

# Chowgirls

## Killer Catering

### PLATED DINNER MENU

Choose up to 3 curated plates, including your vegetarian or vegan option. Created with the season in mind, these entrees showcase the best local produce, and sustainably raised meats Minnesota has to offer. Plated entrees include a bread basket and fruit infused water. We recommend a simple salad to start the meal.



SPRING



MARCH, APRIL, MAY

#### SPRING SIRLOIN

Grass-fed sirloin steak, herb-rubbed, grilled, sliced, and served medium rare with sunchoke-potato puree, roasted carrots, and parsley gremolata.

**\$26.50**

#### TARRAGON PORK TENDERLOIN

Organic pork tenderloin, herb rubbed, grilled medium-rare, sliced, and served with mashed potatoes, grilled asparagus, and seasonal béarnaise

**\$25.25**

#### SPRING CHICKEN

Quarter of a organic chicken, seared and served with roasted cauliflower with citrus and parmesan, wilted spring greens, and a rich pan jus

**\$23**

#### STRINGOZZI

House-made wheat pasta with lemon, asparagus, radish, peas and shaved Spanish manchego

**\$17**

#### SPRING SCALLOPS

Seared sea scallops drizzled in brown butter with herbed Israeli couscous and roasted spring vegetables

**\$25**

---

 **SUMMER** 

**JUNE, JULY, AUGUST**

**SUMMER SIRLOIN**

Grass-fed sirloin steak, herb-rubbed, grilled and sliced served medium rare with chilled French potato salad, and roasted green top carrots and fresh chimichurri

**\$26.50**

**STONE FRUIT PORK TENDERLOIN**

Pastures a Plenty pork tenderloin, dry rubbed, grilled and sliced, served with seasonal stone fruit gastrique, roasted fingerling potatoes and summer vegetables

**\$26.50**

**SALMON WITH SEASONAL PESTO**

Grilled salmon topped with a bright seasonal pesto, pearl couscous and seasonal farm vegetables

**\$28.50**

**EGGPLANT ROMESCO**

Grilled eggplant over pearl couscous, with roasted summer vegetables and red pepper almond sauce

**\$16.50**

**SUMMER CHICKEN**

Grilled local chicken, charred lemon and rosemary, with heirloom tomato panzanella and crisp green beans

**\$23**

---

 **FALL** 

**SEPTEMBER, OCTOBER, NOVEMBER**

**FALL SIRLOIN**

Grass-fed sirloin steak, herb-rubbed, grilled and sliced served medium rare with squash puree, roasted seasonal vegetables and demi glacé

**\$26.50**

**AUTUMN PORK TENDERLOIN**

Pork tenderloin crusted in mustard seed and herbs, roasted and served with mashed potatoes and butter-braised cabbage

**\$26.25**

**FALL BONE-IN CHICKEN**

Organic roasted bone-in chicken with garlic grits, roasted Mississippi Mushrooms medley and apple gastrique

**\$23**

**FARRO RISOTTO**

Coconut farro risotto with kale, roasted vegetables, citrus and a soft boiled Larry Schultz egg

**\$16**

**SALMON WITH SPINACH AND FETA**

Roasted salmon, served with a creamy spinach and sheep milk feta sauté atop an organic beet puree

**\$30.50**

**SEARED DUCK BREAST**

Wild Acres Duck Breast, seared with mashed potatoes, Brussels sprouts, and cranberry gastrique

**\$28**



## WINTER



DECEMBER, JANUARY, FEBRUARY

### BRAISED SHORTRIB

Boneless pulled shortrib from Peterson Farms, Braised overnight in red wine & rosemary. Served with Parsnip puree and roasted root vegetables

**\$35.75**

### PORKETTA & APPLESAUCE

Iron Range classic, coated in a spice crust of fennel, anise, and paprika. Served with apple butter and earthy potato-parsnip puree

**\$25**

### GOLOBKI

Tender Polish style cabbage rolls, stuffed with grass-fed beef and rice, slow cooked in tomato sauce, bay leaves, and herbs, served with creamy mashed potatoes

**\$20**

### EGGPLANT ROMESCO

Sliced and grilled eggplant, pearl couscous, roasted butternut squash, and red pepper almond sauce

**\$16.50**

### SWEDISH MEATBALLS

Hand-made meatballs covered in spiced brown gravy with creamy mashed potatoes, and lingonberry preserves

**\$20**

### MISO SALMON

Miso Salmon with celery root puree and roasted Mississippi mushrooms, topped with scallion and sesame seeds, garnished with microgreens

**\$30**



PLATED DINNER



612.203.0786 | [info@chowgirls.net](mailto:info@chowgirls.net) | [www.chowgirls.net](http://www.chowgirls.net)