

LIFE OF RILEY



Personal Chef Service



Spring and Summer Menu

2009

Chef Stephanie Riley

Chicken

Baked Stuffed Chicken Breasts with Arugula and Fontina

Chicken breasts pounded thin and filled with Fontina cheese, arugula and garlic, then rolled up and coated with herbed Panko bread crumbs and baked in the oven.

Chicken Tomatillo Enchilada Casserole

Oven-baked corn tortillas layered with tomatillo salsa, a mixture of shredded chicken, zucchini, sliced onion, corn, Monterrey Jack cheese, and white cheddar cheese, and topped with sour cream and queso fresco, then baked in the oven until the flavors are melded together.

Chicken Breasts with Cherry Tomatoes, Zucchini and Olives

Celebrate the summer garden with sautéed zucchini, sliced cherry tomatoes, shallots, rosemary, chopped black olives and a little white wine sauce to accompany a pan-seared chicken breast cutlet.

Pulled Chicken Sandwiches

Boneless, skinless chicken thighs coated in a spice rub and broiled in the oven, then torn into shreds, simmered in a flavor-packed homemade barbecue sauce, and served on Kaiser rolls.

Chicken Skewers with Muhammara Sauce

Chicken tenderloins seasoned with cumin, thread onto skewers and broiled, then served with a fantastic Middle Eastern red pepper dipping sauce of pureed roasted red bell peppers, walnuts, bread crumbs, olive oil, pomegranate molasses, and tomato paste.

Chicken and Corn Chowder

One of the chef's favorite summer soups, fresh corn-off-the-cob in a milk and chicken stock chowder with poached chicken, onion, celery, potatoes, curry powder, and finished with crumbled applewood-smoked bacon, sliced scallions and fresh basil.

Chicken and Basil Roulades with Yogurt-Mustard Sauce

Chicken breasts stuffed with fresh basil, rolled up and coated in a yogurt and Dijon mustard mixture, rolled in fresh breadcrumbs with Parmesan and baked in the oven, then served with a dollop of fresh sauce made from yogurt, Dijon mustard, and chives.

Jamaican Jerk Chicken Skewers

Cubes of chicken thigh meat marinated in an intensely-flavored marinade of allspice, cinnamon, thyme, nutmeg, cloves, pureed onions, garlic, hot peppers (optional), ginger, green onions, lemon juice, soy sauce, and malt vinegar, then threaded onto wooden skewers along with pineapple cubes and red bell peppers, and broiled in the oven until tender and juicy. This can also be done with cubes of pork butt.

Chicken and Andouille Sausage Gumbo

Spicy Andouille sausage and chunks of chicken thighs cooked into a classic Creole gumbo with onions, green bell pepper, celery, okra, garlic, Creole seasonings, chicken

stock, bay leaves, Worcestershire sauce, hot pepper sauce, and a sprinkling of parsley and green onions.

Curried Mango Chicken

Chicken thighs browned in a pan and then sprinkled with cubes of mango, curry powder, and braised in chicken stock, then served over cilantro basmati rice to absorb the sauce.

Oven-Fried Chicken Fingers

Chicken tenders dipped in flour and egg whites, then rolled in breadcrumbs seasoned with Parmesan cheese, thyme and parsley, sprayed with olive oil cooking spray and baked in the oven.

Moorish Kebabs with Cilantro Mojo

Spanish-flavored kebabs of cubed chicken breast marinated in a puree sauce of onion, garlic, paprika, oregano, thyme, cumin, cinnamon, white wine vinegar, white wine, and olive oil, threaded onto skewers with tomatoes and bell peppers and broiled until tender and served with a refreshing mojo sauce of pureed cilantro, garlic, Serrano pepper, oregano, white wine vinegar and olive oil.

Vietnamese Caramel Chicken with Herbs

A savory caramel sauce of caramelized sugar, chicken stock, and Asian fish sauce, folded into a pan with sautéed shallots, garlic, ginger, jalapeno, and chicken breasts, and simmered until tender, then sprinkled with chopped scallions, mint, cilantro, and basil.

