & Avocado <sup>1</sup>

Oven-roasted chicken pieces and soft avocado chunks combined with fresh eggs, herbs and tasty cheese, in a rich yet light quiche.



## Chicken & Sundried Tomato <sup>1</sup>

Oven-roasted chicken pieces and Italian sundried tomatoes paired with fresh eggs, herbs and tasty cheese, in a rich yet light quiche.



## Garden Spinach & Fetta <sup>1</sup>

Blanched garden spinach and crumbled chunks of fetta cheese, combined with farm fresh eggs, onion and herbs in a rich, yet light quiche.



## Mediterranean Vegetable <sup>1</sup>

Garden fresh eggplant, zucchini and capsicum all oven-roasted with garlic, combined with crumbled fetta and farm fresh eggs in a quiche topped with sliced Kalamata olives.



## Bacon & Zucchini <sup>1</sup>

Diced bacon bits and sliced zucchini paired with fresh eggs, herbs and tasty cheese in a rich yet light quiche.



## Chicken & Sundried Tomato

Serve a side of steamed green beans, toss with some bacon bits and crushed hazelnuts, then ladle on a little warm **Napolitana Sauce** and shaved Parmesan for real punch!



## Chicken & Avocado

Your customers will love this served with the crunch and zing of Classic Tabbouleh (easily made or bought in). A little side dish (or dollop) of Sour Cream or Aioli completes the plate.

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★ Contains Nuts  
♥ Vegetarian



**Bacon & Zucchini Gourmet Fancy Quiche**

*A lovely crisp green salad with some slivers of shallot and green apple, adds the crunch and contrast to the smoky bacon in this quiche!*

# Lasagne Petite-Rounds

Helen's hugely popular lasagnes are now available especially for one - in our new Lasagne Petite-Rounds range. Your favourite Home-Style flavours have been recaptured in a miniature round lasagne, still carefully hand-layered and topped with a special blend of Italian cheeses, then oven-baked to perfection.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 270 – 280g



## Traditional Beef

Fresh homemade pasta and creamy Béchamel sauce layered with a rich Bolognese of beef mince, Italian crushed tomatoes, garlic and basil.



## Roast Pumpkin & Garden Spinach

A rich and colourful filling of oven-roasted pumpkin, layered with a creamy cheese blend of crumbled fetta, onion, spices and simmered garden spinach, plus our own Napolitana Sauce.



## Oven-Roasted Vegetable

Market fresh eggplant, zucchini and capsicum all oven-roasted with garlic and a hint of basil pesto, layered with oven-roasted pumpkin, sweet potato and our special Napolitana sauce.



## Traditional Beef

Nothing beats our classic Hellenic Side Salad with this item. Any nice crisp lettuce cup filled with shredded cabbage, snow peas, snipped chives and a few cherry tomatoes. Drops of olive oil and Balsamic add the dressing.



## Oven-Roasted Vegetable

Create a wonderful plate with a side of warm roasted potato salad (mixed with chopped chives and parsley), set on a pile of fresh Rocket leaves. Perfect and a great value add.

**Helen's**  
EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion  
Control



Reduce  
Labour



Reduce  
Wastage



Consistency



Long  
Shelf Life



Reduce  
Complexity

Exciting  
New Product



**Lasagne Petite-Rounds**

*Try with a small Bowl of Silician Olives (mix of black and green is best), a sprig of fresh Thyme, and a bright juicy lemon wedge as a side dish... delicious and original!*

# Gourmet Rolls

Helen's hand-made Gourmet Rolls are ideal for a light meal or for customers on the go. Each Gourmet Roll is bursting with flavour, wrapped in a flaky puff pastry and oven-baked until golden brown. Our Gourmet Rolls are made using only the best wholesome produce and premium ingredients, for that truly homemade taste.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



8 Units per Carton



Approx. 180 – 220g



## Roast Pumpkin & Ricotta

Oven-roasted pumpkin and soft ricotta, combined with tasty cheese and select farmhouse herbs & spices.



## Lean Beef

Fresh lean beef mince seasoned with select farmhouse herbs & spices, combined with our classic homemade Napolitana sauce.



## Garden Spinach & Fetta

Simmered garden spinach enfolded in a creamy cheese blend of crumbled fetta with onion and spices.



## Garden Vegetable

A wholesome mix of potato, carrot, zucchini, capsicum and celery, combined with oven-roasted pumpkin and seasoned with select farmhouse herbs and spices.



## Chicken Tandoori

Chicken breast mince combined with a traditional, mildly spicy Tandoori paste and freshly chopped garden coriander.

**Helen's**  
EUROPEAN CUISINE®

- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity





**Gourmet Rolls**

*Instead of the usual Tomato sauce, why not treat your customers to a tasty pot of Helen's Signature **Napolitana Tomato sauce?** (See Page 48 for details). Add a little pile of fresh Tabbouleh and you've made all the difference!*

# Gourmet Scrolls

Helen's Gourmet Scrolls are based on traditional European flavours. Mouth-watering ingredients are rolled up in an enticing pastry scroll to provide a perfect item to 'grab and go'.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 200g



## Garden Spinach & Fetta

Simmered garden spinach enfolded in a creamy cheese blend of crumbled fetta and soft ricotta, together with diced onion and select spices.



## Oven-Roasted Vegetable

Fresh garden pumpkin, sweet potato, eggplant, capsicum and zucchini, combined with feta and ricotta cheeses in our classic homemade Napolitana sauce.



## Pizza

Italian seasonal vegetables and shredded ham, topped with creamy mozzarella on a rich tomato base.



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♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



### **Gourmet Scrolls**

*These Classic Savoury pastries need no more than a stew of washed Baby Spinach Leaves with some fresh split Cherry Tomatoes and crumbled Fetta to make them really shine!*

# Turkish Pides

Helen's inspiration has spread to Eastern Europe, culminating in our new range of delectable Turkish Pides. Comprising a selection of 3 gourmet fillings, each carefully folded inside a traditional wheat flour Turkish flat bread. A great touch of flair to add to your menu.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



5 Units per Carton



Approx. 220g



## Cheese Medley, Olives Barchetta & Mint

A tasty blend of four cheeses, enveloping Kalamata Olives Barchetta with freshly chopped mint leaves and white pepper.



## Lemon Chicken & Oregano

Succulent chicken pieces sauteed with lemon juice, white wine, chopped shallots, onion and oregano. An amazing infusion of flavours!



## Lamb, Pumpkin & Fetta

Tender lamb mince sauteed with onion, fresh mint and Middle Eastern spices, combined with oven-roasted pumpkin and crumbled chunks of fetta.



