

Helen's

EUROPEAN CUISINE®

Savoury • Sweets
Breakfast • Scones • Soups
Gluten Free • Vegan



Thanks Mum x



Helen's
EUROPEAN CUISINE®

*You'll be proud to
serve Helen's*

People eat with their eyes before they start tasting. That's why we create delicious food that is still made by hand not machine, giving it the appearance that it has been created from scratch in your kitchen. Combined with a passion and love that's added to every Helen's product, you'll want to tell people you made it yourself.

Thanks Mum x

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For the love of people through food.

For over 25 years Helen's European Cuisine have been hand-making wholesome and traditional savoury and sweet food, just like Yia-ya used to make! The desire to bring happiness to people through food and bring friends and family together is entrenched in the DNA of Helen's.

Helen's European Cuisine started with Helen herself, in her humble home kitchen.

Her deep and infectious love of food quickly transformed from a personal passion, to a flourishing business.

Whilst the business has grown, the love and passion behind every Helen's product hasn't changed. To deliver a complete authentic looking and tasting product solution, to cafes and restaurants, handmade with local fresh ingredients, using Helen's traditional recipes. Providing products you'll be proud to serve to your customers, who will think that you've made them yourself!

Anyone enjoying a Helen's product can taste the wholesome fresh ingredients that are contained within it. Taste the love that goes into each and every product, feeling the passion that inspired Helen herself, to start her journey and that her son Jimmy continues to bring into Helen's European Cuisine today.

Thanks Mum x



Helen's
EUROPEAN CUISINE®



Savouries Range



Our comprehensive range of savoury products are the perfect flavour filled centrepiece, for many delicious meals. They taste as good as they look and are packed with local, fresh ingredients providing a balanced meal that will delight customers and keep them coming back.

From a wide variety of perfectly cooked gourmet fillos, lasagnes, quiches and frittatas, through to gourmet rolls and tarts, there is something available for everyone and every taste. You'll be proud to serve them as your own, as much as we're proud to serve them to you.

Thanks Mum x



Gourmet Filos





Creamy Chicken & Mushroom

Whole chicken tenderloin marinated in white wine, enfolded in a creamy homemade sauce with sautéed 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.



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.



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.



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



200gm each
approx.



6 units per
carton

Premium Filos



RECIPE

Roasted
asparagus
on page 69

Filled with a delicate flavoursome balance of fresh ingredients, our indulgent Premium Filos are filled and rolled by hand before being baked to a golden puff perfection.

When combined with a simple salad or side, these generous Filo's will satisfy your hungriest customer all year round.

“Helen's products are beautifully presented and look amazing in our cabinet. We sell a number of Filos and Rolls in our café and our customers consistently tell us they taste delicious. We are proud to serve Helen's products to our customers.”

Abel from Rhino Café, Ipswich



Garden Spinach & Fetta

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



Butter Chicken

Succulent chicken pieces, slowly cooked in a classic, mildly spiced Indian Sauce.



Tender Steak & Guinness

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



Tender Steak & Mushroom

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



Rosemary Lamb

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



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



180gm each
approx.



6 units per
carton

Premium Vegan Filos

RECIPE
Sweet Potato
Sticks
on page 68



100%
Vegan
🌱 🌿 🌱

Our new Vegan Filo's have been handmade to provide you with appealing products, which will put a smile on the face of the growing population searching out vegan food choices.

Packed full of flavour, these plant based Filo's are 100% vegan with no compromise on taste or quality. In fact they could easily become a favourite for non-vegans too.



Mexican Vegan Filo

A delicious Mexican style blend of lentils, chickpeas, celery, capsicum, onions, beans, mixed with cumin, paprika and chilli spices, wrapped in layers of golden filo pastry.



Curry Vegan Filo

A true Garam Masala curry inspired recipe including sweet potato, ginger, carrot, chickpeas, coconut cream combined with tumeric, cumin and white pepper, wrapped in layers of golden filo pastry.

“ From the moment I found these Vegan Filo's at the Brisbane Hospitality Expo, I was excited to introduce them into my café. They've been flying out the door ever since. I couldn't recommend them highly enough! ”

Josh B – Café Owner, Teneriffe



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



165gm each
approx.



