

# FIOUNA CATERING

## Catering Menu

### Appetizers

(V Vegetarian )

**KASHK BADEMJAN ((EGGPLANT SPREAD) (V)**

*A mixture of grilled eggplant pureed w/ onion, fresh garlic, mint, & Kashk (aged dried yogurt)*

**MIRZA GHASEMI (EGGPLANT DIP) (V)**

*A mixture of grilled eggplant, fresh garlic, onion, tomato, & egg*

**DOLMEH (STUFFED GRAPE LEAVES) (V)**

*Grape leaves stuffed with rice, tomato, onion, herbs & spices in tomato saffron sauce*

**KOOKOO SABZI (V)**

*A mixture of fresh parsley, cilantro, green onion, egg, walnut, & barberries baked to perfection*

**KOTLET (PERSIAN CUTLET)**

*A mixture of ground beef, potato, egg, & onion*

**SHAMI**

*A mixture of split yellow peas, ground beef, egg, & potato*

**BREAD CHEESE ROLL (V)**

*Mixed of 2 types of cheese, crushed walnut, fresh herbs*

**HUMMUS (V)**

*A mixture of mashed chick peas, fresh garlic, Tahini sauce, olive oil, & lemon juice*

**MAST\_O\_MOSIER (SHALLOT YOGURT DIP) (V)**

*Special homemade yogurt mixed w/ shallots*

**MAST\_O\_KHIAR (CUCUMBER YOGURT DIP) (V)**

*Yogurt Mixed with Cucumber & Mint*

**BORANI (STEAMED SPINACH) (V)**

*Fresh spinach sautéed w/ onions & garlic in extra virgin olive oil & mixed w/ homemade yogurt*

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**OLOVIEH**

*Potato salad w/ chopped chicken breast, pickles, peas, shredded carrots & mayonnaise*

**TORSHI** ⑤

*Mixed chopped garden vegetables seasoned in spices, eggplant, & vinegar*

**SHOOR** ⑤

*Pickle chopped vegetables*

**CHEESE PLATTER** ⑤

*Assorted American Cheeses, Jalapeno Cheese, Havarti, Brie & Crackers*

**JUMBO COCKTAIL SHRIMP**

*Our Finest Cocktail Shrimp*

**BORANI (STEAMED SPINACH)** ⑤

*Fresh spinach sautéed w/ onions & garlic in extra virgin olive oil & mixed w/ homemade yogurt*

## *Soup*

**ASH RESHTEH** ⑤

*Spinach, cilantro, turnips, oats, lentils, beans, chick peas & noodles slowly simmered, topped with caramelized onions and yogurt.*

**BARLEY SOUP** ⑤

*Fresh barley soup w/ herbs in a hearty broth simmered to perfection*

## *Salad*

**MIXED GREEN SALAD**

*Mixed green salad w/ pecans, goat cheese, pomegranate, raspberry, & vinaigrette dressing*

**GARDEN SALAD**

*Romaine lettuce, cucumber, tomato, red onion, carrot, served with house dressing.*

**CEASER SALAD**

*Romaine lettuce, carrot, parmesan cheese, crouton, sesame seeds, and Caesar dressing.*

**SHIRAZI SALAD**

*Freshly diced cucumber, tomatoes & red onions tossed in lemon juice & a pinch of mint*

**TABOULI**

*Fine parsley, tomatoes, cracked wheat w/ a touch of extra virgin olive oil, fresh lemon & mint*

**FATTOUSH**

*Mix of fresh cucumbers, tomatoes, green onions, mint, accompanied w/ Pita croutons.*

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## Beef

### **FILET MIGNON**

*Marinated charbroiled tender Filet Mignon*

### **BEEF BARG**

*Marinated chunks of sirloin beef skewered & char-grilled to perfection*

### **BEEF KOOBIDEH**

*Two juicy skewers of seasoned ground beef char-grilled to perfection*

### **BEEF SOLTANI**

*Combination of a skewer of sirloin beef & a skewer of seasoned ground beef char-grilled to perfection*

## Poultry

### **CHICKEN SHISH KEBAB**

*Marinated juicy chunks of boneless chicken thigh skewered & char-grilled to perfection*

### **CHICKEN BARG**

*Marinated juicy chunks of boneless chicken breast skewered & char-grilled to perfection*

### **JOOJEH KEBAB (CORNISH HEN)**

*Marinated juicy chunks of Cornish hen skewered & char-grilled to perfection*

### **CHICKEN KUBIDEH**

*Two juicy skewers of seasoned ground chicken char-grilled to perfection*

### **CHICKEN SOLTANI**

*Combination of a skewer of chicken breast & a skewer of seasoned ground chicken*

