

Pampered Palates

Poultry

Chicken Pomodoro - Chicken Cutlets, dusted in seasoned flour and sautéed, topped with a Vodka, Lemon and Tomato Cream Sauce

Moroccan Chicken - Chicken Pieces with bone, braised with Dates, Almonds and Moroccan Spices

Coq au Vin - Chicken simmered in Red Wine, Brandy, Mushrooms and Pearl Onions

Chicken Cordon Bleu - Chicken breasts rolled with a slice of Provolone and Ham (or Turkey Ham), in Bread Crumbs and fried until golden. Served with Alfredo Sauce

Chicken Marbella - Chicken pieces skin browned in a skillet then oven baked with Green Olives, Prunes, Capers and Garlic and White Wine

Turkey Meatloaf with Feta and Sundried Tomatoes - Ground Turkey formed into a loaf and studded with bits of Sundried Tomatoes and Feta

Chicken Parmesan - Breaded Chicken Breasts with Parmesan Cheese in a Marinara Sauce

Chicken Piccata - Chicken Cutlets sautéed in a White Wine and Lemon Sauce, finished with Capers

Chicken Marengo - Chicken Cutlets cooked with Mushrooms, diced Tomatoes and White Wine

Israeli Chicken - Chicken Breasts with a sauce of Apricot Nectar, Orange Juice, White Wine, Cumin, Raisins and Prunes

Chicken Cacciatore - Chicken sautéed with slivers of Red Bell Pepper, Onions, Mushrooms and Tomatoes, then simmered in White Wine

White Chicken Chili - chunks of Chicken Breasts, White Cannellini Beans in a kicked up Tomato Sauce. Served on a bed of Rice. Cheddar Cheese and Chopped Onions served on the side

Chicken Pot Pie - An updated, homey treat.. instead of just White Potatoes, we add Sweet Potatoes and a touch of Apple. Topped with a Puff Pastry crust

Cornish Game Hen with Peach Glaze - Cornish Hens rubbed with Herb d' Provence, topped with Peaches and finished with a Peach Glaze.

Chicken Tangine with Apricots and Spiced Pine Nuts - Chicken breasts slowly simmered with Orange Marmalade and Cinnamon, topped with spiced Pine Nuts. Served with cranberry rice pilaf.

Chicken Bouillabaisse - Chicken Breasts browned and simmered with Leek, Fennel and Tomatoes in a White Wine and Saffron Broth, finished with a touch of Brandy and Orange Zest

Chicken and Shrimp Jambalaya - Chicken, Shrimp and Sausage with Tomatoes and mixed with Cajun Rice

Polynesian Chicken - Strips of Red and Green Bell Peppers, Onion, Carrots, Chicken and Pineapple in a Sweet-Sour Sauce

Chicken Marsala - Boneless Chicken Breasts with Mushrooms and spices, cooked in Sweet Wine and cream

Sesame Chicken in Orange Sauce - Chicken Breasts coated with Sesame Seeds and simmered in Orange Glaze

Cashew Chicken - Chicken Breasts with Soy Sauce, Ginger, Spices and topped with toasted Cashews and Green Onions

Turkey Tetrazzini - Chunks of Turkey, Pasta, Mushrooms, Peas and Noodles in a Creamy Cheesy Sauce with Breadcrumb Parmesan topping

Pampered Palates *Fish and Seafood*

Fish Du Jour - Salmon, Sword, Tuna, Barramundi or Scallops - Choose your style of preparation:

- Blackened with Citrus Butter
- Grilled with Diced Tomatoes and Curry
- Sautéed with Artichoke Hearts, Sundried Tomatoes and White Wine Butter
- Orange Ginger Miso Glaze with Pickled Ginger and Sesame Oil Glaze

Pistachio Basil Encrusted Baramundi - Baramundi with a pesto-like topping made with Pistachios

Orange Pecan Barramundi - Barramundi with a sweet & sour Mandarin Orange sauce, baked in the oven, garnished with chopped toasted Pecans

Cashew Crusted Fish with Hoisin Sauce - Chef's choice of fresh White Fish from the market, crusted with coarsely chopped Cashews and Panko Bread Crumbs, pan seared and then topped with an Asian sauce

Mahi Mahi with Macadamia Crust and Fresh Salsa PREMIUM

Barramundi Veronique - Barramundi fillets dusted in flour and sautéed, topped with fresh Grapes baked briefly in a delicate Wine Sauce

Seafood Osso Buco - Assorted Fish and Seafood with freshly chopped Vegetables simmered in a light Tomato Sauce.

