

Pampered Palates

The Personal Chef Service of Chef Sharyn Cohen & Chef Bruce Cohen
ChefSharyn@PamperedPalates.com
Member, American Personal Chef Association

Main Course Soups

- \$ **Tuscan Bean Soup** - A hearty Italian soup of cabbage, kale, potatoes and cannellini beans slowly simmered in a mild garlic tomato broth
- \$ **Black Bean Soup** - Black beans, minced vegetables, a touch of Jalapeño peppers and seasonings with a "South of the Border" twist. You top it with sour cream, cilantro and fresh chopped tomatoes
- \$ **Butternut Squash Soup** - Pureed butternut squash in a mild chicken broth with just a little surprise of apple or cranberry...you pick which one!
- \$ **Carrot Soup with Caraway Breadcrumb Topping** - Carrots pureed in a flavorful broth and then topped with a crunch topping of toasted caraway seeds. This can be served hot or cold
- \$ **Gazpacho** - A cold Spanish soup of fresh tomatoes, cucumbers, green peppers, onions and garlic, pureed and served with fresh crudité's. "The best Gazpacho we've ever had!", raved one of our Philadelphia customers. You just have to tell us how garlicky you want it...from mild to Whoa...we need some breath mints!
- \$ **Nana Sally's Jewish Chicken Soup** - Chicken and vegetables in Nana's own secret broth. Matzo Balls are optional, but recommended.
- \$ **Split Pea Soup** - This is not your ordinary split pea soup, but the French version. What's the difference? This has bits of cooked minced carrots and leeks. Then at the end, fresh peas are added and fresh spinach is swirled around in the broth until just wilted.
- \$ **Tomato and Corn Tortilla Soup** - Tomatoes, onion, garlic and corn simmered together with a touch of chili pepper and then topped with homemade fried tortilla strips.
- \$\$ **Zuppa di Pesce** - More of a stew than a soup...This dish is a combination of fish simmered in a lightly seasoned white wine tomato broth.
- \$ **Minestrone** - Beans, vegetables, potatoes, rice and sometimes pasta simmered until tender and then topped with parmesan cheese.

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Pasta

\$ Macaroni and Cheese - It's the *real* thing! Forget about those boxes; forget about counting calories. It's a scrumptious blend of real cheddar cheese, pasta and seasonings.

\$ Pasta with Porcini and Tomato Sauce - A delightful combinations of mushrooms simmered in a homemade tomato base.

\$ Pasta with Pesto Sauce - Pasta topped with a garlicky blend of pine nuts, basil and cheese.

\$ Pasta with Broccoli Pesto - A delicious low fat version of regular pesto. This is a smooth sauce made with chicken or vegetable broth in place of the oils, basil, broccoli, ground nuts, parmesan cheese and lots of garlic.

\$ Pasta Puttanesca - Olives, garlic, anchovies, tomatoes and kicked up seasoning seasonings on top of your favorite pasta. Do you know where this sauce originated? Just ask us for the cute story!

\$\$ Pasta with Shrimp Diavolo - Literally translates as "brother of the devil". This spicy tomato sauce can be made devilishly hot or milder according to your palate. It also can be made with other seafood or fish in place of the shrimp.

\$ Tortellini Casserole - Tortellini, Alfredo sauce and broccoli layered in a casserole and topped seasoned crumbs, baked until it is warm throughout and golden brown on top.

\$ Pasta with Vodka and Tomato Sauce - Simple, elegant but oh so good! We can add seafood to it if you chose.

\$ Vegetarian Lasagna - Lasagna noodles layered with assorted vegetables and cheeses, then topped with mozzarella, baked until cheese is melted and bubbly.

\$\$ Seafood Lasagna - This lasagna is much lighter and a little less rich than the typical lasagna. To allow the delicate seafood flavors and the flavor of the fresh basil to predominate, a mildly flavored mozzarella cheese is the only cheese used.

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Beef, Veal, Lamb and Pork

\$\$ Apple Sirloin Meatloaf - This isn't just your Mother's meatloaf, but an updated version. Ground sirloin is mixed with chopped apples and seasonings. Then topped with an Asian Apple glaze.

\$ Stuffed Green Peppers - Green Peppers filled with your choice of ground beef, ground turkey or soy meat. The filling has sautéed onions, rice and seasoned with a slightly sweet tomato sauce.

\$\$ Short Ribs of Beef - Beef short ribs slowly simmered with tomatoes, onions and green peppers....one of the favorites from Gottlieb's Restaurant, Reading, Pa. (my late grandfather's restaurant)

\$ Beef Bourguignon - A succulent beef stew simmered in red wine-tomato sauce and surrounded by carrots, pearl onions and mushrooms.