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Consistency



Long Shelf Life



Reduce Complexity

Exciting  
New Product



**Turkish Pides**

*Our tasty Pides love to be dressed up! Roast some powdered cumin in a little oil, splash with lemon juice and some zest before folding into a pot of sour cream...garnish with a fresh lemon wedge and small bowl of Sicilian olives...Bliss!*

# Savoury Tarts

Helen's Savoury Tarts are tantalising to the taste buds. Premium quality ingredients are hand layered in a delicious short-crust pastry, then oven-baked to perfection. Now available in six flavoursome fillings with an array of colourful ingredients on show, these open-topped tarts present beautifully for display.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 150 – 180g



## Breakfast (Bacon & Egg)

Vine-ripened tomato, tasty bacon and a whole freshly-cracked egg, layered with diced onion and tasty cheese. Perfect for breakfast on the go.



## Caramelised Onion & Camembert

A sweet and savoury medley of caramelised onion, layered with smooth and creamy Camembert cheese chunks, finished with cracked pepper.



## Chicken, Pumpkin, Spinach & Pesto

Succulent chicken breast pieces marinated in a green basil pesto with sundried tomato, tossed with oven-roasted pumpkin and English spinach.



## Roasted Cherry Tomato, Red Pepper & Fetta

Market fresh cherry tomatoes and fire-roasted red peppers, layered with crumbled chunks of feta cheese and cracked pepper.



**new**



## English Spinach & Egg Florentine

Blanched English Spinach seasoned with salt, pepper and parmesan, cradling a whole freshly-cracked egg and topped with cracked pepper.



**new**

## Bacon & Leek with Cream Cheese

Fresh garden leeks and diced onion sauteed with salt, pepper and spice, enfolded in a smooth cream cheese and topped with streaky bacon strips.

**Helen's**  
EUROPEAN CUISINE®

- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



### **Savoury Tarts**

*Make these elegant tarts even more delicious... serve a clever (and ridiculously easy!) salad of Zucchini ribbons with salt flakes and cracked pepper. To make these ribbons simply peel off full lengths of zucchini with a vegetable peeler and let them crisp and curl in icy cold water. They keep well over a few days in this water until needed for use. You can also treat carrot the same way. Drain and place onto the serving plate, then dress with your favourite drizzle or mayonnaise!*

# Connoisseur Pies

Showcasing the authenticity behind our handmade promise, Helen's brand new Connoisseur Pies are beautifully decorative and delectable. These upmarket pies will fulfil any appetite, with hearty meat fillings nestled inside golden baked pastry, and finished with a delicate filo pastry topping. Available in a tempting assortment of gourmet flavours, designed for your customers to sit down and savour in the comfort of your cafe.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 240g



## Creamy Chicken Mornay

Succulent chicken breast pieces combined with fresh garden vegetables in a creamy homemade white sauce.



## Beef Burgundy

Tender chunks of steak marinated in a rich Burgundy sauce, combined with chopped bacon and fresh garden vegetables.



## Tender Steak & Mushroom

Tender chunks of steak marinated in red wine, combined with fresh field mushrooms and garden shallots in a rich homemade gravy.



## Butter Chicken

Succulent chicken breast pieces in our own mild and creamy butter chicken sauce, based on an authentic Indian recipe.



## Tender Steak & Guinness

Tender chunks of steak marinated in Guinness beer, combined with caramelised onions in a rich homemade gravy.



## Wagyu Beef & Caramelised Onion

Rich and juicy Wagyu beef chunks, lightly seasoned and marinated in red wine, then enfolded in a homemade herb gravy with caramelised onion and garlic.



## Sri Lankan Chicken Curry

Tender chicken pieces simmered with onion and garlic in coconut cream, together with an array of fresh herbs and exotic Sri Lankan spices.



## Osso Buco with Potato & Polenta Gremolata

A rich and traditional Osso Buco of tender veal shanks braised with herbs, red wine and broth. Garnished with a creamy potato and polenta gremolata of garlic, parsley and lemon zest.



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EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Exciting  
New Product



**Wagyu Beef & Caramelised Onion Connoisseur Pie**

*This beautiful flaky pie, filled with generous chunks of tender Wagyu beef, is aptly served with Smashed Peas, Creamy Potato mash and a good Jus or gravy.*

# Gourmet Frittatas

Helen's Italian Frittatas are the lighter alternative to our famous range of quiches. Farm fresh eggs are combined with a variety of premium quality ingredients and fresh produce, then oven-baked to perfection.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 280g



## Reduced Fat Vegetable

Fresh garden vegetables with roast potato and pumpkin, seasoned with select farmhouse herbs & spices.



## Pumpkin & Bacon

Seasonal pumpkin and diced bacon combined with fresh capsicum and eschalots, topped with crispy bacon.



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### **Gourmet Frittatas**

*Try serving these with our simple signature salad...layer a crisp frilly lettuce leaf with some shredded sugarloaf cabbage, snipped chives and some snow pea shoots. Finish with a couple of halved cherry tomatoes and drizzle on some olive oil and balsamic vinegar...perfect! (Red Onion can be added too!)*

# Gluten-Free Frittatas

You asked and we listened! After much development and taste-testing, Helen is pleased to present our first-ever Gluten-Free range of Gourmet Frittatas. Available in three tasty flavour combinations brimming with fresh vegetables, perfect for the health conscious customer.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 250g



## Chorizo, Roast Potato, Red Pepper & Spinach

Spicy Chorizo sausage with roast potato chunks, fire roasted red pepper strips, fresh baby spinach and a tasty blend of fetta and ricotta cheeses.



## Sweet Potato, Pumpkin, Spinach & Fetta

A wholesome blend of sweet potato and pumpkin chunks, oven-roasted with Spanish onion and herbs, combined with blanched baby spinach and crumbled fetta.



## Baby Spinach & Fetta

Blanched garden spinach and sauteed onion, combined with a creamy blend of fetta and tasty cheeses, seasoned and topped with crumbled fetta.



**\*Our Gluten-Free Frittatas are made with premium 100% Gluten-Free ingredients, however they are still manufactured in our commercial kitchen together with our regular, non gluten-free products. It is therefore possible that traces of gluten may be found.**

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EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity

Exciting  
New Product



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### **Gluten-Free Frittatas**

*Don't forget your Gluten Intolerant Customers! Serve a smart crisp Green Leaf Salad and Helen's special **Napolitana Sauce** (see Page 48 for details) on the side to complete the plate and add value.*

# Gourmet Patties

Helen's flavoursome Gourmet Patties are individually hand-rolled and packed with wholesome produce. Great on their own or try with one of our appetising serving suggestions.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 200g



## Salmon

Flaked pink salmon and Pontiac potato seasoned with select farmhouse herbs & spices, finished with a coating of fine bread crumbs.



## Pumpkin & Lentil

Fresh garden vegetables with roast pumpkin and green lentils, seasoned with select farmhouse herbs & spices and topped with toasted almond flakes.