Sindhi Chicken Curry

An Indian curry of chicken thighs braised together with caramelized onions, ginger, garlic, Serrano peppers, tomatoes, yogurt, curry seasonings, garam masala, and cilantro, and served over basmati rice.

Chicken and Mango Skewers

Cubes of chicken breast and mango marinated in lime juice, lime zest, chili powder, cayenne, and sugar, then threaded onto skewers and broiled in the oven.

Turkey

Turkey Thighs in Barbecue Sauce

Turkey thighs slowly braised in the crock pot with a barbecue sauce of ketchup, brown sugar, tapioca, vinegar, Worcestershire, cinnamon, and crushed red pepper.

Lemon-Scented Turkey Meatball Skewers

Turkey meatballs made from ground turkey, bread crumbs, eggs, scallions, Parmesan, garlic, lemon juice and zest, then threaded onto skewers with cherry tomatoes and zucchini wedges and roasted in the oven until done.

Bombay Sliders with Garlic Curry Sauce

Tiny, Indian-flavored turkey burgers of ground turkey mixed with cilantro, green onions, ginger, curry powder, cumin, mayo, and chili powder, then formed into small patties and broiled in the oven, and served on dinner rolls with a sauce of yogurt, curry powder, garlic, and a dollop of mayo and ketchup. These can also be done on a larger scale and with regular burger buns.

Turkey Chilaquiles Casserole

Ground turkey cooked together with onions, zucchini, black beans, tomatoes, corn, and red or green enchilada sauce, then layered in a casserole with corn tortillas and queso blanco cheese (or cheddar or Jack) and baked until bubbly. Could also be done with chicken breast or ground beef.

Summer Squash Turkey Sloppy Joes

Ground turkey braised together with onions, carrots, diced summer squash, garlic, oregano, paprika, chili powder, tomato paste, and water, then piled onto Kaiser rolls and topped with cheddar cheese.

Beef

Beef Tenderloin with Ratatouille

A whole beef tenderloin roasted in the oven then sliced and served with a ratatouille of onions, garlic, zucchini, eggplant, tomatoes, and herbs.

Cuban Beef Picadillo

A sort of Cuban Sloppy Joe, this has ground beef stewed together with onions, garlic, diced tomatoes, raisins, beef stock, red wine vinegar, chili powder, cinnamon, and allspice, then served over rice.

Broiled Thai Beef Skewers

Slices of flank steak marinated in sake, soy sauce, rice vinegar, honey, sesame oil, ginger, garlic, and seasonings, threaded onto skewers and broiled in the oven.

Cumin-Pepper Flank Steak with Horseradish Chimichurri

Cumin-rubbed and pan-seared flank steak, sliced and served with a spicy sauce of pureed parsley, green onion, horseradish, red wine vinegar, olive oil, and garlic.

Beef and Almond Stuffed Poblanos with Salsa Verde

Mild but flavor-packed Poblano pepper halves filled with a mixture of ground beef sautéed with onions, tomatoes, garlic, oregano, brown sugar, cinnamon, cloves and slivered almonds, topped with queso blanco and baked in the oven until the peppers are tender and the cheese is melted, then served with tomatillo salsa.

Kentucky Bourbon Skirt Steak with Baked Beans

Skirt steak marinated in bourbon, brown sugar, soy sauce, Worcestershire, hot pepper sauce, and Dijon mustard, then broiled in the oven, sliced and served with baked beans as a side dish (optional).

Roast Beef with Yorkshire Pudding

Beef top sirloin roast rubbed with thyme, rosemary and garlic, then roasted in the oven, sliced, and served with a pan gravy of red wine, beef stock, and shallots, and with a traditional English savory popover, Yorkshire pudding, as the side dish (optional). Yorkshire puddings should not be frozen.

Glazed Flank Steak and Asparagus

Flank steak and asparagus brushed with a glaze of Asian oyster sauce, balsamic vinegar, grainy mustard, and red pepper flakes, then broiled in the oven until caramelized.

