

Pampered Palates

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

ChefSharyn@PamperedPalates.com www.PamperedPalates.com

(610) 207-5908

Poultry

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 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.

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

Chicken Mole Poblano - Chicken breasts braised in traditional Mexican smooth Mole Sauce made of chilies, nuts, garlic, seeds, chocolate, and spices. Not for the faint of heart, BUT can be customized to milder for you.

Chicken Kiev - Boneless breasts of chicken, pounded thin, wrapped around chilled butter and chives, then breaded and fried until golden.

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

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.

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.

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

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.

Old Time Chicken Divan - Boneless Chicken Breasts with a Sherried Cream Sauce, Broccoli and Parmesan Cheese baked in a casserole. Served with Buttered Herb Noodles.

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Fish and Seafood

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

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.

Extra charge may apply depending upon choice of seafood.

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.

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. Can instead be made with other seafood or fish in place of shrimp. Served on top of rice or pasta.

Seafood-Stuffed Flounder Roulades - Flounder fillets, stuffed with a combination of seafood, rolled, baked and topped with a light sauce.

Extra charge may apply depending upon choice of seafood.

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Meat

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

Southwestern Mango and Jalapeno Brisket - Brisket of beef roasted in the oven with dried mango, jalapeno peppers, red onions, red and green bell peppers and a tangy-sweet sauce.

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.

Lamb Stew - A hearty stew with chunks of lamb, potatoes, fresh root vegetables and peas...with just a hint of orange.

Beef Bourguignon - A succulent beef stew cooked slowly in a red wine and tomato sauce, surrounded by carrots, pearl onions and 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 FRENCH VERSION IS AVAILABLE WITH A RED WINE BASE...ASK US ABOUT IT!

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.

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.

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Pasta

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

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.

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.

Pasta with Vodka Sauce and Sausage - Spaghetti or your choice of pasta tossed with Italian sausage, crushed tomatoes, garlic, vodka & cream.

Greek Pasta - Linguini, chopped Mushrooms, chopped Artichokes, Sun Dried Tomatoes, Calamari Rings, Black Olives and Feta.

Rotini with Salmon and Roasted Garlic - Roasted garlic, salmon, capers, wine, lemon and corkscrew pasta combine to make this a light, bright pasta dish, perfect for Spring or any other season!

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 basil to predominate, only mildly flavored mozzarella cheese is used.

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

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

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.

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

Polenta with Assorted Toppings - Polenta discs topped with anything from mushrooms in tomato sauce, spinach and feta or whatever comes to mind. A light evening supper or luncheon dish.

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"!

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.

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.

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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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, fresh chopped tomatoes, and kick it up with chopped onion.

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

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!

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

**WHEN SOUPS ARE A MAIN COURSE,
they are accompanied by wonderful
Crusty Rolls or Bread**