## Salmon Patty Salad

Plate these with a small handful of Green Leaves, and decorate with some simple Carrot and Capsicum shreds and a lemon slice. (You can marinate the shreds beforehand in some salad dressing for extra zing and flavour too!).



## Pumpkin & Lentil Patty Burger

Create a tasty meat-free Burger! Pan or oven heat patties till crispy and pile onto toasted Turkish bread with garden salad, caramelised onion, fetta and top with Helen's own **Napolitana Sauce**.

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### **Gourmet Salmon Patties**

*Take these to a new level with our side suggestion! Fresh Carrot, Root Ginger and Coriander shreds, mixed with a little Vietnamese dressing from your supermarket or wholesaler - Delicious! And Different... finish with a dollop of Aioli and fresh lemon sliver.*

# Mexican Burritos

Helen's Mexican-inspired Burritos are better than ever! Helen has given the recipes an overhaul, now combining our tender meat fillings with a new bean and salsa mix, exuding just the right amount of spice to enliven your tastebuds. Carefully rolled and baked in a soft, wheat flour tortilla. A real sensory treat!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



8 Units per Carton



Approx. 200g



## Shredded Beef

Tender shredded beef infused with garlic, cumin and a hint of chilli, slow cooked for 24 hours. Crushed tomato, fire roasted red peppers, fresh herbs and spices are added in our own special bean and salsa mix.



## Spicy Chicken

Tender pulled chicken slow cooked with garlic, cumin and a hint of chilli, combined with our own special bean and salsa mix containing crushed tomato, fire roasted red peppers, fresh herbs and spices.



## Spicy Chicken

Serve El Paso style with Mexican Fried Rice with spicy seasoning, Helen's **Napolitana Sauce**, Avocado wedges and Sour Cream.



## Shredded beef

Bake individual side dishes of **Tomato Napolitana** topped with potato gems. When hot and crisp, top with grated cheese to melt. Serve alongside Black beans, fresh Avocado, Sour Cream, slivered Capsicum and Lemon!

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EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



Exciting  
New Product



**Mexican Burritos**

Bake one or several Burritos in our **Napolitana Sauce** (see Pg 48 for details), top with grated cheddar until hot and melted, serve with fresh Avocado wedges, Sour Cream and chopped green spring onion.



# For the display cabinet

## LARGE ITEMS

Helen's love for family and cooking has been the sole vision behind the creation of Helen's European Cuisine. Inspired by her own European heritage coupled with years of experience in the Food Industry, Helen and her team have developed their own distinctive style of cooking – to bring a wholesome and unique range of large items to share with family, friends and your customers.

# Home-Style Lasagne

Helen's all-time favourite Home-Style Lasagnes are a must for every eatery. Each variety is hand layered with fresh pasta sheets and our creamy Béchamel sauce, then topped with a special blend of Italian cheeses and oven-baked until golden brown - the ultimate in homemade meals! Add Helen's signature round shape and these lasagnes are sure to brighten up your display cabinet and keep your customers wanting more.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 3.25 – 3.5kg



## Roast Pumpkin & Garden Spinach

A rich and colourful filling of oven-roasted pumpkin, layered with a creamy cheese blend of crumbled fetta, onion, spices and simmered garden spinach, plus our own Napolitana Sauce.



## Traditional Beef

Fresh homemade pasta and creamy Béchamel sauce layered with a rich Bolognese of beef mince, Italian crushed tomatoes, garlic and basil.



## Oven-Roasted Vegetable

Market fresh eggplant, zucchini and capsicum all oven-roasted with garlic and a hint of basil pesto, layered with oven-roasted pumpkin, sweet potato and our special Napolitana sauce.



## Roast Pumpkin & Garden Spinach

Add a clever side salad of stacked Tomato, Cucumber and Red Onion with crumbled Fetta and Balsamic glaze, Rosemary or Thyme garnish optional.



## Traditional Beef

Or Hamptons style, perhaps? A side of pan blasted Broccolini spears (al dente!) dressed with olive oil and chilli flakes, salt and pepper! Brilliantly simple.



- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



**Traditional Beef Home-Style Lasagne**

*We recommend a few fun ways to serve our very best seller! How about with a Greek Salad of cubed cucumber, cherry tomatoes and finely shaved red onion? Italian or French dressing optional too!*

# Square Lasagne

Helen's Square Lasagnes are a perfect option for any busy cafe or restaurant. They are amazing value, easy to handle and fit perfectly into a half bain-marie tray (300mm x 240mm). Each Square Lasagne is hand-layered with premium ingredients, then topped with a special blend of Italian cheeses and oven-baked until golden brown. Helen's Square Lasagnes are also pre-cut for your convenience.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 3 – 3.5kg



## Roast Pumpkin & Garden Spinach

A rich and colourful filling of oven-roasted pumpkin, layered with a creamy cheese blend of crumbled fetta, onion, spices and simmered garden spinach, plus our own Napolitana Sauce.



## Traditional Beef

Fresh homemade pasta and creamy Bechamel sauce layered with a rich Bolognese of beef mince, Italian crushed tomatoes, garlic and basil.



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EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



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“ Want more exciting serving suggestions? Go to our website [www.helens.com.au](http://www.helens.com.au) for taste-tempting, eye-pleasing serving suggestions by Helen and the "taste team". You'll love them as will your customers. ”



**Roast Pumpkin & Baby Spinach Square Lasagne**

*Serve with a big handful of freshly washed baby spinach, and if necessary some shaved parmesan cheese.*

# La Grande Quiche

Helen's tempting range of delicious Grande Quiches are made with fresh farm eggs and premium ingredients, oven-baked in a savoury short-crust pastry. Your customers will be delighted by their attractive appearance and mesmerised by the taste!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 2 – 2.5kg



## La Grande Quiche Lorraine

Diced bacon with tasty cheese and freshly chopped vine-ripened tomato.



## Garden Spinach & Fetta

Freshly chopped garden spinach combined with crumbled chunks of feta cheese.



## Chicken & Asparagus

Succulent oven-roasted chicken breast pieces with tasty cheese and asparagus spears.



## Tomato, Spinach & Herb

Juicy red tomatoes and freshly cut garden spinach combined with tasty cheese and select farmhouse herbs & spices.



## Quiche Lorraine

Make your Quiche Lorraine extra fancy... serve with Prosciutto wrapped Asparagus spears drizzled in lemony Hollandaise Sauce.



## Garden Spinach & Fetta

Dress up with our smart Zucchini and Carrot Ribbon salad, some Red Onion rings and French dressing. Fresh lemon wedge optional. (See Page 21 for Ribbon salad instructions).