### **ZERESHK POLO (BARBERRY RICE)**

*Sautéed sweet & sour barberries mixed w/ basmati rice & saffron served w/ a skewer of chicken kabob*

### **ALBALU POLO (CHERRY RICE)**

*Sautéed sour cherry, almond, mixed w/ basmati rice & saffron, served w/ a skewer of chicken kabob*

### **ADAS POLO (LENTIL RICE)**

*Sautéed lentil, raisin, onion, mixed w/ basmati rice & saffron, served w/ a skewer of chicken kabob*

### **SHIRIN POLO**

*Sweet shredded carrot, orange peel, almond, mixed w/ basmati rice & saffron, served w/ a skewer of chicken kabob.*

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## Lamb

(Served w/ rice)

(V vegetarian option also available)

### **BONELESS LAMB KEBAB**

*Charbroiled & Marinated Boneless Lamb Tenderloin*

### **LAMB SHANK**

*Lamb Shank, Simmered in Tomato Sauce, And Onion*

### **SHISH LIK (DOUBLE CUT LAMB CHOP)**

*Lamb Chops with Unique Blend of Spices*

### **BAMIEH (OKRA STEW) (V)**

*Stewed chunks of lamb, okra, & tomato paste, served w/ basmati rice & saffron. (Hot & Spicy)*

### **BADEMJAN (EGGPLANT STEW) (V)**

*Stewed chunks of lamb, sautéed eggplant, onion, & tomato, served w/ basmati rice & saffron*

## Seafood

### **ATLANTIC SALMON**

*Charbroiled & garnished with Caramelized Garlic, Lemon Juice, Saffron, & Spices*

### **SALMON KEBAB**

### **STUFFED HADDOCK FISH**

## Stew

(Served w/ rice)

(V vegetarian option also available)

### **FESENJAN (POMEGRANATE STEW) (V)**

*Simmered chicken (or Duck) in a sweet flavored pomegranate sauce w/ finely crushed walnuts*

### **GORMEH SABZI (VEGETABLE STEW)**

*Stewed chunks of veal cooked w/ red beans, dried lemon, fresh parsley, cilantro & spinach*

### **GHEIMEH BADEMJAN (EGGPLANT STEW) (V)**

*Stewed chunks of veal, sautéed eggplant, yellow split peas, & tomato*

### **GHEIMEH**

*Stewed chunks of veal, yellow split peas, dried lemon, onion, & tomato, topped w/ potato sticks*

### **KARAFS (CELERY STEW) (V)**

*Stewed chunks of veal mixed w/ herb based stew with celery*

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## ***Rice Plates***<sup>®</sup>

(<sup>®</sup>Vegetarian)

### **WHITE BASMATI RICE W/SAFFRON**

### **MORASA POLO (JEWELLED RICE)**

*Basmati rice w/ slivered orange peels, raisins, barberries (zereshk), slivered carrots, slivered almonds & slivered pistachio nuts.*

### **ALBALU POLO (SOOR CHERRIES RICE)**

*Basmati rice with sweetened sour cherries, slivered almonds & pistachio nuts*

### **LOUBIA POLO (GREEN BEANS RICE)**

*Basmati rice with seasoned tomato & green bean sauce*

### **SABZI POLO (RICE W/ HERBS)**

*Basmati rice with traditional chopped herbs*

### **ADAS POLO (LENTILS RICE)**

*Sautéed lentil, raisin, onion, mixed w/ basmati rice & saffron*

### **ZERESHK POLO (BARBERRY RICE)**

*Sautéed sweet & sour barberries (zereshk), served on steamed basmati rice and saffron*

### **BAGHALI POLO (DILL & LIMA BEANS RICE)**

*fava beans & dill mixed w/ basmati rice & saffron,*

### **SHIRIN POLO (SWEET RICE)**

*Mixed sweet shredded carrot, orange peel, almond, served on steamed basmati rice and saffron.*

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If you have any questions or would like to receive a quote, please fill out the information below and email us at [catering@fiouna.com](mailto:catering@fiouna.com)

<b>Name:</b>	
<b>Occasion:</b>	
<b>Event Date:</b>	
<b>Time:</b>	
<b>Party Size:</b>	
<b>Telephone:</b>	
<b>E-mail:</b>	
<b>Budget:</b>	
<b>Special Requests:</b>	

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