

Pampered Palates

The Personal Chef Service of Chef Sharyn Cohen & Chef Bruce Cohen

ChefSharyn@PamperedPalates.com www.PamperedPalates.com

(610) 207-5908

Poultry

NEW ADDITION - **Chicken Milanese** - Boneless Chicken breasts breaded in a Parmesan Bread Crumb mixture sautéed and topped with a Tomato, Fennel, Garlic and Mascarpone Sauce

NEW ADDITION **Turkey Meatloaf with Feta and Sundried Tomatoes**
A satisfying alternative to red meat. Ground Turkey formed into a loaf, studded with bits of Sundried Tomatoes and Feta. Pretty when cut, too!

NEW ADDITION **Chicken and Shrimp with Pancetta Chimichurri** - Grilled Chicken and Shrimp with an herbed green sauce, topped with crispy Pancetta.

Coq au Vin - A delectable French entree of chicken cooked in red wine, brandy, mushrooms, pearl onions and seasonings.

Chicken Cordon Bleu - Chicken breasts pounded thin with a slice of provolone and a slice of ham laid on top. Then the breast is rolled, enclosing the cheese & ham, dipped in a bread crumb mixture and fried until golden.

BACK BY POPULAR DEMAND **Cornish Game Hen with Peach Glaze**
- half a Cornish Game hen, rubbed with Herb d' Provence seasonings, topped with Peaches and finished with a Peach Glaze.

Chicken Tangine with Apricots and Spiced Pine Nuts - Chicken breasts seared in skillet with spices and slowly simmered with orange marmalade and cinnamon until chicken is very tender. Then it is topped with spiced pine nuts and served with cranberry rice pilaf.

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

Asian Plum Chicken - Chicken seasoned with soy sauce & garlic, then baked with plums & scallions. Garnished with almonds & chopped scallions.

BACK BY POPULAR DEMAND **White Chicken Chili** - chunks of Chicken Breasts, White Cannellini Beans in a kicked up tomato base sauce. Served on a bed of Rice. Just in time for the chilly weather.

Israeli Chicken - Chicken breasts with a sauce of apricot nectar, orange juice, white wine, cumin, raisins and prunes. This recipe comes straight from a dear Israeli friend who serves this at almost all her family events.

Chicken and Shrimp Jambalaya - Chicken, shrimp and turkey sausage with tomatoes and seasonings and mixed together with Cajun Rice...right out of Louisiana. Served with mixed vegetables tossed in.

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Fish and Seafood

NEW ADDITION - Greek-Style Shrimp - Large succulent Shrimp, Tomatoes, **Bell Peppers and Onions** simmered together and finished with a splash of Sambuca liquor, Feta and Dill. Served on a bed of orzo.

NEW ADDITION - Parmesan-Potato Flake Crusted Fish (choice of fish is depending on what's fresh at the market) - Firm white fish coated in a Parmesan-Potato Flake crust, baked until golden and served with a Grape Tomato-Zucchini Salsa

NEW ADDITION - Back by popular demand! - Crab Cakes! - Good, real Maryland Crab Cakes...no more description is needed!

NEW ADDITION - Baked Swordfish in Parsley Garlic Butter - Swordfish Steaks, pan-seared and topped with a Butter Sauce....can be kicked up with chopped Tomatoes and Jalapeños.

Flounder Piccata - Flounder or other white fish lightly dusted with flour, sautéed briefly then topped with a light lemon and caper sauce.

Sicilian Style Fish- Fish simmered in a tomato base with Greek olives, capers, pine nuts and raisins...an unusual blend of flavors and *very, very* Mediterranean!

Shrimp Scampi - Large shrimp sautéed in olive oil and garlic butter, then served on top of rice or pasta.

Shrimp Fra Diavolo - Literally translates as "brother of the devil". This spicy tomato sauce can be made devilishly hot or milder according to your palate.

Roasted Salmon in Lemon Oregano Oil - Roasted salmon filet basted with a lemon/oregano/basil oil. Topped with slow-roasted tomatoes, and served on a bed of Toasted Pearl Couscous

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.

Seafood Osso Buco - Traditionally an Italian dish made with veal simmered with freshly chopped vegetables in a light tomato sauce. This clever version has assorted fish and seafood replacing the veal.