\$\$ Beef Tournedos - Flank steaks coated with mustard, bacon slices and seasoning. Then rolled up "jelly roll" style, sliced into steaks and ready for the broiler or grill

\$ Catherine's Sweet and Sour Chicken and Meatballs - Chicken pieces and little meatballs simmered in a tangy tomato sauce (a favorite of our kids)

MP Veal Piccata - Veal cutlets lightly dusted with flour, sautéed briefly and then topped with a light lemon and caper sauce

\$ Nana Sally's Stuffed Cabbage - Cabbage rolls stuffed with ground beef and rice and baked in a tangy tomato sauce. An alternative is "deconstructed" stuffed cabbage...stuffed cabbage in soup form

\$ Beef Stew - A hearty stew with chunks of beef, and vegetable of the season.

\$\$ Pork Chops stuffed with Almond Rice - Pork chops stuffed with almond rice and serves with a tropical salsa.

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Poultry

\$ Asian Plum Chicken - Chicken pieces seasoned with soy sauce and garlic. Then topped with plums, scallions and almonds.

\$ Chicken Bouillabaisse - Chicken pieces simmered with onions, tomatoes, garlic, leek and white wine

\$ Chicken Cacciatore - Chicken pieces simmered in Italian tomato sauce with onions, green pepper and mushrooms.

\$ Israeli Chicken - Chicken pieces with a sauce of apricot nectar, orange juice, white wine, cumin, raisins and prunes.

\$\$ Date and Curry Chicken—Strips of boneless chicken breasts sautéed with onions and garlic. Then briefly simmered in a sauce of curry, dates and cream.

\$\$ Turkey or Chicken Piccata- Chicken or turkey cutlet lightly dusted with flour, sautéed briefly and then topped with a light lemon and caper sauce

\$\$ Chicken Pomodoro— Chicken cutlets with chopped tomatoes and deglazed with a vodka sauce.

\$ White Chicken Chili—Shredded boneless chicken breasts cooked with white northern beans and salsa. Then you top it with Monterey Jack Cheese, onions or additional toppings of your choice.

\$\$ Turkey Brisket—a boneless turkey breast made just like a beef brisket, oven-cooked with carrots, onions and potatoes. Can also be made with tsimmes, (carrots, sweet potatoes, apples and prunes).

\$\$ Chicken Marengo - Boneless, skinless chicken breasts, heaps of mushrooms diced tomatoes and white wine....a light version of Napoleon's old favorite.

\$\$ Chicken Florentine Chicken breasts lightly breaded in a Panko parmesan crust. Then nestled on top of a light cream of spinach and baked.

\$\$ Chicken Veronique - Chicken breasts in a delicate sauce with grapes.

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Fish and Seafood

- \$\$ Swordfish Teriyaki** –Tender bites of swordfish marinated in teriyaki sauce and cooked with green onion and red bell pepper strips
- \$\$ Salmon in Dijon Honey Glaze** - Salmon fillets topped with a honey and Dijon mustard, plus a few secret “chef’s” spices.
- \$\$ “Catch of the Day” Sicilian Style** - A hearty fish simmered in a tomato base with Greek olives, capers, pine nuts and raisins...an unusual blend of flavors and very Mediterranean!
- \$\$ Fish in Spanish Garlic Shrimp Sauce**—Fish fillets seared with garlic and seasonings, topped with shrimp and finished with a sherry and lemon sauce.
- \$ Jeweled Salmon Burgers** - Flaked salmon mixed with chopped red bell pepper, chopped green pepper and purple onion. Then seasoned and pan sautéed.
- \$\$ Osso Buco with Fish** - Traditionally an Italian dish made with veal simmered in a pungent tomato sauce. This is a clever version made with fish.
- \$\$ Shrimp Scampi** - Large shrimp sautéed in olive oil and garlic butter. Served on top of rice or pasta.
- \$\$ Aqua Pazza** - Literally means “Crazy Water”...a wonderful Italian dish in which fish is cooked in water flavored with tomatoes and garlic (and other delectable goodies). The liquid becomes a delicious broth that is spooned over the fish..
- \$\$ Shrimp, Scallops and Fish in Spicy Caribbean Tomato Sauce** - Seafood nestled in a sauce of onions, celery and tomatoes. The sauce is “kicked up a notch” with finely chopped fresh chilies and then everything is topped with a dusting of parmesan cheese.
- \$ Fish Cakes** - White fish flaked and combined with breadcrumbs, seasoning and (a few secret ingredients to make it upscale). Then formed into patties and pan sautéed. Top it yourself with chili sauce or tartar sauce....Simple but delicious.

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Vegetarian Dishes

\$ **Baked Butternut Squash, Rice & Parmesan Risotto** - This can be used as an entrée and served with a crisp green salad.

\$ **White Bean Burgers** - Canella beans mashed with seasonings and bread-crumbs. Then pan sautéed until a golden crust forms.

\$ **Cheesy Beans** - A hearty casserole of beans, tomatoes apples, cheeses and spices.

\$ **Cauliflower Curry** - (fresh serve only) - Cauliflower florets topped with a spicy coconut curry sauce. Centered in a platter and surrounded with raisins, orange slices, yogurt, toasted coconut, tomatoes and other goodies of the season.

Many of our pasta offerings are vegetarian and many of our meat offerings can be made with soy meat, (for example: stuffed green peppers and stuffed cabbage)