



PERSONAL CHEF SERVICES

As your personal chef I will plan, shop, prepare and serve delicious cuisine in the comfort of your home. I will tailor the menus to your taste and/or dietary requirements. Pricing for these services depend on nature of event and type of service required. Dinner parties, private dining, and events fee ranges from \$25-\$45 per hour and Weekly/Monthly meal preparation is \$250 flat fee, plus cost of groceries (production up to 25 meals).

Master Menu for Meal Planning

My desire is to create exciting, colorful, flavorful and balanced meals, while providing healthy and life-sustaining choices. Please let me know if there is a specific dietary restriction, allergy or preferences I need to be aware of and I would be happy to adapt my recipes upon your request.

Beef Options

Peppered Beef Tenderloin with Port Sauce or Zinfandel Demi

Coriander rubbed Beef Tenderloin with Basil or Jalapeno Hollandaise

Paprika and Espresso Dusted Medallion with Smoked
Tomato Buerre Blanc

Roast Prime Rib with Horseradish, Rosemary, Thyme Paste and
Balsamic Reduction

Sirloin Steak grilled with a light Red Wine Reduction and Gorgonzola

T-Bone Steaks lightly seasoned with Garlic, Shallots and Olive Oil

Porterhouse and Rib Eyes lightly seasoned, finished with Exotic
Mushrooms and Garlic

Meat Loaf seasoned with Italian Herbs, Parmesan Cheese,
Wheat Germ and Red Chili

Beef Stroganoff with Whole Wheat Penne and Crème Fraiche

Wine Braised Beef Brisket with Shallots and Dried Apricots

Beef Tenderloin Vegetable Pot Pies

Beef and Guinness Pie

Five-Spice tenderized Beef Flank

Old Fashion Beef Roast

Pasta Bolognese (Ground Beef, Bison, Venison, Lamb, Sausage, or Turkey)