Pistachio Basil Encrusted Tilapia - Tilapia with a pesto-like topping made with pistachios instead of pine nuts.

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Meat

NEW ADDITION - Cauliflower and Pancetta Gratinata - Lots of Cauliflower mixed with Heavy Cream, Gruyere Cheese and a kittle Pancetta. Topped with Bread Crumbs and baked until cheese is melted and top is golden....almost vegetarian but the Pancetta makes it even tastier!

NEW ADDITION - Steak Involtini - London Broil steaks, pounded thin, stuffed with Cheeses, rolled, breaded and fried. On a bed of Marinara.

BACK BY POPULAR DEMAND - Nana Sally's Stuffed Cabbage - Cabbage rolls stuffed with ground beef and rice Then it is baked in a tangy-sweet tomato sauce. Served on a bed of white rice.

Braciolo - Little rolls of Meat stuffed with fresh Herbs, Bread Crumbs and Cheese, pan seared and then roasted in a basic Tomato Sauce. This is served whenever our *very* Italian friend has a special dinner with her family

Pork Scaloppini - Thinly sliced pork tenderloin pieces, dredged in flour and then simmered in a sherry sauce. Finished with sliced Mushrooms

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 seasonings, then topped with an Asian Apple Glaze.

Pork Tenderloin with Pomegranate Glaze - Pork tenderloin dusted with spices, browned in a sauté pan and served with a Pomegranate Glaze.

Short Ribs of Beef - Beef Short Ribs with tomatoes, onions and green peppers, cooked until very tender...a 1940's favorite from Gottlieb's Restaurant, Reading, PA (Chef Sharyn's late grandfather's restaurant). People who were there tell us it's just as tasty now as it was then. A NEW VERSION IS AVAILABLE WITH A BEER BASE...ASK US ABOUT IT!

Jewish Brisket of Beef - There's nothing better than traditional brisket of beef braised in a flavorful sauce and roasted with onions, carrots and potatoes on the side.

Stuffed Green Peppers - Another favorite from Gottlieb's: Green peppers filled with ground beef sautéed with onions and rice; then baked in a slightly sweet and sour tomato sauce. Ground turkey or soy meat may be substituted.

Beef Bourguignon - A succulent beef stew cooked slowly in a red wine and tomato sauce, surrounded by carrots, pearl onions and mushrooms

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Pasta

NEW ADDITION - Pasta with Spicy Smoked Mozzarella Meatballs

Ground Veal and Beef, well-seasoned and stuffed with cubes of Mozzarella Cheese. Served with a tomato sauce on Spaghetti or pasta of your choice.

NEW ADDITION - Pasta with Ragu Bolognese Sauce - Pasta of your choice, topped with a decadent tomato sauce of ground veal, ground pork Pancetta and diced Vegetables

Turkey and Artichoke Stuffed Shells with Arrabiata Sauce - Pasta shells filled with ground turkey, chopped artichoke hearts, ricotta and parmesan cheeses. Baked and topped with a spicy tomato sauce.

NEW ADDITION - Fuseli with Spicy Pesto - Corkscrew Pasta with a Walnut, Spinach, Cheese, Garlic and Jalapeño Pesto Sauce

Manicotti with Crab and Ricotta Cheese - Manicotti shells filled with a creamy crab and ricotta mixture. Then topped with a béchamel sauce and

Macaroni and Cheese with Seafood - This is the *real* macaroni and cheese kicked up to gourmet with the addition of seafood.

Extra charge may apply depending upon choice of seafood.

Cheesy Baked Tortellini - An assorted rainbow of tortellini filled with cheeses, spinach and chicken, baked and with a decadent topping of marinara, smoked mozzarella, mascarpone cheese and parmesan...wow.

Farfalle Puttanesca - Olives, garlic, anchovies, tomatoes, capers, and kicked up seasoning seasonings on top of tri color farfalle. Do you know where this sauce originated? Just ask us for the cute story!

Seafood Lasagna - This lasagna is much lighter and a little less rich than the typical lasagna. To allow delicate seafood flavors and flavor of fresh

Fettuccine with Chicken and Mushrooms - Fettuccine tossed with chicken, mushrooms, tomatoes, peas, garlic and a creamy sauce.