8 units per
carton

Provençale Quiche



Our individual Provençale Quiche recipes have been improved with a new delicate buttery shortcut pastry base. These handmade quiches will look incredible in your cabinet and deliver on taste as much as they deliver in their appearance.

Whoever said that 'real men don't eat quiche', may just have to have a good hard re-think!



Quiche Lorraine with Streaky Bacon

Revamped with a crispy streaky bacon topping! Shallots, mature cheese and a buttery shortcut pastry base complete this taste sensation.



Garden Spinach & Fetta

Simmered garden spinach blended with crumbled fetta, onions and spices.

“ I really love Helen's Cuisine. I found out about you by asking a cafe in Beenleigh where they purchased their products. I have now had two cafés in the area and always use Helen's products. They are great and very tasty. ”

Carol T – Koffee at Tiffany's



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



210gm each
approx.



8 units per
carton

La Grande Quiche

(12 serve sliced)



Family meal times at the Helen's household always guarantee one thing – wholesome, homemade culinary creations – and lots of it! Now it only seems fair that we share the joy these meals brought, with the rest of Australia. After all, sharing is caring and there's always plenty of oven-baked goodness to go around. Which of these La Grande Quiche's will you choose to dress up your display cabinet?



La Grande Quiche Lorraine

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



Roasted Mushroom and Thyme

Hearty whole champignon mushrooms, wild thyme and mature cheese, all baked into a rustic short crust pastry.

“ Back in 1993 I discovered Helen Zeniou and was blown away by the quality of her home-style traditional cooking. I bought her home-made products for our first store and the response from my customers was overwhelming. Here I am many, many years later, a continuous customer with stores all over Australia and Helen's products still playing a big role in our menu mix. ”

**John Lazarou – Joint Founder
& Current Director**

The Coffee Club



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



Approx
2kg



Pre-cut –
12 Slices
per carton

Home-Style Round lasagne

(12 serve sliced)



Reminiscent of cosy times in our Yai-ya's kitchen, Lasagne is where the Helen's story began and to this day is still one of our most popular products. Handmade using Helen's traditional recipes, our Lasagnes are perfect for the coldest of days, or as a summer dish served with salad. It's traditional and proved comfort food that only Helen's can deliver.



Roast Pumpkin & Garden Spinach

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



Traditional Beef

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

“ I have found that the consistently high quality of the products has ensured return customers. The staff at Helen's are always happy to assist with any enquiry. For a quality product and friendly service, I would recommend Helen's to anyone. ”

Jo Ann – IGA Magnetic Harbour



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



Approx
3kg



Pre-cut –
12 Slices
per carton

Square Lasagne

(12 serve sliced)



With a love for family and food, it's no surprise the Greek's recreated the ultimate crowd pleaser. The story goes like this.

Yai-ya was surprised by a visit from all her grandkids, so she whipped up this classic dish, full of rich flavours and lots and lots of love. That's exactly how we make it too. So giving your customers a true taste of home is easier than ever.



Roast Pumpkin & Garden Spinach

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

“ I love serving my customers Helen's Lasagnes. They are one of the most popular items in my restaurant and I receive many compliments on their quality and freshness! Thank you Helen's for providing such high quality products that I feel proud to share with my customers. ”

Alysha O
Jindalee



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



Approx
3kg



Pre-cut –
12 Slices
per carton

Frittatas



RECIPE

*Fleurbaem tomato
salad on
page 69*

Feast your eyes, and your taste buds, on our delicious Gluten-Free Frittatas! Whether it's our Sweet Potato, Pumpkin & Fetta, Chorizo, Roast Potato, Red Pepper & Spinach or Baby Spinach & Fetta options, each Frittata is handmade with love by the Helen's team and packed full of fresh locally sourced ingredients. They're sure to get your customers' taste buds tingling.

GF



Sweet Potato, Pumpkin, Spinach & Fetta Frittata

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

GF



Baby Spinach & Fetta

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

“ I have been awaiting some great tasting gluten-free products, and Helen's Gluten-Free Frittatas taste fantastic. I am very happy with the range available and have added them to my menu. ”

**Patrick – Owner
Fuel Espresso Annerley**

GF



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.



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



200gm each
approx.



6 units per
carton

Gourmet Rolls



Our Gourmet Rolls are a mouth-watering quick and easy option for the customer on the run. Filled with fresh and quality ingredients, these flaky and flavourful handmade rolls will keep your customers rolling up day after day after day. Yum!