Veal Ossobuco with Gremolata

Veal Marsala with Cremini Burgundy Sauce

**Can Substitute Venison, Buffalo/Bison, or Elk for most Entrees listed above

DUCK

Roasted Duckling with Dried Currants, Pears and Cipolline Onions

Duck Confit with wilted Red Cabbage Infused with Balsamic Vinegar and Honey

Grilled Duck Breast stuffed with Port Soaked Cherries, Walnuts and Herbs

Crispy Duck Breast with Blackberry Pinot Noir

Pomegranate-Hoisin glazed Duck Leg

Balsamic glazed Duck Breast with Figs and Onions

Roasted Duckling with Grande Marnier soaked Quince and Walnuts

**Foie Gras upon request

LAMB

Lavender Rubbed Lamb Chops with Lime Jalapeno Jelly

Herb and Mustard Crusted Lamb Chops with Red Wine Buerre Blanc

Citrus Marinated Lamb Shank with Pan Sauce Reduction and Citrus butter

Garlic and Rosemary Leg of Lamb with Brown Butter and Pine Nuts

Lamb Medallions with Romesco

Slow Roasted Lamb Shoulder with Gremolata

Five Spice Lamb Shank with Blackberry Demi

Lamb Shepherd's Pie

Garlic and Cumin Rubbed Lamb Loin with Cucumber-Yogurt Sauce

VENISON or ELK

Grilled Venison Chops with Grilled Peaches and Habanero Agave Nectar

Rosemary and Garlic Marinated Venison Loin

Venison Roulade Stuffed with Winter Fruit Compote

Wild Game Paella

**See Beef for more choices

CHICKEN

Chicken with Mushroom and Madeira Cream Sauce

Pumpkin Flax crusted Chicken with Herb Aioli

Chicken Piccata baked with Shallots and Capers

“Healthier” Chicken Parmesan

Apple Chutney stuffed Chicken

Chorizo stuffed Chicken Roulade with Apricot Glaze

Herb, Garlic and Lemon Roasted Chicken or Hen

Rosemary grilled Chicken with Golden Raisin Marsala Sauce

Braised Chicken and Artichoke Stack

Herbs De Provence roasted Chicken with Lemon Buerre Blanc

Pancetta wrapped Chicken Breast stuffed with French Brie and Dijon

Chicken Morel with Tarragon Cream

Herb crusted Chicken with Goat Cheese and Tomato Confit

Tomato Basil Beer Can Chicken

Lemon Chicken Fricassee and Shallots

Chicken Potpies with Summer Vegetables

Rustic Garlic Chicken

Chicken stuffed with Vegetables Julienne, Glazed with Ginger Hoisin

Chicken with Kale and Wild Mushrooms

Herb grilled Chicken with Strawberry-Raspberry Chipotle Compote

Pan seared Chicken stuffed with Cilantro-Lime Pesto and Smashed Avocado

**Quail, Turkey and other Hens can be substituted upon request

PORK

Braised Pork Shoulder rubbed with Jerk seasoning served with Chimichurri

Glazed Pork Chops with spiced Apple and Pear Chutney

Herb crusted Pork Loin stuffed with Ginger-Fig Compote

Pecan crusted Pork Chops with Strawberry Compote and Goat Cheese Drizzle

Slow-Slow Pork Roast

Pork Roast stuffed with Sausage, Dried Fruit and Brie

SEAFOOD

Baked Trout with Lemon Caper Butter

Cornmeal fried Trout with Black Bean Corn Relish and Lime Tartar

Red Snapper with Fennel and Citrus Salad

Pan seared Snapper with Stewed Tomato, Artichokes, and Kalamata Olives

Orange Roughy or Halibut Ceviche

Macadamia and Horseradish crusted Halibut with Passion Fruit
Buerre Blanc

Pan Seared Halibut with Thai Coconut Curry

Potato and Pecan crusted Salmon with Blood Orange Syrup

Salmon Florentine with Wild Mushroom Ragu

Seared Ahi Tuna with Pomegranate Balsamic Reduction with Fresh Avocado
and Watermelon Slices

Sesame crusted Ahi with Ponzu Sauce Served with Seaweed Salad

Oven baked Sea Bass with Artichoke-Sun-dried Tomato Tapenade

Citrus Marinade Sea Bass with Edamame-Pineapple Relish

Saffron-Lemon Seafood Paella with Crab, Crawfish, Shrimp, and Scallops

**Other Shellfish Entrees Available

**Sushi available

VEGETARIAN

Parmesan Baked Artichoke stuffed with Pepper, Tomato, and Zucchini

Summer or Winter Vegetable Orzo

Mediterranean stuffed Portobello

Baked Eggplant Parmesan

Stacked Vegetable Ratatouille with Smoked Tomato Hollandaise

Vegetable Strudel filled with Butternut Squash Puree, grilled Veggies and Goat Cheese

Twice Baked Potato Stuffed with Broccoli, Carrot, Tomato, Peppers, Zucchini, Parmesan, and Herbs

Vegetables Jardinière served over Creamy Polenta

Twice Baked Asiago Soufflé

Wild Mushroom and Goat Cheese Crepes

**Pastas with Pesto, Cream or Fresh Red Sauce

**See list of sides for more options

SIDES

Rice: Whole Wheat, Wheat Berry, Wild, and White

Pasta: Penne, Orzo, Cous Cous, Spaghetti, Soba, Tortellini, Ravioli, Polenta and Fussili (Whole Wheat Available and others available)

Wide Variety or Whole Grains Legumes, and Beans

Grilled, Sautéed, or Roasted Mixed Seasonal Vegetables

Risotto: Wild Mushroom, Spring Vegetable, Saffron-Lemon, Lobster-Pea, Marscapone-Caramelized Onion, and Pine nut-Pancetta

Green Bean, Spinach, Broccoli Rabe or Kale Almondine

Roasted Broccoli and Cauliflower with Parmesan and Pine nuts

Mushroom and Caramelized Onion Ragout

Stilton and Smoked Tomato Grits

Baked or Mashed Potatoes (Variety available)

Baked Sweet Potato or Butternut Squash (Hash and Puree)

Yukon Potatoes or Root Vegetables Au Gratin Or Rosti

Balsamic roasted Asparagus and Brussel Sprouts

Corn-Herb Custard or Corn Bread Pudding

Seasonal Vegetable Sautee

SOUPS & SALADS

Soups: Pureed, roasted or creamy – any vegetable or base can apply

Salads: Baby Arugula, Spinach, Romaine, Frisee, Watercress, Baby Mixed Greens or Iceberg with Fresh or Dried Fruit, certain Nuts and Cheeses.
Dressings are all made to order.

DESSERTS & BAKED GOODS

Variety of Fresh Baked Available: Cakes, Pies, Cobbler, Cookies, Brownies, Bars, Pastries, Ice Cream, Sorbet, Custards, Mousse, Breads etc.