Sicilian Style Fish- Fish simmered with Tomatoes, Kalamata Olives, Capers, Pine Nuts and Raisins...an unusual blend of flavors and *very, very* Mediterranean!

Tuna Provencal - Tuna, Ripe Tomatoes, frying Peppers and Black Olives in a White Wine Sauce

Flounder Maryland - Flounder stuffed with Crab Imperial **PREMIUM**

Roasted Salmon in Lemon Oregano Oil - Roasted Salmon basted with a Lemon/Oregano/Basil oil, topped with slow-roasted Tomatoes, and served on a bed of Toasted Israeli Pearl Couscous

Crab Imperial - Crabmeat baked with Mayonnaise, Tabasco, Roasted Red Pepper and Old Bay **PREMIUM**

Crab Cakes - Genuine Maryland Crab Cakes, no description needed **PREMIUM**

Shrimp Scampi - Large Shrimp sautéed in Olive Oil and Garlic Butter. Served over Pasta

Curried Shrimp - An unusual version...this one has the typical Red Bell Pepper and Onion but is spiked with Mint and Coconut Sauce. Served over White Rice

Captain's Seafood Casserole - Assorted pieces of Fish and Seafood baked with Mushrooms, Bell Peppers, Onions and Rice in a White Sauce, topped with a Parmesan Bread Crumb Crust and baked

Seafood Crepes - Crepes filled with assorted Seafood with Mushrooms, Parmesan Cheese and baked in a White Wine and Cream Sauce

Cod in a Lemon Butter Caper Sauce - Simple but delicious: Cod sautéed in Butter with Caper Parsley sauce and topped with fresh Lemon Slices

Salmon Stuffed with Crab - Salmon Fillets poached in White Wine and Dill, with Mushrooms, then topped with Crab Imperial and Baked. **PREMIUM**

Pampered Palates

Meat

Steak - You choose your style of preparation:

- Mushroom Gravy - Chopped Mushrooms in a Cream and Beef Gravy
- Florentine – on Creamed Spinach
- Diane - Sauce of Butter, Mustard, Lemon Juice and Worcestershire, topped with Chives
- au Poivre - Sauce of Black Peppercorns, Shallots and Cognac
- A la Oscar - With Crabmeat and Hollandaise Sauce **PREMIUM**
- Teriyaki - Sauce of Soy Sauce, Sake, Ginger, and Brown Sugar

Short Ribs

- Gottlieb's with Tomatoes, Onions and Green Peppers, cooked until very tender
- Guinness Stout - Brown Sugar, Stout slowly cooked with Vegetables

Brisket

- Jewish - Brisket of Beef braised in a flavorful sauce, roasted with Onions, Carrots and Potatoes
- Southwestern Mango and Jalapeno - roasted with Dried Mango, Jalapeno Peppers, Red Onions, Red and Green Bell Peppers in a tangy-sweet sauce

Apple Sirloin Meatloaf - This isn't just plain old meatloaf. It's a moist, flavorful kicked-up version. Ground Sirloin is mixed with chopped Apples and Onions, topped with an Asian Apple Glaze

Beef Stroganov - Beef Tenderloin with Mushrooms and Onions in a Sour Cream Sauce

Nana Sally's Stuffed Cabbage - Cabbage rolls stuffed with Ground Beef and Rice in a Sweet and Sour Tomato sauce. Served on bed of White Rice