Roast Pumpkin & Ricotta

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



Garden Spinach & Fetta

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



Lean Beef

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

“ Helen’s Gourmet Rolls are an absolute hit in my restaurant! Many customers grab these as a quick snack on the run, or have them accompanied with a side salad to create a perfect meal. Thanks Helens! ”

**Darrell D
Bulimba**



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



180gm each
approx.



8 units per
carton

Savoury Tarts



Whether it be the nutritional kick start your customers are looking for first thing in the morning or a delicious break to a busy day, these gourmet tarts will deliver. Our Breakfast Bacon & Egg Tart will set every day off on the right foot, whilst our Caramelised Onion & Camembert Tart will provide the flavour hit that will keep your customers going.



Breakfast Bacon & Egg Tart

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 Tart

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

“ We absolutely love Helen's products, and our customers do too! Helen's savoury tarts just walk out the door, while her Banana Bread is difficult to keep in stock as it sells so quickly. ”

**Tracey Wreford – Owner
Wallaroo Deli Takeaway**



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



150gm each
approx.



6 units per
carton

Deep Dish Pies



There's a love of pie in all of us! Being able to offer your customers a hearty handmade pie, filled to the lid with scrumptious tender steak, marinated in rich sauces, is a sure path to the heart and soul of your hungry customer. Baked to perfection, these pies are the perfect addition to your menu.



Beef & Burgundy

Tender chunks of beef and diced bacon, in a rich burgundy wine casserole, combined with rustic vegetables.



Tender Steak & Guinness

A hearty combination of chunky beef and caramelised onion, slow cooked in an earthy Guinness-based gravy.

“ I absolutely love Helen's products! Such diversity and range, and you can taste the love that's gone into their making. My customers come in looking for the Helen's products we stock; the fillos and pies are especially popular. The flavours are so full and you can taste the quality ingredients in every bite! ”

**Philip Down – Owner
Coffee Art Cafe**



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



180gm each
approx.



5 units per
carton

Tortilla Bakes

(12 serve sliced)



A colourful slice of heaven with a taste to match. Including these Tortilla Bakes on your menu will provide you not just with a delicious meal when combined with a salad or side, but with an innovative point of difference that only Helen's can provide.

Uniquely created by hand, our Tortilla Bakes provide layer upon layer of flavour and tradition, providing your customers with a choice that other cafés and restaurants won't offer.



Thai Chicken & Vegetable

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



Oven-Roasted Vegetable

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



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



Approx
2.7kg



Pre-cut –
12 Slices
per carton

Savoury Muffins



There's nothing quite like a Helen's Savoury Muffin. They're the perfect all day snack option that can be quickly warmed and served. Served simply with butter or dressed to impress with a salad or side, your customers will love them. All are made by hand not machine. They'll look appealing in your display cabinet and provide an interesting change to the standard offerings in other establishments.



Baby Spinach & Fetta

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



Roast Pumpkin & Bacon

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

“ The savoury muffins from Helen's are an ideal all day snack option; the range caters for vegetarians and the meat lovers. They are quick and easy to serve: warmed with butter, cream cheese, or a salad. You can still sell them for a reasonable price and are able to suggest additions on the side. A great idea in any cabinet. ”

Natalie Hughes – Store Manager
The Coffee Club, Garden City, WA



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



180gm each
approx.



6 units per
carton

Gourmet Scrolls

RECIPE
Zucchini Fries
on page 68



Allow your customers to feast their eyes on a product that looks as interesting as it tastes. Packed with fresh ingredients these vegetarian options provide something for everyone, with a flavour punch that won't be forgotten in a hurry. Seasoned and baked to perfection these Gourmet Scrolls are the perfect balance of fresh flavour and crunchy texture.....simply delicious.



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 fetta and ricotta cheeses, in our classic homemade Napolitana sauce.

“Helen's European Cuisine offers great products, and I love that it's all portioned. I would recommend any small business to look at Helen's products. What we can provide now to our customers is a consistent product with little to no waste, which is better than making everything ourselves. They are beautifully presented and are always available.”

**Colin – Owner
Tiddlywinks**



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



180gm each
approx.