Pork

Pork Loin Chops with Roasted Rhubarb

Pork loin chops browned in a pan, then served topped with roasted, chopped rhubarb, sliced onions, olive oil, chicken stock, allspice, and brown sugar, and an apple juice pan-sauce.

Pork Souvlaki with Tzatziki

Strips of pork shoulder and onion slices marinated in olive oil, lemon juice, garlic paste, and oregano, then stir-fried in a hot pan until tender, then served with pita bread and with freshly made tzatziki sauce of Greek yogurt, cucumber, mint and garlic. Could also do with lamb.

Pork Chops with Sweet Potato Gravy

Pork rib chops lightly breaded with flour and seasonings and pan-seared, nicely accompanied by a flavorful gravy of pureed sweet potatoes, chicken stock, , caramelized onion slices, cane syrup, pecan pieces, and green onions.

Crock Pot Barbecue Pork Ribs

Pork rib racks slowly cooked in the crock pot with a barbecue sauce of ketchup, onion, brown sugar, Worcestershire, chili powder, liquid smoke, garlic powder, and hot pepper sauce, until the meat is falling off of the bones.

Spice-Rubbed Pork Tenderloin with Roasted Baby Carrots

Baby carrots roasted in a mixture of garlic, jalapeno, honey, ancho chile powder, cumin, and olive oil, then served along with sliced pork tenderloin rubbed with ancho chile powder, smoked paprika, oregano, and cumin.

Green Chile Pork Posole

A Mexican stew of pork tenderloin cubes cooked together with onions, celery, garlic, hominy, tomatillos, mild green chiles, chicken stock, cilantro and spices.

Peach and Bourbon-Basted Pork Chops

Pork loin chops in a sauce made from peach preserves, Dijon mustard, bourbon, mayonnaise, shallots, lemon juice, mustard seeds, and rosemary, sprinkled with bread crumbs and baked until tender.

Hawaiian-Style Ribs

Pork baby back ribs marinated in an Hawaiian marinade of soy sauce, brown sugar, sesame oil, red chile flakes, garlic, and ginger, then roasted in the oven, basted with the marinade until glazed and tender.

Other Meats

Lamb Kefta and Zucchini Kebabs

Middle-Eastern meatballs made from ground lamb, chopped pine nuts, breadcrumbs, onion, cilantro, parsley, and seasonings, then threaded onto skewers along with skewered zucchini slices marinated in lemon and olive oil, broiled in the oven and served with a yogurt and mint dipping sauce.

Stir-Fry Beijing Lamb with Peppers and Green Beans

Strips of leg of lamb marinated in sherry and soy sauce, then stir-fried with garlic, green beans, onion, red bell pepper, and leeks with a stir-fry sauce of hoisin sauce, rice vinegar, and chile-garlic paste. Served over rice for a complete meal.

Chinois-Grilled Lamb Chops with Cilantro-Mint Vinaigrette

Lamb chops marinated in an Asian marinade of soy sauce, mirin, ginger, sesame oil, scallions, red chile flakes, and garlic, then grilled to desired doneness, and served drizzled with a vinaigrette of cilantro, mint, parsley, ginger, honey, rice wine vinegar, and peanut oil.

Greek Goulash

Ground lamb sautéed with diced eggplant, tomato sauce, spinach, onion, garlic, oregano, and cinnamon, then tossed together with orzo pasta and served topped with feta cheese, a Greek gremolata of chopped kalamata olives, lemon zest, and parsley, and with baked pita wedges. Can do with ground beef or ground turkey instead of lamb. This is a complete meal with no additional sides.

Lamb Chops with Muhammara Sauce

Lamb rib chops rubbed with cumin and pan-seared, then served with a classic Middle Eastern sauce of pureed roasted red bell peppers, walnuts, bread crumbs, olive oil, pomegranate molasses, and tomato paste.