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EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity





### **La Grande Quiche Lorraine**

*Nothing goes better with this classic French dish than a few simple steamed vegetables tossed in melted butter and some good grain mustard. Don't forget the salt and pepper! Alternatively, a small side bowl of warmed Olives and Pinenuts dressed with some picked parsley leaves adds interest and a new flavour profile for your customers.*

# Traditional European Pie

Helen's traditional European Pies will take your customers on a journey through the generations of Helen's family cooking, starting with our impressive Spanakopita - the quintessential Greek pie.



## Spanakopita

Freshly cut garden spinach, market fresh leek and tasty fetta seasoned with traditional herbs & spices, oven-baked in a delicate filo pastry until golden brown.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-scored – 12 and 24 Slices per Carton



Approx. 1.5 – 2kg



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- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion  
Control



Reduce  
Labour



Reduce  
Wastage



Consistency



Long  
Shelf Life



Reduce  
Complexity



**Spanakopita Traditional Greek Pie**

*Try a side of simple sweet cherry tomatoes and some fresh spinach leaves with this tasty classic. A small side dish of french dressing for drizzling won't go astray.*

# Tortilla Bakes

Releasing Helen into the kitchen resulted in the amazing innovation of the Tortilla Bake. Fresh tortilla bread stacks are hand-layered with mouth-watering fillings and topped with creamy mozzarella, then oven-baked until golden brown. A unique and hearty meal from the kitchen of Helen!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 3 – 3.25kg



## Thai Chicken & Vegetable

Side with steamed snake beans, fresh grated ginger, mayonnaise and fresh chilli. A simple coleslaw dressed with a peanut buttermilk dressing works a treat too. (Just blend peanut paste with buttermilk, salt and pepper).



## Oven-Roasted Vegetable

Dress on a smart plate with a Brace of roasted vine cherry tomatoes, flavoured with honey and lemon thyme. Add a pot of Tzatziki with toasted pinenuts for extra flavour and texture.



## Thai Chicken & Vegetable

Layers of tortilla bread filled with succulent chicken breast pieces and stir-fried vegetables in a spicy Thai green curry sauce.



## Oven-Roasted Vegetable

Layers of tortilla bread filled with oven-roasted capsicum, sweet potato, pumpkin, eggplant, zucchini and a hint of basil pesto.

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- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



**Thai Chicken & Vegetable Tortilla Bake**


*Try our classic side - a green leaf salad, fresh chilli slivers and/or a small cup of Sweet Chilli Sauce.*

# Gluten-Free Large Frittatas

The goodness and taste from our Large Frittatas has been redeveloped into a brand new, Gluten-Free range. But make no mistake, there is no compromise on taste or quality! These wholesome frittatas are packed full of fresh vegetables and produce, and make a perfect meal or snack for the health conscious customer.

 Fresh: 4°C | Frozen: -18°C

 Fresh: 5 – 7 Days | Frozen: 10 Months

 Pre-cut – 12 Slices per Carton

 Approx. 2.8 – 3kg



## Baby Spinach & Vegetable

Fresh baby spinach combined with sweet potato, pumpkin and an array of garden vegetables, seasoned with select herbs & spices and a sprinkling of tasty parmesan cheese.



## Asparagus, Dill & Fetta

Whole asparagus spears, fresh market dill and crumbled chunks of fetta combined with garden pumpkin, capsicum and potato.



**\*Our Gluten-Free Frittatas are made with premium 100% Gluten-Free ingredients, however they are still manufactured in our commercial kitchen together with our regular, non gluten-free products. It is therefore possible that traces of gluten may be found.**

**Helen's**  
EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion  
Control



Reduce  
Labour



Reduce  
Wastage



Consistency



Long  
Shelf Life



Reduce  
Complexity

Exciting  
New Product



**Asparagus, Dill & Fetta Gluten-Free Frittata**

Try these topped with our superb **Napolitana Sauce** (see [Page 48](#) for details), fresh Basil leaves and a final shower of grated Parmesan...be generous!

# Home-Style Cannelloni

Helen's authentic cannelloni embraces the essence of Italy, with soft pasta rolls encasing a delicious filling then smothered in our classic Napolitana sauce. "Mamma Mia this meal is bellissimo!"



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 2kg



## Garden Spinach & Fetta

Simmered garden spinach enfolded in a creamy cheese blend of crumbled fetta with onion and spices.



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★ Contains Nuts  
♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity





**Garden Spinach & Fetta Home-Style Cannelloni**

*Perfect for these is a rich nap of our signature Napolitana Sauce, plenty of cracked pepper and some savoury herb. Pass the grated cheese please!*

# Gourmet Soups & Sauces

Helen's traditional home-style Soups and Sauces are an easy and convenient choice for your busy kitchen. While the Soups are hearty enough to be a meal unto themselves, our new Sauces make an ideal finishing touch to basic meals like pasta or nachos. A wonderfully fuss-free accompaniment to your menu!

**\*Now available in handy 2.5 Litre resealable pouches.**



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



10 x 250ml Portions per Pouch



Approx. Volume 2.5 Litres



## Creamy Pumpkin Soup

Thick and creamy style pumpkin soup seasoned with ground nutmeg and white pepper.



## Minestrone Soup

Fresh garden vegetables and diced bacon combined with spiral pasta in a rich homemade tomato soup.



**new**

## Chilli Con Carne Sauce

A rich beef Bolognese made with Italian crushed tomatoes, garlic and basil, combined with a spicy five-bean mix and a hint of chill.



**new**

## Napolitana Sauce

A rich and authentic Napolitana sauce, made from Italian crushed tomatoes, onion, garlic and a host of herbs. Makes an easy meal served over pasta.



## Chilli Con Carne & Napolitana

Build the perfect Nachos – Plate up Corn Chips with Helen's **Chilli Con Carne** and dot with **Napolitana Sauce**. Melt cheese over the top and sprinkle with zesty jalapenos and snipped spring onion.



## Chilli Con Carne & Napolitana

Try a plate full of Baked Potato skins stuffed with our delicious **Chilli Con Carne**, dotted with some **Napolitana Sauce**. Oven-bake or grill with melted cheddar and finish with a shower of chopped parsley. Sour Cream optional.

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♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



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**Gourmet Soups & Sauces**

*Grill some buttered fingers of toasted Turkish or sourdough bread and garnish with some small fresh sprigs of Rosemary, to serve alongside these wonderful soups!*

ditional

ek Sweet

Mini

Muffins.

Texas Muttin

Gourmet  
Breads

Sweets

Savoury  
Muffins

51

# For the sweet at heart

## **SWEETS AND MUFFINS**

Helen's aim has always been to allow people to enjoy a finer side of food preparation and taste. Handmade with love from recipes that have spanned generations, Helen's extensive range of Sweets and Muffins present an exciting array of taste sensations for everyone to savour. When you eat any one of her quality gourmet products, you genuinely feel part of something special.