7 units per
carton

Sweets Range



At Helen's we are driven by our love of people through food. Day to day this brings us joy through a simple smile that appears on a person's face, when beautiful food is placed in front of them and then again when they take that first bite!

When it comes to our delicious range of Sweet Treats, those smiles are sure to appear just that little bit faster. From our moist and delectable muffins, to our mouth-watering sweet breads, there is joy in every bite.

Thanks Mum x



Gourmet Muffins





A perfectly cooked, moist and luxurious muffin can turn any day into a great day. Our range of Gourmet Muffins provides a delicious treat for every customer. Combined with the perfect cup of coffee, juice or any other beverage, you've got yourself a morning or afternoon tea, that will leave your customers planning their return trip before they've even finished!



Butterscotch & White Chocolate

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



Blueberry Sweetheart

A luscious, moist muffin, with a delicious heart of sweet blueberry compote.



Strawberry & White Chocolate

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



Apple & Date

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

“It's hard to find suppliers that can meet our needs, and I believe moving to Helen's European Cuisine has been a really positive change. In the future, I'm hoping that our relationship will grow, and we'll be moving forward for many years using Helen's products.”

**Chris Parker – Owner
Our Cafe**



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



120gm each approx.
*110gm each approx.



6 units per carton

Texas Muffins



RECIPE

Strawberry
compote on
page 70

Everything in Texas is always bigger... and our Texas Muffins have been named for that reason alone! They are as BIG in size as they are BIG in flavour and absolutely delicious. Perfect for that hungry customer that just wants that bit extra out of life.



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.



Triple Choc

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



Orange & Poppy Seed

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

“ We’ve had a long relationship with Helen’s European Cuisine – going on 20 years now! Looking forward to a long future ahead together! ”

**George – Owner
Atomic Coffee & Catering**



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



180gm each
approx.



6 units per
carton

Sweet Breads



Customers will search high and low for a good banana bread, so why not make your cafe or restaurant the perfect destination. Hand crafted from locally sourced ripe fruits, these Sweet Breads when simply warmed and served with churned butter, can turn a quick coffee catch up into a memorable food experience!

Pre-sliced or whole, these Sweet Breads are an absolute must when catering for today's customer and today's palate.



**Banana Bread
- Pre-cut**

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



**Raspberry, Banana &
Pear Bread - Pre-cut**

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



**Coconut & Mango Bread
- Pre-cut**

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



**Banana Bread -
Whole**

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



**Raspberry,
Banana & Pear
Bread - Whole**

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



Fresh: 4°C chilled
Frozen: -18°C frozen




5-7 days chilled
10 months frozen



Approx
2kg



1 loaf per
carton



Breakfast Range

Laying the foundation for a great day starts by ensuring you fill your body with a nutritional and satisfying breakfast. Helen's breakfast options provides you with an easy, reliable and cost effective way to do that for every one of your valuable customers.

These delicious products will help convert your morning coffee trade, into customers happy to sit and start their day the right way — with a flavourful and delicious breakfast, made with the love and intent to set off the day on the right foot.

Thanks Mum x



Breakfast Options





Rustic Potato Rosti

A traditional Swiss-style rosti, our recipe contains grated potato and chopped onion, dusted with gluten-free flour, finished with salt, pepper and fresh parsley.



Fresh: 4°C chilled
Frozen: -18°C frozen



3-5 days chilled
10 months frozen



85gm each
approx.



18 units per
carton



Breakfast Bacon & Egg Tart

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



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



150gm each
approx.



6 units per
carton



Quiche Lorraine with Streaky Bacon

Revamped with a crispy streaky bacon topping! Shallots, mature cheese and a buttery shortcut pastry base, complete this taste sensation.



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



210gm each
approx.



8 units per
carton



Scones Range



There's something special about a fresh handmade scone, which is why we take great care when hand making ours! Whether you prefer yours toasted with a bit of butter, or smothered in jam and cream, your customers are bound to love these homestyle baked delights. Freshly made and baked in our kitchen daily, you can't just taste the freshness of these scones, but the love that goes into each and every one of them.



