ENRICO JENSCHECO International Operations and COO Helios Germany
“In addition to the best medicinal quality, we now also want to offer our patients the best service, thereby making their stay as pleasant as possible, while also accelerating the recovery process. We are now addressing the subject of top-level culinary art in addition to other service topics and are using the expertise of selected top chefs. Our goal is to establish service as both an attitude and new quality within our company. The plan is to make the new dishes accessible to anyone who works in a Helios hospital, is a patient there or is visiting a patient.”

THOMAS BÜHNER ⭐⭐⭐ Long-time 3-star chef · Consultant, guest chef and speaker “Food does not only serve to satisfy our basic need to eat, but rather, also with sick patients in particular, an appropriate diet contributes to recovery and general well-being.”

CHRISTOPH RÜFFER ⭐⭐ Restaurant Haerlin Hotel Vier Jahreszeiten, Hamburg “Fresh, tasty and balanced food is important, particularly during physical recovery. That is why I am so pleased to be able to contribute to that by developing some fantastic dishes for the Helios clinics.”

HENDRIK OTTO ⭐⭐ Lorenz Adlon Esszimmer Kempinski Hotel Adlon, Berlin “The fact that Helios clinics also focus on health and sustainability in the area of nutrition convinced me to participate in this culinary concept. These are topics that are also very important to me in the kitchen of the Lorenz Adlon Esszimmer restaurant.”

JUAN AMADOR ⭐⭐⭐ Restaurant Amador, Vienna “It is particularly important to serve hospital patients the best quality and creativity to their beds, despite their situations, because I believe that this really can support the healing process!”

NILS HENKEL ⭐⭐ Restaurant Bootshaus Hotel Papa Rhein, Bingen “The two dishes for Helios, namely aubergine and beef cheek, really represent my cuisine – above all, they are soul food and thus contribute to recovery.”

MAIKE MENZEL ⭐ Restaurant Schwarzreiter Kempinski Hotel Vier Jahreszeiten, Munich “This project is something that is close to my heart, as healthy eating is simply good for our body and should be on everybody’s daily menu. I am very happy to be able to support people on their road to recovery in this way.”

CARSTEN K. RATH Project initiator Service excellence expert “Centuries ago Paracelsus said: Whoever heals is right. We all know that good, healthy nutrition has a significant impact on the recovery of a sick person. Helios is not only right with that, but through its commitment, it is mastering service quality in the hospital sector.”

6 CHEFS
12 DISHES
Enjoy our excellent, new dishes – created for you by our star chefs.
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12 DISHES

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BELUGA LENTIL SOUP
(Thomas Bühner) with coconut milk, finely seasoned with yellow and red curry paste, refined with mango cubes, garnished with carrot noodles

STUFFED FOREST MUSHROOM PANCAKES (Juan Amador) homemade, with butter mushrooms, porcini mushrooms, oyster mushrooms, shiitake mushrooms and agaric mushrooms, with delicate garlic-cinnamon sauce, garnished with pine nuts and spring leeks (11,11a,17,18)

MEDITERRANEAN STEAMED HADDOCK WITH SHRIMP (Hendrik Otto) on fruity tomato sugo, with romanesco and dried tomatoes, served with homemade Biarritz puree refined with onions, parsley and crispy bacon (2,12,14,17,18)

ADDITIVES
1 with food colouring
2 with preservative
3 with antioxidant
4 with flavour enhancers
5 sulphurated
6 carbonised
7 waxed
8 with phosphate
9 with sweeteners

ALLERGENS
11 gluten a) wheat
b) rye c) barley
d) oats e) spelt f) kamut or g) hybrid strains
12 crustaceans
13 eggs
14 fish
15 peanuts
16 soybeans
17 milk
18 lactose
19 nuts a) almonds
b) hazelnuts c) walnuts
d) cashew nuts e) pecans f) Brazil nuts g) pistachios
h) macadamia or Queensland nuts
20 celery
21 mustard
22 sesame seeds
23 sulphur dioxide and sulphite >10mg/kg (SO2)
24 lupines
25 molluscs

PORK LOIN ‘ESTERHAZY’
(Christoph Rüffer) garnished with carrots, celeriac and leek, served on a subtle caper mustard sauce, with polenta gnocchi refined with thyme (11,11a,17,18,20,21)

FRIED AUBERGINE WITH AROMATIC VADOUVAN SAUCE
(Nils Henkel) served with peas, chickpeas and crispy falafel balls (11,11a,20,21)

ORIENTAL LAMB MEATBALLS
(Maike Menzel) homemade, served on a fruity tomato sugo, with grilled aubergine cubes and dried tomatoes, vegetable couscous with peppers, courgettes and spring onions (11,11a,13)