# Gourmet Breads

Helen's delicious range of moist, homemade breads will entice any diner. The sweet fruity flavours in a cake-like consistency make them an easy choice for the perfect morning or afternoon tea! **\*Available Whole or Pre-cut.**



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



Pre-cut – 12 Slices per Carton



Approx. 2kg



## Banana

Ripe yellow bananas and cracked walnuts, blended into a moist, sweet bread loaf.



## Raspberry, Banana & Pear

Sweet ripe bananas combined with whole raspberries and juicy pear chunks.



## Date & Honey

Whole dates dried then soaked overnight in honey, blended into a moist, dense, sinfully sweet loaf.



## Chocolate & Banana

Decadent Cadbury dark chocolate buttons with bananas and walnuts, finished with a generous sprinkling of chocolate chips.



**new**



## Coconut & Mango

The flavours of summer combined in a soft, moist loaf, with shredded coconut and sweet mango, topped with crushed macadamia nuts.



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♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



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Consistency



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**Banana Gourmet Bread**

*Toast or oven-warm these slices and serve warm with a dollop of brown sugar and cinnamon butter. Alternatively mix up small pots of Vanilla Yoghurt with Cinnamon and Nutmeg to dip toast fingers! Addictive!*

# Gourmet Muffins

Indulgent and decadent! Helen's range of Gourmet Muffins are the 'naughtiest' accompaniment to morning or afternoon tea. With a perfect combination of contemporary flavours and stylish presentation, why not let your customers treat themselves today. They will love you for it!



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 120g



## Butterscotch & White Chocolate

A blast of butterscotch caramel and white chocolate gems in a rich, moist muffin, drizzled with a white chocolate topping.



## Double Choc Custard

A devilishly rich chocolate chip muffin with both a smooth chocolate custard centre and topping.



## Apple & Date

A classic combination of juicy apples and dates, generously topped with toasted caramelised coconut flakes.



## Strawberry & White Chocolate

Luscious whole strawberries with Cadbury white chocolate gems, topped with a dollop of smooth butter cream.



**new**



## Blueberry & Minted White Chocolate

Whole juicy blueberries and white chocolate gems in a light and fluffy muffin, drizzled with white chocolate topping laced with a hint of peppermint.



**new**



## Raspberry, Pear & White Chocolate

Whole raspberries and juicy pear chunks combined with white chocolate gems in a soft, moist muffin, drizzled with a raspberry-infused white chocolate topping.

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- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity





# Texas Muffins

Helen's famous Texas Muffins are a hugely popular treat! With a mix of classic and contemporary taste combinations, these Texas Muffins are guaranteed to make even the most discerning sweet-tooth's mouth water.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 180g



### Triple Choc

A decadent chocolate muffin with Cadbury chocolate chips and a rich, dark chocolate ganache topping.



### Blueberry & Custard

Juicy blueberries and a double hit of vanilla custard: piped in the centre and swirled on top.



### Wildberry & White Chocolate

Whole wild berries in a soft, moist muffin, drizzled with a white chocolate ganache topping.



### Raspberry Ripple

Luscious raspberries in a soft, moist muffin, topped with a generous layer of white chocolate ganache.



### Apple Crumble

Diced apple stewed with cinnamon, topped with a brown sugar crumble.



### Carrot, Walnut & Sultana

Fresh grated carrots, juicy sultanas and walnut pieces, finished with a lemon cheesecake topping.



### Orange & Poppy Seed

Orange zest and poppy seeds in a soft, moist muffin, topped with a subtle orange glaze.



### Butterscotch, Pecan & Caramel

Butterscotch caramel and crunchy pecan pieces with a velvety caramel custard topping.



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EUROPEAN CUISINE®

- ★ Contains Nuts
- ♥ Vegetarian

#### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



**Triple Choc Texas Muffin**

*For years customers have enjoyed these muffins warmed in a microwave, served with Vanilla ice-cream and fresh strawberries, or a pot of mixed berries in syrup.*

# Savoury Muffins

Helen's range of savoury muffins are the perfect option for a healthier, wholesome snack. Made with only fresh, premium ingredients and oven-baked until golden brown, these savoury muffins taste sensational. Serve with a crisp light salad or zesty salsa.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



6 Units per Carton



Approx. 180g



## Garden Vegetable

Fresh garden carrot, zucchini, capsicum, celery, pumpkin and farmhouse herbs, topped with a sprinkling of sunflower seeds.



## Roast Pumpkin & Bacon

Oven-roasted pumpkin and diced bacon with select farmhouse herbs & spices, topped with crispy bacon bits.



## Baby Spinach & Fetta

Market fresh baby spinach and crumbled chunks of fetta, seasoned with select farmhouse herbs & spices.



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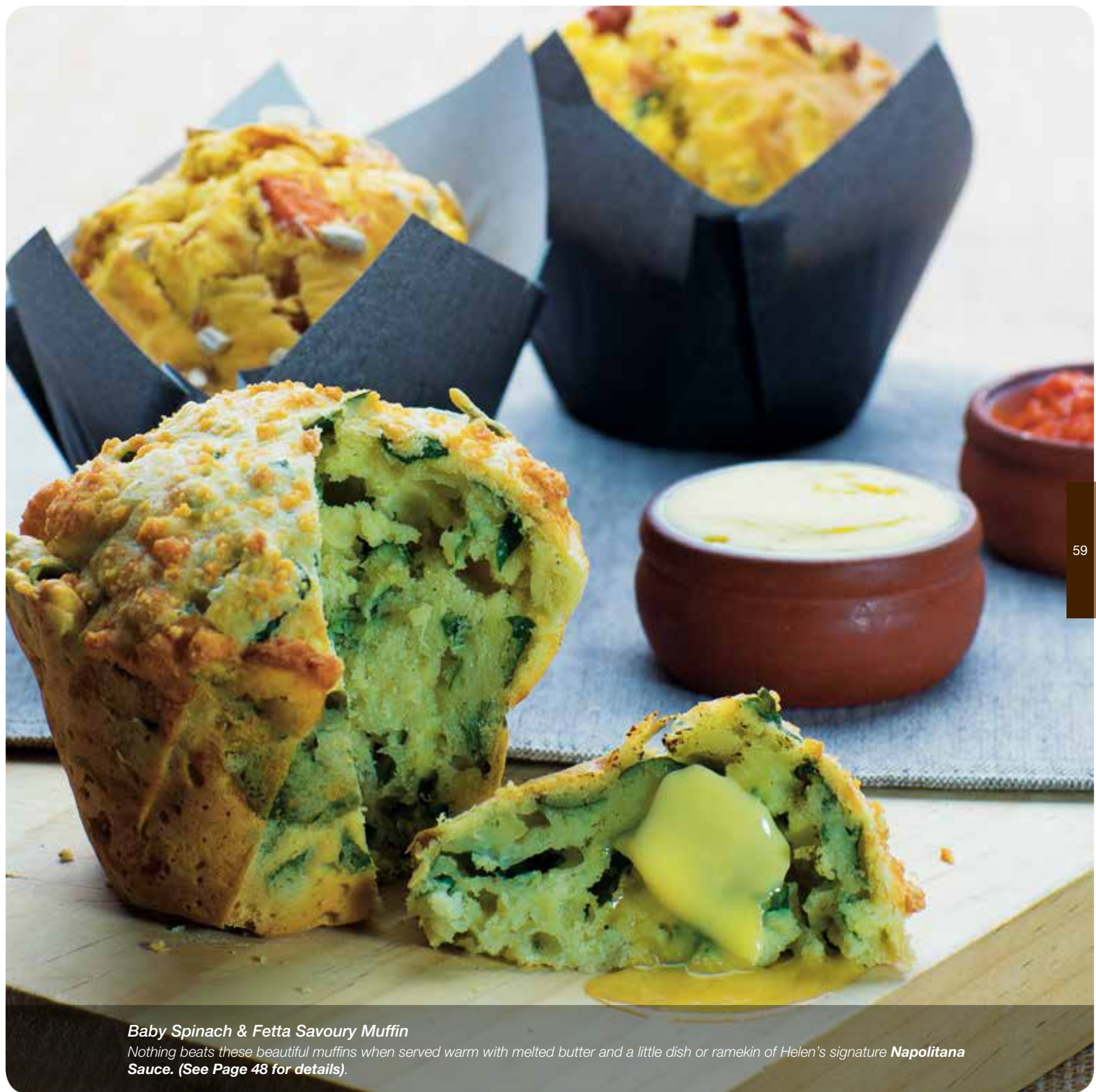
Consistency