Thanks Mum x



RECIPE
*Apple Butter
on page 70*



Scones

RECIPE
Memphis
"Honeysuckle"
Cream on
page 71

At Helen's, we know it's hard to beat the perfect scone. Our handmade Plain Scones served with fresh jam and cream, is the classic example of simple perfection. But if you're feeling a little decadent then our Gourmet Sticky Date Scone is packed full of delicious, moist dates and divine caramel pieces – toasted with a touch of butter and a drizzle of honey they're just amazing.



Plain Scone

Our classic handmade scones are light, moist, lightly floured and perfectly sweet.



Gourmet Sticky Date Scone

Handmade to an old family recipe, these light and crumbly scones are simply delightful. Treat your customers to an enchanting Devonshire Tea and watch them come back again and again.

Storage Tip

2 days after defrost if wrapped or stored in an airtight container at ambient temperature.
3 days after defrost if wrapped or stored in an airtight container at 0°C – 4°C.



Fresh: 4°C chilled
Frozen: -18°C frozen



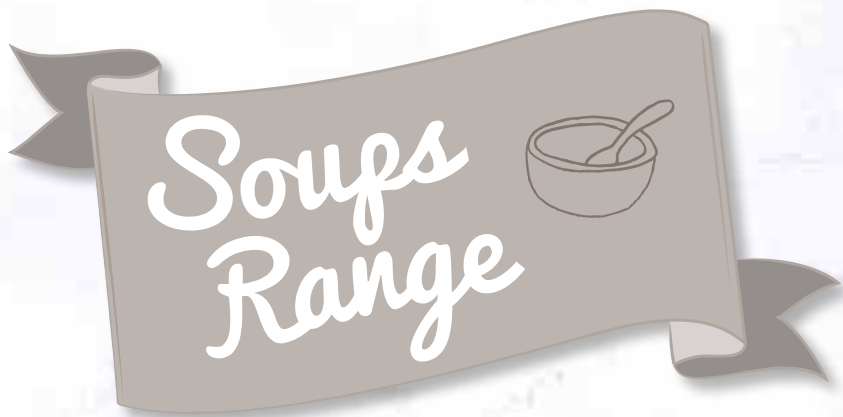
2-3 days chilled
10 months frozen



90gm each
approx.



24 units per
carton



Soups Range

There are few things in life more comforting than a warm bowl of homemade soup. Helen's homemade soup created with love, from fresh and authentic ingredients sourced from local farmers, takes that comfort to a whole new level! It will warm your soul, not just your appetite.

At Helen's we pride ourselves on our Gluten-Free Soups, made with nothing but the fresh ingredients you can taste. Serving these soups to your customers will say to each and every one of them, that you care and you want them to feel content and satisfied.



Thanks Mum x



Soups

Only available March – September





Soup-ercharge your day with our delicious, nourishing and comforting soups! Our moreish Sweet Potato & Pumpkin Soup delivers a real flavour punch! Gluten free, and full of authentic, wholesome ingredients, it's equivalent to a warm hug on a cold winter's day.



GF

V

Sweet Potato & Pumpkin Soup

Thick and creamy style pumpkin and sweet potato soup.



2L Pouches



1 x 2L Pouches

“ Thanks Helens for listening, I love the idea of a pre-portioned soup. My cafés just have to pour it into the bowl and the serving is spot on every time! My customers love the homemade taste that Helen's products provide. ”

**Nitin Jakhwal – Owner
Bean Bar Head Office**

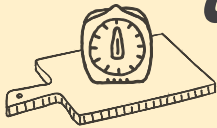


Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen

Finger Food Range



There are so many things to consider when planning for a party or an important corporate meeting or event. Our Finger Food Platters have been created to provide your customers with a food solution that they can rely on in delivering taste, quality and flavour that all their guests will remember. There's something for everyone and the generous portion sizes will ensure no-one goes hungry! Leaving your customers to focus on all the other things, knowing that the food has been well and truly taken care of.

Thanks Mum x



Finger Food Platters



Get the party started with one of our signature Finger Food Platters! With options including Spinach & Fetta Mini Pastries, Beef Mini Rolls, Bite Size Meatballs, Butter Chicken Tartlets, Quiche Lorraine Mini Quiches, Smoked Salmon & Dill Mini Quiches and more. We make it easy for you to serve food that brings your guests together without you having to set foot in the kitchen. Thanks Mum x



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 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



“ Just wanted to pass on how happy we were with the finger food platters we ordered for our son's 21st party. Easy preparation made my night much more relaxed. ”

Bernadette Wadley
A Catering Order



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



Serves
approx
18 people



72 Pieces
per platter

Mini Muffins



It's incredible just how much flavour you can pack into something this size. Our handmade Mini Muffins are delightfully tasty, moist and look impressive when served together on a serving platter. They may be small but pack a delicious punch.



