

Pampered Palates

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

ChefSharyn@PamperedPalates.com www.PamperedPalates.com

(610) 207-5908

Poultry 08/01/12

Turkey Meatloaf with Feta and Sundried Tomatoes - A satisfying alternative to red meat. Ground Turkey formed into loaf and studded with bits of Sundried Tomatoes and Feta

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

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. A SAVORY VERSION IS ALSO AVAILABLE

Chicken Marbella - Chicken pieces, with skin on, browned in a skillet then oven baked with Green Olives, Prunes, Capers and Garlic and White Wine. *VERY SOUTHERN SPAIN!*

Turkey Tenderloin with Lemon Basil - Pan-roasted Turkey Tenderloin, Plum Tomatoes, Onions in a Lemon-Basil marinade

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.

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

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Fish and Seafood 08/01/12

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

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

Crab Cakes! - Good, real Maryland Crab Cakes...no more description is needed!

NEW ADDITION Psari Plaki - A favorite dish from the Middle East - Layers of Tilapia that have been rubbed with oregano, salt and pepper, topped with chopped scallions, parsley and garlic, then baked with Tomato, Onion, Lemon and Cracker Crumb Topping. This was served to people who never had Middle Eastern food at a Middle Eastern festival and it "flew out the door"!

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

Orange Pecan Tilapia - Fillets of Tilapia, topped with a light slightly sweet and sour mandarin orange sauce, baked in the oven and then garnished with chopped toasted pecans

Shrimp with Fennel and Tomatoes - Sautéed fennel slices, grape tomatoes and shrimp. Seasoned with capers and lemon juice

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.

Fish Roulades Stuffed with Seafood - Fresh White Fish filled with Seafood and Breading, then baked in a delightful sauce

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Meat - page 1 08/01/12

Pork Tenderloin three ways (your choice)

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

with Plum Chutney - Pork tenderloin rubbed with Herbs de Provence, wrapped with Pancetta and pan-seared. Served with Plum Chutney

Butterflied and Stuffed Pork tenderloin is split open and stuffed with chopped onion, sundried tomatoes, chopped artichokes and seasoned bread crumbs. It is finished with an orange glaze

Brisket of Beef three ways (your choice)

Jewish Brisket The traditional brisket of beef braised in a flavorful sauce and roasted with onions, carrots and potatoes on the side

with Bourbon Peach Glaze - rubbed with spices then slowly cooked in beer along with onions, tomatoes, carrots and a touch of brown sugar. Finished with peach preserves and bourbon

Southwestern Style - roasted with dried mango, jalapeño peppers, red onions and green bell peppers. Served with a sweet-tangy sauce

Short Ribs of Beef three ways (your choice)

Gottlieb's restaurant style - 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)

with red wine - slowly braised in red wine with rosemary, garlic and vegetables

with Guinness beer - rubbed with spices and brown sugar, slowly cooked with vegetables in Guinness beer

NEW ADDITION - French Pork and White Bean Casserole - *oh so very French* - a hearty peasant dish of cubed pork, sausage, carrots, onions and cannellini beans cooked until "fall-apart" tender

NEW ADDITION - Tuscan Beef Stew - Beef marinated in GOOD Chianti wine, then roasted until tender with carrots, celery, garlic, green beans and potatoes...a delicious meal all in one pot!

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Meat - page 2 08/01/12

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

Beef Stroganov - One of the world's famous dishes. This is the REAL thing from the 19th century in Russia, not some imitation that has been processed through the year. Succulent pieces of Beef Tenderloin with Mushrooms and Onions in a Sour Cream Sauce

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

Nana Sally's Stuffed Cabbage - Cabbage rolls stuffed with ground beef and rice, then baked in a tangy-sweet tomato sauce. Served on bed of white rice

Caribbean Pot Roast - Beef, rubbed with Jerk seasoning, browned in a Dutch oven and then roasted with onion and garlic in ginger ale or apple cider, orange juice and lime juice

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.

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

Vineyard Leg of Lamb (extra charge) - Lamb rubbed with spices, slowly roasted with brandy and wine, then sliced for serving

Veal Shanks with Fall Vegetables (extra charge and prepared only when in season)

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Pasta 08/01/12

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

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

Pasta of your choice with Vodka Sauce (two ways) served either with sausage or seafood

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. *Or vegetarian with broccoli and ricotta*

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, a little less rich than typical lasagna to allow delicate seafood flavors to predominate

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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a Personal Chef Service

Member, American Personal and Private Chef Association

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Vegetarian Menu 08/01/12

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

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

Butternut Squash Stew - Chunks of Butternut Squash, Onions, Tomatoes, Green Beans and Corn, kicked up with Jalapeño and garnished with Crumbled Feta and Roasted Squash Seeds. For non-vegetarians, we add Chorizo Sausage

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.

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

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

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Heart Healthy - Cuisines from around the world! 8/01/12

Chicken Stock may be substituted for those with allergies to wine

Fish with Tomatoes, Onions and Capers - **AMERICAN** Firm White Fish, dusted in seasoned flour and sautéed in heart-healthy oil, then simmered in White Wine, Lemon, Onions, Tomatoes and Capers

Chicken Cacciatore - **ITALIAN** Bone-in Chicken, sautéed in heart-healthy oil along with Garlic and Onions, then simmered with White Wine, Caraway and other seasonings

Filet of Fish Turban - **FRENCH** A simple but delicious dish of Flounder or Tilapia, Mushrooms, Shallots, White Wine, Vermouth and seasonings. The fish is rolled around herbed Margarine and Mushrooms, then the "turbans" are placed in a baking dish and simmered slowly in the wines

Carbonnades of Beef - **FRENCH** Lean Beef slices, browned along with Onions, then stewed in Beef Bouillon, Beer, Mustard, Herbs and a touch of Brown Sugar. Wonderful when served with Boiled Potatoes or Noodles and a green vegetable

Lamb with Lemon and Olives - **MOROCCAN** LEAN Lamb cubes rubbed with Middle Eastern seasonings, simmered with Onions, Garlic, Lemon and Green Olives.

Sauerbraten - **GERMAN** Lean Beef roast simmered with seasonings, Gingersnaps and Vinegar for a delicious sweet and sour taste. Wonderful when served with Red Cabbage and Boiled Potatoes.

Beef Stroganov - **RUSSIAN** The traditional dish made into a heart-healthy version using Filet of Beef and Low fat Yogurt instead of Sour Cream

Lamb Stew - **IRISH** Lean Cubes of Lamb stewed with Potatoes, Carrots and Onions in White Wine. Great with Peas

Chicken with Apricot Glaze - **ASIAN** Bone-in pieces of Chicken browned in Margarine, then coated with Apricot Jam. Chicken is then placed in roasting pan with Lemon, Soy Sauce, Ginger and Apricot Juice. Green Pepper may be added. Served with Rice

Chicken in the Pot - **AMERICAN** Chicken Breasts, Potatoes, Carrots, Onions and Green Beans and Parsley baked with just a touch of Sherry Wine until vegetables are tender. Option: Jewish Matzo Balls made separately and served with this

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Main Course Soups 08/01/12

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

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

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. **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

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

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