Long Shelf Life



Reduce Complexity



**Baby Spinach & Fetta Savoury Muffin**

*Nothing beats these beautiful muffins when served warm with melted butter and a little dish or ramekin of Helen's signature **Napolitana Sauce**. (See Page 48 for details).*

# Mini Muffins

Helen's Mini Muffins are small in size but definitely not in taste! Perfect for children and function catering, these bite-size muffins lose nothing in decadence and flavour. Our Mini Muffins are so irresistible, you won't be able to stop after one.



Fresh: 4°C | Frozen: -18°C



Fresh: 3 – 5 Days | Frozen: 10 Months



24 Units per Carton



Approx. 25g



## Triple Choc

A decadent chocolate muffin with Cadbury chocolate chips and a rich, dark chocolate ganache topping.



## Blueberry & White Chocolate

Whole juicy blueberries in a light and fluffy muffin, drizzled with a white chocolate ganache topping.



**new**



## Butterscotch & White Chocolate

A blast of butterscotch caramel and white chocolate gems in a rich, moist muffin, drizzled with a white chocolate topping.



## Orange & Poppy Seed

Orange zest and poppy seeds in a light and fluffy muffin, topped with a subtle orange glaze.



“ Want more exciting serving suggestions? Go to our website [www.helens.com.au](http://www.helens.com.au) for taste-tempting, eye-pleasing serving suggestions by Helen and the "taste team". You'll love them as will your customers. ”

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- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



**Mini Muffins**

*These are essential to many of our customers as part of their High Tea offering. Serve alongside Classic or Herbal Tea, Fresh Berries and why not sugar cubes? (for extra style!).*

# Traditional Greek Sweets

Experience our delightful range of homemade Greek Sweets, made using traditional recipes passed down through generations of Helen's family. Perfect to serve as a dessert, or as an irresistible treat with tea or coffee.



Fresh: 4°C | Frozen: -18°C



Fresh: 8 – 10 Days | Frozen: 10 Months



24 Units per Carton<sup>1</sup>  
200 Units per Carton<sup>2</sup>  
15 Units per Carton<sup>3</sup>  
14 Units per Carton<sup>4</sup>



Approx. 50g<sup>1</sup>, 10g<sup>2</sup>, 110g<sup>3,4</sup>



## Almond Short Bread<sup>1</sup>

A light homemade shortbread with oven-roasted almonds, topped with a generous coating of icing sugar.



## Honey Puffs<sup>2</sup>

Delightful little dough balls deep-fried until golden and crispy on the outside, but soft on the inside. Best served with a sweet honey syrup.



## Baklava<sup>3</sup>

Traditional homemade Baklava with layers of crushed oven-roasted almonds and cinnamon, rolled with golden filo pastry and finished with a drizzle of rich honey syrup.



## Baklava Fingers<sup>4</sup>

Homemade Baklava with crushed almonds in a sweet cinnamon centre, rolled into filo pastry fingers and finished with a drizzle of rich honey syrup.



### IMPORTANT: HONEY PUFF COOKING INSTRUCTIONS

**Note:** Honey Puffs require defrosting prior to cooking. Cooking from frozen may cause an uneven consistency and under cooked centre.

Submerge defrosted Honey Puffs in deep-fryer for 80 seconds at 180°C, then remove and dip in honey syrup for 20 seconds. For best results, warm syrup first. Sprinkle with icing sugar and serve immediately.

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♥ Vegetarian

#### Features & Benefits:



Portion Control



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Consistency



Long Shelf Life



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**Traditional Greek Sweets**

*Go traditional here and serve with Lemon Honey Syrup and a shake of Icing Sugar.*



ted  
oods

# For the entertainer

## **FINGER FOODS**

Known for her innovative and inspirational approach to food, Helen's skilfully hand made Finger Foods are presented with passion and enthusiasm. With something to suit everyone's taste, our contemporary menu features an abundance of mouth watering, modern European and Australian cuisine ideal for your next function.

With delicacies like these, catering has never been so easy – or tasty.

# Assorted Finger Foods

Helen's mouth-watering Assorted Finger Foods are ideal for functions. Our extensive range of bite-sized delicacies provide an easy, stress-free catering alternative for yourself and your customers.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



24 Units per Carton <sup>1, 2, 5</sup>  
15 Units per Carton <sup>3, 3.5, 4</sup>



Approx.  
35g <sup>1</sup>, 50g <sup>2</sup>, 60g <sup>3, 4</sup>, 45g <sup>3.5</sup>, 15g <sup>5</sup>



**Spinach & Fetta Mini Pastry <sup>1</sup>**  
Freshly cut garden spinach combined with crumbly fetta and select farmhouse herbs & spices in a puff pastry scroll.



**Bacon & Sundried Tomato Mini Pastry <sup>1</sup>**  
Chopped bacon with sundried tomato and garden shallots in a puff pastry scroll.