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.



Orange & Poppy Seed

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

“ We are delighted with all aspects of Helen's, from the product quality to delivery and ease of doing business. They are a pleasure to do business with. ”

Jennifer S.
Brisbane Bakery



Fresh: 4°C chilled
Frozen: -18°C frozen



5-7 days chilled
10 months frozen



25gm each
approx.



20 units
per carton



Vegan & Gluten-Free Range

The rise in the number of customers seeking out Vegan and Gluten-Free food options continues to escalate. The market is now far bigger than just those people avoiding allergies, and is often driven by lifestyle choices as well.

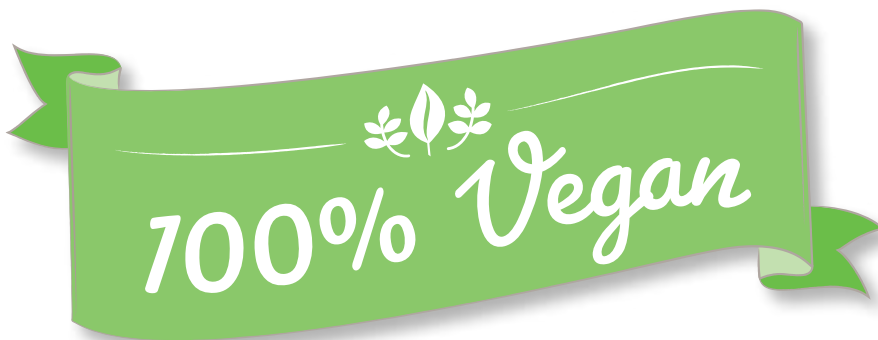
At Helen's we're all about bringing people together to enjoy good times and good food, no matter what your food requirements! We are proud to have created our range of Vegan and Gluten-Free products... Delicious flavour without compromise!

Thanks Mum x



Vegan





Mexican Vegan Filo

A delicious Mexican style blend of lentils, chickpeas, celery, capsicum, onions, beans mixed with cumin, paprika and chilli spices wrapped in layers of golden filo pastry.



Curry Vegan Filo

A true Garam Masala curry inspired recipe including sweet potato, ginger, carrot, chickpeas, coconut cream combined with tumeric, cumin and white pepper wrapped in layers of golden filo pastry.

See full specs on page 13



Sweet Potato & Pumpkin Soup

Thick and creamy style pumpkin and sweet potato soup.

See full specs on page 55



Rustic Potato Rosti

A traditional Swiss-style rosti, our recipe contains grated potato and chopped onion, dusted with gluten-free flour, finished with salt, pepper and fresh parsley.

See full specs on page 47

Gluten Free



GF



Sweet Potato, Pumpkin, Spinach & Fetta Frittata

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

GF



Baby Spinach & Fetta

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

GF



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.

See full specs on page 23

GF

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Sweet Potato & Pumpkin Soup

Thick and creamy style pumpkin and sweet potato soup.

See full specs on page 55

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GF



Rustic Potato Rosti

A traditional Swiss-style rosti, our recipe contains grated potato and chopped onion, dusted with gluten-free flour, finished with salt, pepper and fresh parsley.

“ We were looking to add a great tasting gluten-free option to our menu, and Helen’s frittatas are perfect. We are very happy with this new addition to our menu and our customers love them too! ”

See full specs on page 47

**Berge and Maria
Kokko Maria Deli Cafe, Emerald Lakes Carrara**

Side Recipes



Zucchini fries

- 2 x zucchinis
- 1 cup breadcrumbs (50 g)
- ½ cup grated parmesan cheese (55 g)
- 1 tablespoon garlic powder
- 1 tablespoon dried basil
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 eggs

Preheat oven to 425°F (220°C).

Cut zucchini into chip shapes and set aside.

In a large bowl combine panko, parmesan, garlic powder, basil, salt, and pepper.

Whisk eggs in a shallow bowl or dish.