Stuffed Green Peppers - Another favorite from Gottlieb's: Green Peppers filled with Ground Beef sautéed with Onions and Rice, baked in a slightly Sweet and Sour Tomato Sauce

Pork Tenderloin with Pomegranate Glaze - Pork tenderloin browned with a Pomegranate Glaze

Pork Scaloppini - Thinly sliced Pork Tenderloin, dredged in Flour and then simmered in a Sherry Sauce, finished with sliced Mushrooms

Lamb Stew - A hearty stew with chunks of Lamb, Potatoes, fresh Root Vegetables and Peas with just a hint of Orange

Guinness Beef Stew - Chunks of Beef, Potatoes and Carrots cooked in Guinness

Bracciale - Little rolls of Meat stuffed with fresh Herbs, Bread Crumbs and Cheese, pan seared and then roasted in a Marinara Sauce

Sauerbraten - Marinated Pot Roast with Red Wine, Onions, Carrots, Celery and Gingersnap Cookies

Beef Bourguignon - A succulent Beef Stew cooked slowly in a Red Wine and Tomato Sauce, surrounded by Carrots, Pearl Onions and Mushrooms

Flanken in the Pot Jewish Deli Style - Short Ribs or Brisket, Onion, Soup Stock and Matzo Balls with a dab of Horseradish.

Vineyard Leg Of Lamb - Lamb marinated in Brandy and Sherry, roasted until crusty, then sliced and topped with Au Jus Gravy (SEASONAL) **PREMIUM**

Veal Osso Buco - Veal Shanks roasted in White Wine with diced Carrots, Celery & Onion **PREMIUM**

Pork Tenderloin Stuffed with Spinach - Butterflied Pork Tenderloin Stuffed with Spinach and Raisins Wrapped in Bacon and baked with a Blackberry Jam Glaze

Veal Francese - Veal Scaloppini dusted in seasoned flour, sautéed until lightly browned and finished with White Wine. **PREMIUM**

Pampered Palates

Pasta

Gluten Free Available

Pasta - Penne, Spaghetti, Linguini, Fettuccini, Angel Hair, Farfalle, Elbows, Perciatelli or Rigatoni.

You choose your style of preparation:

- Ragu Bolognese Sauce - Tomato sauce of ground veal, ground pork and diced Vegetables
- Vodka Sauce - with sausage or seafood
- Puttanesca - Olives, Garlic, Anchovies, Tomatoes, Capers
- Chicken and Mushrooms - Chicken cutlets, assorted Mushrooms, Tomatoes, Peas, Garlic in a Creamy Sauce
- Carbonara - Sauce of Pancetta or Bacon, Cream, Eggs and Parmesan, ground Black Pepper
- Creamy Tomato and Goat Cheese Sauce - Chopped fresh Tomatoes and Goat Cheese
- Eggplant Sauce - Eggplant, Tomatoes, Garlic and Parmesan
- Asparagus, Pistachios and Parmesan in a Cream Sauce
- Broccoli Pesto
- Plain Alfredo or Alfredo Blush Sauce with Mushrooms
- Primavera - Sautéed Assorted Vegetables
- Roasted Vegetables - Zucchini, Red Bell Peppers, Yellow Squash, Onions & Cremini Mushrooms in a Marinara Sauce with Peas and Cheeses
- Ponza - Red and Yellow Cherry Tomatoes, Capers and Pecorino Cheese. Topped with Bread Crumbs
- Sauce of Tomatoes, Fennel and Blue Cheese
- Tuna and Olives in Tomatoes and White Wine
- Meatballs in Marinara Sauce
- Salmon and Roasted Garlic

Lasagna

- Seafood - A variety of Fish and Seafood, layered with Tomatoes and Cheeses in Blush Sauce
- Meat - Lasagna noodles layered with Ground Beef and Cheeses, topped with Mozzarella and baked until cheese is melted & bubbly
- Vegetarian - Layers of noodles, Broccoli, Carrots, Onion, Bell Peppers, Mushrooms, Ricotta in a Tomato Sauce, topped with Mozzarella
- Creamy Chicken Pesto - Layers of noodles, Pesto, Chicken and Cheeses in an Alfredo Sauce