**Pumpkin & Ricotta Mini Roll <sup>1</sup>**  
Oven-roasted pumpkin and soft ricotta, combined with tasty cheese and select farmhouse herbs & spices.



**Spinach & Fetta Mini Filo <sup>2</sup>**  
Freshly-chopped garden spinach combined with crumbled chunks of fetta cheese, enfolded in a golden filo pastry parcel.



**new**  
♥

**Caramelised Onion & Camembert Mini Quiche <sup>3</sup>**  
Sweet caramelised onion and creamy Camembert cheese chunks, combined with fresh eggs in a mini quiche pastry and topped with cracked pepper.



**new**

**Smoked Salmon & Dill Mini Quiche <sup>3</sup>**  
Smoked Salmon pieces and fresh market dill paired with fresh eggs in a mini quiche pastry, finished with cracked pepper.



**new**  
**Mini Quiche Lorraine <sup>3</sup>**  
A traditional quiche favourite with diced bacon, fresh eggs, herbs and tasty cheese, oven-baked in a mini round pastry and topped with a cherry tomato.



**Butter Chicken Tartlet <sup>3.5</sup>**  
Succulent chicken breast pieces in our own mild and creamy butter chicken sauce, nestled in a short-crust pastry base.



**new**

**Wagyu Beef & Caramelised Onion Mini Pie <sup>4</sup>**  
Rich and juicy Wagyu beef chunks, lightly seasoned and marinated in red wine, then enfolded in a homemade herb gravy with caramelised onion and garlic.



**Pumpkin & Fetta Bite Size Quiche <sup>5</sup>**  
Oven-roasted pumpkin with diced onion, ricotta and fetta in a short-crust pastry base.



**Helen's**  
EUROPEAN CUISINE®

★ Contains Nuts  
♥ Vegetarian

**Features & Benefits:**



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



### **Assorted Finger Foods**

*Dress up your finger food selections with Sweet Chilli Dipping Sauce and garnish with fresh Rosemary sprigs (or any nice hardy herb such as Thyme, Bay or Greek Basil) and mini lemon wedges.*

# Finger Food Platter

Helen's European Cuisine Finger Food Platter equals stress-free catering. Our gourmet platter makes parties so easy with a pre-selected assortment of our favourite products in mini-sized portions. Pre-cooked, the platter requires only re-heating before serving.



Fresh: 4°C | Frozen: -18°C



Fresh: 5 – 7 Days | Frozen: 10 Months



## 72 Piece Platter (Ideal for Approx. 18 People)

- 8 x Spinach & Fetta Mini Pastries
- 8 x Bacon & Sundried Tomato Mini Pastries
- 8 x Beef Mini Rolls
- 8 x Pumpkin & Ricotta Mini Rolls
- 8 x Wagyu Beef & Caramelised Onion Mini Pies
- 8 x Bite Size Meatballs
- 8 x Butter Chicken Tartlets
- 8 x Spinach & Fetta Mini Filos
- 3 x Quiche Lorraine Mini Quiches
- 3 x Caramelised Onion & Camembert Mini Quiches
- 2 x Smoked Salmon & Dill Mini Quiches
- 1 x Sweet Chilli Dip



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- ★ Contains Nuts
- ♥ Vegetarian

### Features & Benefits:



Portion Control



Reduce Labour



Reduce Wastage



Consistency



Long Shelf Life



Reduce Complexity



**Finger Food Platter**

Mix up the options here and (alongside our included Sweet Chilli Sauce) offer some rich **Napolitana sauce** (see Pg 48 for details), some mustard and maybe some exotic Hoi Sin or Oyster sauce from your local Asian Grocer or Supermarket.



## Freezing & Defrosting Tips

### Freezing

- Store at -18°C
- Highly recommended: to keep products in original boxes
- Best quality: Place in freezer bags and return to box
- Note: If unable to keep products in boxes, individually wrap items in freezer bags or cling wrap items.

### Defrosting

- Move products to cold room (4°C) to defrost
- Remove freezer bags and return product to boxes. This will prevent condensation, causing items to become soggy
  - Note: If discarded box, we recommend transferring items to a plate and defrost
  - Once defrosted, if storing products in cold room fridge it is recommended to cling wrap item on plate. This will prevent products from becoming dry. Otherwise place items in display cabinet.
- Large Products may need 2 days to defrost
- Unwrap the plastic around the product and leave in original box in the coldroom/refrigerator to defrost. Any excess water will be absorbed by the cardboard box.
  - If you do not have room for the box, unwrap the plastic around the product and place in a separate dish with an absorbent paper towel beneath
  - Strain away any residual water before displaying.

## Re-heating Instructions

All products are pre-cooked so it is just a matter of reheating items. Helen's products can be re-heated in a Microwave or Oven.

### Fast Serving

- We recommend that customers heat items in a microwave
- Products may be finished under a grill for 10–30 seconds, or in the oven. This will ensure that products are crispy.

### Microwaving Tips

- Cook on a low heat for a prolonged period of time
- Core temperature of 70°C.

### Oven Tips

- As a general rule of thumb – heat products in 180°C oven for about 15–40 minutes depending on product size
- Easy and convenient: Place items on top of baking paper, this will prevent sticking to trays.





## Important Facts About Helen's

- Australian made and owned
- All of our products are handmade
- Most thawed products have 5–7 days shelf life stored at 4°C or below
- Frozen products have 10 months shelf life from date of manufacture, stored at -18°C or below
- Ask to be on our call list. We'll call you for your order (Applicable to local Brisbane Metro customers)
- New packaging and pre-slicing of selected products allows for easier stock control as well as minimising waste
- We have a national distribution network to ensure delivery anywhere in Australia
- We can produce point of sale signs for all of our products
- Our products are consistent and have sensational presentation
- All of our products are microwave friendly and only require re-heating
- Products can be displayed in your COLD DISPLAY or in your HOT BOX
- All of our products are produced and manufactured under the SQF Code Level 3 (7th Edition February 2012) Food Safety and Quality Management System
- We are HACCP Approved (Cert. No. HCV00508) to give you the highest quality product possible
- Brisbane City Council 'Eat Safe' 5 Star Rating.

## Customer Information

Customer Name: \_\_\_\_\_

Customer Number: \_\_\_\_\_

Account Type: \_\_\_\_\_

Distributor: \_\_\_\_\_

Call Before: \_\_\_\_\_

<b>Call Day</b>	<b>Delivery Day</b>	<b>Please Tick Applicable Boxes</b>
Monday	Tuesday	_____
Tuesday	Wednesday	_____
Wednesday	Thursday	_____
Thursday	Friday	_____
Friday	Monday	_____



# Frequently Asked Questions

## **Where can I find Helen's product specifications?**

Helen's product specifications can be easily accessed from our website [www.helens.com.au](http://www.helens.com.au). You will be required to register your company online, which will provide access to all of our product specifications.