Dip zucchini in eggs, coating evenly, and then toss in bread crumb mixture.

Place on a baking sheet lined with parchment paper. Bake for 15-20 minutes, flipping halfway.

Makes about 4 serves.

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Sweet potato sticks with maple glaze and orange

- 2 orange sweet potatoes (washed but don't peel)
- 2 tablespoons olive oil
- 2 teaspoons salt
- 2 tablespoons plus a little extra maple syrup
- 1 orange
- Flaky salt, to serve

Cut each sweet potato in half lengthwise, then slice each half into 3 or 4 long wedges. Now cut these into shorter sticks (on the diagonal works best).

Drizzle these with oil and oven bake at 180°C until brown or fry off in a large pan.

Meanwhile keep the zest from the orange before peeling and slicing the flesh into small wedge shapes. Remove any seeds.

Toss these with the maple syrup and zest.

Once cooked and while still warm, brush glaze the sweet potato with their maple mix, sprinkle on salt and serve.

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Roasted asparagus spears with prosciutto

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- 1 tablespoon olive oil
- 16 spears fresh asparagus, trimmed
- 16 slices prosciutto or fine sliced bacon tails

Preheat the oven to 220°C. Line a baking tray with aluminium foil, and coat with olive oil.

Wrap one slice of prosciutto around each asparagus spear, starting at the bottom, and spiralling up to the tip. Place the wrapped spears on the prepared baking tray.

Bake for 5 minutes in the preheated oven. Remove and shake the pan back and forth to roll the spears over. Return to the oven for another 5 minutes or until asparagus is tender and prosciutto is crisp. Serve immediately.



Heirloom tomato salad

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Heirloom tomato mixed punnets are available from most grocer wholesalers. The variety of colour and flavours is unique and this smart salad adds a punch of colour and flavour to many of our delicious pastry's and baked goods.

- 1 punnet Heirloom tomatoes
- 50g feta cheese crumbled
- One medium red onion peeled and cut into fine crescents
- 16 black olives
- 50g Commercial Italian Herb Dressing

Heirloom Tomatoes vary in colour, flavour and size. Cut the largest tomatoes into slices and wedges, approximately the same size as the smallest tomatoes which can stay whole.

Add olives and onions, then gently toss all of the salad until well combined.

For longer refrigerator life don't dress the salad until ready to serve, then drizzle with Italian dressing and sprinkle with 10g crumbled feta.

Serves approx. 5 portions.

Side Recipes



Strawberry and blood orange compote

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The lingering flavour of blood oranges and strawberries makes a wonderful side salad or compote for most of our delicious muffin range! Particularly Chocolate!

- 4 Blood oranges (or navel)
- 2 punnetts of strawberries
- 1 tablespoon castor sugar
- 1 tablespoon orange liqueur (optional)

Skin and segment the oranges removing pith and seeds and coarsely chop into round sections and some half rounds for visual appeal.

Hull Strawberries and cut smaller ones into 1/4's then 1/8's if they are large.

Toss these with orange segments and castor sugar (and liqueur if using) leave at room temperature for 20 mins. This helps the flavours meld.

The compote is ready to serve or chill. It will last about 2 days in fridge.

Serve in a small pot alongside or simply pile onto the plate.



Pete's EZ apple butter

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Traditional Apple butter can take ages to make, but our shortcut will have everyone happy... and it's delicious, instead of plain butter on toast, fruit breads or scones!

It's a simple flavour but you can add cinnamon or other sweet spices if desired.

- 250g commercial apple sauce
- 200g raw or brown sugar
- 300g butter (or use coconut butter for vegan version)

Mix the apple and sugars over a low heat until smooth and unctuous.

Melt butter separately until liquid...take care not to overheat or burn it.

Add spices (if using) to this warm butter, to develop the flavours.

Fold into the apple sugar mix and either leave chunky, or blend for a more smooth and silky texture.

Use instead of plain butter on sweet breads, scones, or with oven warmed muffins. Chill until ready to use.



Pear and prune quick spiced chutney

- 500g jar of pear slices in syrup
- 500g jar of plums in syrup
- 3 star anise
- 2 tspn chilli flakes
- 2 tspn salt
- 2 tspn ground cardamom seeds
- 2 tspn nutmeg ground
- 2 tspn ground cinnamon

Drain fruit and reserve liquid.