Traditional Lasagna - Lasagna noodles layered with ground beef and cheeses, then topped with mozzarella, baked until cheese is melted & bubbly.

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Vegetarian Menu #1

NEW ADDITION - Eggplant Enchiladas - Eggplant, Green Peppers, Onions and Cheese wrapped in a tortilla, topped with a Mexican Sauce and baked.

Greek Vegetable Stew - Onions, carrots, potatoes, broccoli, eggplant, mushrooms, tomatoes, and zucchini simmered with Burgundy wine, and topped with feta cheese and dill.

Cheesy Beans - A hearty casserole of beans, tomatoes, apples, cheeses and spices. Cornbread and a salad make the meal perfect.

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.

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. One of our children actually entered this in their college contest "One of your favorite dishes from home"!

Noodle Kugel - A baked, noodle casserole made with egg noodles, cottage cheese, cream cheese, sour cream, eggs, cinnamon, and sugar topped with a sweet, crunchy crust...perfect for luncheon or light dinner. Can instead be made savory with a spinach and onion filling.

White Bean Burgers - Cannellini beans mashed with seasonings and breadcrumbs. Then pan sautéed until a golden crust forms. Top them with your choice of ingredients.

FRESH SERVE ONLY:

Cauliflower Curry - Cauliflower, steamed until tender and topped with spicy peanut, coconut, sesame sauce. It is centered on a platter and surrounded with chopped nuts, orange slices, chopped tomatoes, raisins, cucumbers, and assorted other condiments. Served with Brown rice.

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a Personal Chef Service

Member, American Personal and Private Chef Association

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Vegetarian Menu #2

NEW ADDITION Vegetable Parmesan - Layers of Eggplant, Bell Peppers and Fennel, with Marinara Sauce, Mozzarella and Parmesan Cheeses, Topped with a golden bread crumb crust.

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.

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

Jamaican Black Bean Pot - a combination of Black Beans, Bell Peppers and Butternut Squash in a sweet and peppery sauce served over a bed of brown rice

Moussaka, Vegetarian Style - Eggplant, Lentils, Potatoes and lots more, then topped with a Béchamel Sauce and baked until top is golden

Spinach and Ricotta Stuffed Shells - These tasty shells sit on a bed of tomato sauce and are topped with Parmesan Cheese and Pine Nuts.

Layered Polenta Bake - Alternating layers of Polenta, Chunky Tomato Sauce and Spinach Sauce topped with grated Parmesan Cheese and baked until top is golden

Vegetable Stew - Chunks of Onions, Potatoes, Carrots, Eggplant, Broccoli, Tomatoes, Zucchini and Mushrooms simmered together and topped with Feta...been making this since August of 1990 and similar to the vegetable stew at Gracie's, only Gracie's has a little molasses mixed in.

Couscous Pilaf - Not your ordinary Couscous, but Toasted Israeli Pearl Couscous with hearty Root Vegetables

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Main Course Soups - Hearty ones for the Chilly Weather!

NEW ADDITION Italian Meatball Soup Small meatballs, Tomatoes and tiny Pasta in a light Beef Broth.

NEW ADDITION Asopao de Pollo (Puerto Rican Chicken Rice Soup) - Chicken, Rice Roasted Red Peppers in a Chicken-White Wine broth flavored with Sofrito. This was a first place winner in the Epcot International Food and Wine Festival.

NEW ADDITION 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. Yummy when eaten separately by removing the Beef, eating the soup and serving the Beef with a good dollop of horseradish, Boiled Potatoes and Pumpnickel Bread!

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, fresh chopped tomatoes, and kick it up with 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. You can have it with ham, turkey ham or vegetarian....a friend loves putting hot dog pieces in it!

Chicken and Matzo Ball Soup - Breasts of chicken, lots of vegetables and matzo balls....just like it's from a New York City deli.

Minestrone - Beans, vegetables, potatoes, rice, and pasta simmered until tender and then topped with parmesan cheese.

Flanken in the Pot - Right out of Miami's Delicatessens: Beef Short Ribs or Brisket, stewed until tender, served with vegetables and Matzo Balls.

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 Crouton and Parmesan Cheese on the side