Lobster Macaroni and Cheese - This is the *real* Macaroni and Cheese kicked up to gourmet with the addition of Lobster. Made popular by the restaurant **French Laundry PREMIUM**

Spicy Roasted Vegetable Macaroni and Cheese - Macaroni with Broccoli Florets, Red Bell Pepper, Yellow Squash, Carrots and Garlic in a Sharp Cheddar Cheese Sauce. Topped with Panko Bread-crumbs and broiled

Manicotti or Shells with Crab and Ricotta Cheese - Manicotti or Jumbo Shells filled with a Creamy Crab and Ricotta mixture, topped with an Alfredo Sauce and Parmesan Cheese. **PREMIUM**

Cheesy Baked Tortellini - Stuffed Tortellini baked in a decadent creamy Marinara, topped with Mozzarella and Parmesan

Turkey Stuffed Shells - Shells stuffed with ground Turkey, Spinach and Cheese cooked in a Pasta Sauce and topped with Mozzarella

Pastitsio - Layers of Ziti Pasta, ground Lamb (beef may be substituted), Tomatoes and seasonings, topped with a Béchamel Sauce baked, then broiled

Pampered Palates

a Personal Chef Service

Member, American Personal and Private Chef Association

ChefSharyn@PamperedPalates.com

610 207-5908 Bruce's Cell

Vegetarian Menu

Polynesian Tofu - Strips of Red and Green Bell Peppers, Onion, Carrots, Cubes of Tofu and Pineapple Stir-fried in a Sweet-Sour Sauce

Broccoli and Ricotta Cannelloni -- Cannelloni or Manicotti tubes filled with pureed Broccoli and Ricotta Cheese with an Olive and Tomato Sauce. Pine nuts are on top for extra crunch

Mushroom Bolognese - Just like its cousin, Ragu Bolognese, but this healthy vegetarian entrée is made with sautéed Mushrooms, Tomatoes and Garlic. It is served over Pasta

Penne with Fennel and Blue Cheese - Thinly sliced Fennel and Penne with Tomato Sauce. Blue Cheese is mixed in at the last minute

Black Bean Corn Cakes - Black Beans, Corn, Onions, Garlic and Jalapeños, made into patties and sautéed. Served with Feta Crumbles

Spicy Peanut Stew - An African stew with onions, celery, sweet potato, tomato, chili peppers, acorn squash, cauliflower, chili and peanut butter. Served over a bed of brown rice and topped with chopped peanuts, jalapeño pepper and cilantro

Eggplant Lasagna Roll-Ups - Lasagna Noodles filled with chopped Eggplant, Vegetables and other goodies, then rolled up and baked in a rich tomato sauce.

Stuffed Acorn Squash - Acorn squash stuffed with chopped apples, walnuts, raisins and stuffing, with a hint of maple syrup. It is then baked until gooey and wonderful.

Stuffed Spaghetti Squash - Spaghetti stuffed with Black Beans, Corn, Red Bell Pepper, Red Onions. a little bit of Jalapeño, Lime and Seasonings

Vegetable Stew - Chunks of Onions, Potatoes, Carrots, Eggplant, Broccoli, Tomatoes, Zucchini and Mushrooms simmered together and topped with Feta and a dab of Molasses

Zuccanoes - Zucchini hollowed out to resemble canoes and then stuffed with lentils, tomatoes, rice, onions and mushrooms. Topped with parmesan cheese and baked

Black Bean Burgers - Slightly mashed Black Beans with Garlic, Soy Sauce and minced Onions, formed into patties, pan-fried and ready to be put into Potato Rolls with Wasabi Lime Mayonnaise and Arugula

Spicy Bean and Lentil Loaf - A puree of Celery, Carrots, Garlic Lentils and Kidney Beans, then mixed with Cheddar Cheese and spices, formed into a loaf and baked.