De seed plums if necessary and chop into smaller chunks. Cut pear slices as well into approx. thirds.

Place fruits into a roasting pan. Dry fry spices until aromatic.

Sprinkle over fruit and roast it all at 160°C for about an hour to dry and reduce.

Meanwhile reduce combined fruit syrups in a pan to half the original amount.

Remove tray from oven and gently combine syrups and spiced fruit mix, until well combined in saucepan.

Place this back on LOW heat.

Take a third cup of the juices and combine separately, with 1 or 2 tspn of cornflour and quickly add to the syrup / fruit mix to thicken.

Remove from heat and store chilled for up to 3 weeks.



Memphis "Honeysuckle" cream

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A recipe from an Old Louisville matron who shared it with us. Unique and delicious.

- 250g heavy whipping cream
- 250g sour cream
- 1 cup caster sugar
- 1/2 cup honey or 150g
- 1 Jasmin flavoured tea bag

Steep jasmine tea in 1/4 cup boiling water for 10 minutes and then discard bag.

Chill the tea in refrigerator for an hour until cold.

Beat the sugar slowly into the sour cream in batches to maintain thick texture, then very slowly add the jasmine tea to make base mix.

Meanwhile whip the heavy cream until firm peak stage.

Now fold the two cream together until combined.

Swirl through the honey until it's rippled and immediately refrigerate until firm.

Dollop onto scones or serve as a pot of luxury alongside muffins etc.

You can add more honey to the top of the cream on serving if needed.

Freezing & Defrosting Tips

Freezing

Temp: -18°C

Shelf life: 10 months from date of manufacture, unless otherwise specified.

Storage: Products are best maintained when stored in freezer bags, wrapped individually and returned to box or in an airtight container. Note the batch number and best before date if the box is discarded.

Defrosting

Temp: Transfer products to cold room/refrigerator at 4°C min.

Duration: Large products may need 2 days to defrost.

Shelf life: 5-7 days once fully thawed and stored at 4°C or below, unless otherwise specified.

Re-freezing: It is not recommended that any fully thawed product be re-frozen.

Best defrosting results:

1. Remove individual product from freezer bags (if they have been stored in bags when frozen) and place in closed cardboard box. This will prevent any condensation which causes product to become soggy.
2. If not using cardboard box during defrosting, place the product on a plate and completely cover in absorbent paper.
3. Once defrosted place items in chilled display cabinet or if storing products in cold room, we recommend product be cling-wrapped on a plate to prevent products from becoming dry.

Re-heating Instructions

All products are pre-cooked so it is just a matter of re-heating items. Helen's products can be re-heated in a speed oven, microwave or conventional oven.

Fast Serving

- We recommend that customers heat items in a microwave. Use "crisp" or "grill" settings for best results.
- 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 for best results.
- Core temperature of 65°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 products sticking to trays.

Speed Oven Tips

- This system uses both microwave and hot air to perfectly cook and brown products.
- For specific programs, please speak to your speed oven supplier or give us a call.

We've got you covered

Helen's began in Brisbane with a small food loving family, creating authentic traditional handmade products for a small local cafe, which today is known as The Coffee Club. From these humble beginnings, more than 25 years ago, Helen's has grown to become Australia's leading provider of savoury and sweet products to the food service industry, via an established and trusted national distribution network across the country.





Our People

For the love of people through food.

Helen's success would never have been possible without the wonderful people working in the business that we consider as family. From production, packing, admin, sales and the warehouse, each person is committed to ensuring that every product is up to the Helen's standard.







Product posters

Marketing Support

To support your business, we have a dedicated and friendly sales team on the ground and in the office, who will go above and beyond to ensure you have everything you need. Whether you have a specific product requirement, or you want to expand your menu offerings, our sales team can answer your questions and offer advice on market trends. They can also take you through our range of marketing support for your products.



Product bags

Supporting you every step of the way...



Direct Ordering Details

Ask to be added to our telesales call list, which can be arranged on any day of the working week that is suitable for you. We can place orders directly with your preferred Distributor for your convenience!

Other Information

- Ask about being included on our email list to receive information about monthly specials and competitions.
- Visit our website for additional information, including Product Specifications, news and promotions.
- 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.



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Thanks Mum x