## **What Health & Safety standards does Helen's European Cuisine have in place?**

Helen's European Cuisine products are produced and manufactured under The SQF Code Level 3 (7th Edition February 2012) process and product certification standard.

Our Hazard Analysis Critical Control Points (HACCP)-based food safety and quality management system is globally recognised, approved and certified.

Our current SGS Certificate can be accessed via our website: [www.helens.com.au](http://www.helens.com.au), located under the 'downloads' tab.

## **What are Helen's European Cuisine office trading hours?**

7:30am – 4pm / Monday – Thursday

7:30am – 3pm / Friday

We are closed on weekends and public holidays.

## **Do you have a sales rep that I can contact?**

Yes, we have an Australia wide sales team. Please contact our Head Office on (07) 3272 2722 to obtain your local sales rep details.

## **When heating individual slices of the Tortilla Bake, how can I prevent the pieces from collapsing?**

When heating an individual slice of our Tortilla Bake, it is recommended to place a skewer through the middle of the slice. This will prevent the product from collapsing during heating. Remove the skewer before serving.

## **How do I heat Large Pie slices?**

When heating individual slices of our Large Pies, adjust your microwave to 70-80% heat and cook for a longer period of time. This will prevent the product from being damaged by your microwave blasting at 100% heat.

## **How do I avoid paying freight? (Applicable to local Brisbane Metro customers only)**

Your company will be exempt from Helen's European Cuisine freight charge when your order value is over \$100 excluding GST. Alternatively, you may contact your local distributor for delivery terms. Interstate customers please contact Helen's European Cuisine for a list of Distributors to your area.

## **What are your payment methods?**

Helen's European Cuisine accepts cash and cheques for COD customers. If you are a credit approved customer, EFT payments are also accepted. Please contact your local distributor for their payment terms.

## **How can I track my Helen's account status? (Applicable to local Brisbane Metro customers only)**

Local registered customers are able to view their account status via our website [www.helens.com.au](http://www.helens.com.au), located under the 'online store/web account' tab. This site provides registered customers the ability to download invoices and proof of delivery, as well as access to view account statements.

# Garnish Chart

Filo (Gourmet & Money Bags)	Garnish Description
Chicken & Asparagus	Poppy seeds diagonally across
Chicken & Avocado	Poppy seeds across short centre
Chicken & Bacon	Grated parmesan across short centre
Chicken, Bacon & Avocado	Poppy seeds down long centre
Chicken, Mango & Macadamia	No garnish
Chicken, Sundried Tomato & Pesto	Mixed herbs down long centre
Creamy Chicken & Camembert	Grated parmesan across one end
Creamy Chicken & Mushroom	Sprinkled with sesame seeds
Pumpkin, Spinach & Fetta	Mixed herbs across short centre
Italiano Chicken Parmigiana	Dusted with paprika
Satay Chicken	Curry powder at one end
Thai Chicken	Paprika diagonally across
Garden Spinach & Fetta	Triangle: Sprinkled with sesame seeds
Topside Steak & Mushroom	Triangle: Dusted with paprika
Topside Steak & Guinness	Triangle: Mixed herbs across short centre
Rosemary Lamb	Triangle: Sprinkled with dried Rosemary
Butter Chicken	Money Bag: No garnish
Moroccan Beef	Money Bag: Sprinkled with poppy seeds
Peri Peri Chicken	Money Bag: Dusted with paprika

Rolls	
Chicken Tandoori	No garnish
Garden Spinach & Fetta	Poppy seeds across short centre
Garden Vegetable	Sprinkled with poppy seeds
Lean Beef	Sprinkled with sesame seeds
Roast Pumpkin & Ricotta	Sprinkled with mixed herbs

Lasagne (Petite-Round, Home Style & Square)	
Oven-Roasted Vegetable	Red pepper strips in centre
Roast Pumpkin & Spinach	Pumpkin slice in centre
Traditional Beef	Parsley in centre

Muffins (Savoury)	
Baby Spinach & Fetta	Sprinkled with crumbled fetta
Garden Vegetable	Sprinkled with sunflower seeds
Roast Pumpkin & Bacon	Sprinkled with bacon bits

Patties	
Pumpkin & Lentil	Sprinkled with flaked almonds
Salmon	Crumbed, no garnish

Tortilla Bakes	
Oven-Roasted Vegetable	Sprinkled with vegetable pieces
Thai Chicken & Vegetable	Sprinkled with diced capsicum & shallots

Pies (Connoisseur & Traditional)	
Beef Burgundy	Napolitana Sauce in centre
Butter Chicken	Butter Chicken Sauce in centre
Creamy Chicken Mornay	White Sauce in centre
Osso Buco	Potato & Polenta Gremolata
Sri Lankan Chicken Curry	Yellow Curry Sauce in centre
Tender Steak & Guinness	Sweet Chilli Sauce in centre
Tender Steak & Mushroom	BBQ Sauce in centre
Wagyu Beef & Caramelised Onion	No garnish
Spanakopita	Sprinkled with poppy seeds

Quiche (Fancy & La-Grande)	
Bacon & Zucchini	Zucchini slice in centre
Chicken & Asparagus	Sprinkled with asparagus pieces
Chicken & Avocado	Parsley in centre
Chicken & Sundried Tomato	No garnish
Classic Quiche Lorraine	Cherry tomato slice in centre / around edge
Garden Spinach & Fetta	Sprinkled with crumbled fetta
Mediterranean Vegetable	Sprinkled with sliced olives
Tomato, Spinach & Herb	Sprinkled with mixed herbs, tomato at edge

Frittatas (Large, Gluten-Free & Gourmet)	
Asparagus, Dill & Fetta	Asparagus spears in rows
Baby Spinach & Vegetable	No garnish
Chorizo, Roast Potato, Red Pepper & Spinach	Chorizo slices, ricotta
Garden Spinach & Fetta	Sprinkled with crumbled fetta
Pumpkin & Bacon	Sprinkled with bacon bits
Reduced Fat Vegetable	Sprinkled with grated cheese & sliced olives
Sweet Potato, Pumpkin, Spinach & Fetta	Sweet Potato pieces, crumbled fetta

Burritos	
Shredded Beef	Paprika across short centre
Spicy Chicken	No garnish

*A taste of  
Europe  
with every bite...*

**Helen's**  
EUROPEAN CUISINE

[WWW.HELENS.COM.AU](http://WWW.HELENS.COM.AU)

7 / 30 McCOTTER STREET, ACACIA RIDGE QLD 4110

PHONE: (07) 3272 2722 FAX: (07) 3273 7600 [INFO@HELENS.COM.AU](mailto:INFO@HELENS.COM.AU)

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