Spicy Roasted Vegetable Macaroni and Cheese - Macaroni with Broccoli Florets, Red Bell Pepper, Yellow Squash, Carrots and Garlic in a sharp Cheddar Cheese Sauce. Topped with Panko Breadcrumbs and Broiled

Eggplant Moussaka - Layers of Eggplant and Lentils topped with a Béchamel Sauce and Parmesan and baked

Spinach Noodle Kugel - Layers of Noodles, Spinach, Carrots, Onions, Mushrooms, Celery and Red Bell Pepper, Eggs and Cream. Then baked until top is golden and inside is bubbly

Pampered Palates

Soups

Soups served with Rolls or Bread

Mushroom Barley Soup - Right out Nanny Fanny's kitchen - Barley, Shitake Mushrooms, White Mushrooms, Celery and Carrots in a Chicken Broth

Cream of Peanut Soup - Colonial Williamsburg's signature soup - Chopped Onions, Celery, Smooth Peanut Butter and Cream in a Light Cream- Chicken Stock topped with Chopped Peanuts

Tuscan Bean Soup - A hearty Italian soup of Cabbage, Kale, Potatoes and Cannellini Beans slowly simmered in a mild Garlic Tomato Broth

Wild Rice and Mushroom Soup - Shitake Mushrooms, Cremini Mushrooms, Wild Rice, Sherry, Tomato Paste, Chicken Stock and Heavy Cream combined to make a delightful soup

Black Bean Soup - Black Beans, minced Vegetables and a touch of Jalapeño Peppers. **You** top it with Sour Cream, Cilantro, fresh chopped Tomatoes and Chopped Onion

Potage Puree de Pois Casses (French Split Pea Soup) - This is not your ordinary split pea soup, but rather 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. It's vegetarian but you can have it with Ham or Turkey Ham

Chicken and Matzo Ball Soup - Chicken, lots of Vegetables and Matzo Balls....just like it's from a New York City deli. **MAY ALSO BE MADE WITH BEEF (FLANKEN) INSTEAD OF CHICKEN**

Minestrone - Beans, Vegetables, Potatoes, Rice, and Pasta simmered until tender and then topped with Parmesan Cheese

French Onion Soup - Spanish Onions slowly sautéed until golden brown. Then Chicken Stock is added and soup continues to cook until thick and rich. French Bread Croutons and Parmesan Cheese on the side

Jewish Sweet and Sour Cabbage Soup with Meat - Beef, Cabbage, Tomatoes, Onions, Raisins and Sour Salt simmered in a Beef Stock until the beef is fall apart tender

Chickpea Vegetable Soup - This is more like a stew than a soup and is sweet-savory. Onions, Chickpeas, Carrots, Kale, Raisins, Cumin, Cayenne Pepper, a touch of Honey and Cinnamon

White Bean Soup - Cannellini Beans, Onions, Tomatoes, Carrots, Celery and Seasonings, partially puréed and drizzled with Olive Oil. Optional: Chunks of Ham may be added

Seafood Gumbo - Right out of New Orleans...Shrimp, Scallops, Crabmeat and Oysters and Okra in a rich Tomato base. Served over Rice

Italian Wedding Soup Small Meatballs, Tomatoes and tiny Pasta in a light Broth

Pennsylvania Dutch Chicken Corn Noodle Soup - Noodles, Chicken pieces, Corn floating in a creamy Chicken Broth

Curried Lentil Soup - A hearty soup of Onions, Garlic, Lentils, Tomatoes and Ginger cooked in a broth of Coconut Milk

Tomato Bisque - Creamy Tomato Soup with sautéed Onions cooked in Chicken Stock and Cream pureed and topped with fresh Basil. May be made with chunks of tomatoes for a more hearty soup.

Halaszle - Hungarian Fisherman's Soup - Chunks of Cod, simmered with Tomatoes, Onions and Jalapeños in a Chicken Broth and topped with LOTS OF PAPRIKA