Cumin-Scented Duck Breasts with Peach Succotash

Duck breasts rubbed with toasted cumin and seared in a pan, then served with a succotash of roasted corn off the cob, diced, roasted red bell pepper, and diced peaches sautéed in a little butter.

Veal Chops with Tomato Vinaigrette

Veal rib chops broiled along with fresh plum tomatoes, then the tomatoes are pureed with red wine vinegar, olive oil, and tarragon and the vinaigrette is served drizzled over the veal chops.

Veal Parmesan

A classic Italian-American favorite of veal cutlets coated with breadcrumbs and pan-fried, then topped with marinara sauce, provolone, and Parmesan cheese and broiled until golden.

Veal and Artichoke Involtini

Veal cutlets filled with artichoke hearts, asiago cheese, and parsley, rolled up, dredged in flour, and seared in a pan, then served with a pan sauce of white wine, lemon juice, and butter.

Calves Liver with Chorizo and Balsamic Caramelized Onions

Calves liver seared in a pan, and then served with sautéed onions, garlic, chopped Spanish chorizo sausage, balsamic vinegar, Dijon mustard, and thyme.

Seafood

Frogmore Stew

A favorite low-country boil of whole baby potatoes, onions, celery, garlic, corn-on-the-cob quarters, chunks of kielbasa sausage, peel-and-eat-shrimp, and all of this is boiled in water seasoned with a local favorite – Old Bay seasoning. This dish requires getting your hands dirty with peel-and-eat-shrimp and corn-on-the-cob, but the experience is worth it. This is a complete meal with no additional sides.

Halibut on Mashed Fava Beans with Mint

Halibut filets rubbed with fresh mint and lemon zest, then dredged in flour, seared in a pan and served with a mash of fava beans, mint, lemon zest, and olive oil.

Grilled Salmon with Tomatoes, Onions, and Tarragon

Rings of onions, tomato slices, and whole smashed garlic cloves roasted with thyme, oregano, and olive oil, then served with grilled salmon and sprinkled with tarragon.

Cumin Shrimp with Cilantro and Chili Peppers

Large shrimp cooked into an amazing sauté of red onions, green chili peppers, cumin seeds, turmeric, and coriander, and then sprinkled with cilantro.

Dijon-Cilantro Tuna Salad on Whole Grain Bread

Albacore tuna mixed into a dressing of yogurt, sweet pickle relish, Dijon mustard, and whole grain mustard, with chopped celery, red onion, and cilantro, and served on whole grain bread with slices of tomato and arugula. This should not be frozen and should be eaten within 3-4 days.

Oven-Fried Catfish with Remoulade Sauce

Catfish filets breaded in breadcrumbs and cornmeal, then sprayed with olive oil cooking spray and baked in the oven, and served with a classic Remoulade of mayo, chives, parsley, tarragon, cornichons, capers, shallots, half and half, lemon juice and cayenne pepper.

Fish Piccata

White fish lightly breaded in flour and seared in a pan, then cooked into a refreshing piccata sauce with white wine, lemon juice, chicken stock, garlic, parsley and capers.

Spring Niçoise Salad

Tuna, hard-boiled eggs, sliced radishes, mixed baby greens, asparagus, baby potatoes, and fried capers tossed together with a chive vinaigrette for a springtime take on the traditional Niçoise Salad. Can also do a summertime version with tomatoes and haricots verts in place of the radishes and asparagus. This is a fresh entrée and can not be frozen – to be eaten within 3-4 days.

Aegean Shrimp Quiche

A pie crust filled with large pan-seared shrimp, spinach, caramelized onions, pimiento, parsley, feta cheese, egg whites and eggs, and milk and baked in the oven until golden. Can do gluten-free.

Crab and Cabbage Salad (Goi Bap Cai Ga Cua)

A Vietnamese salad of jumbo lump crabmeat, shrimp, shredded, poached chicken breast, shredded savoy cabbage, grated carrot, lime juice, fish sauce, garlic, Thai chiles, cilantro, and finished with a sprinkle of chopped, toasted peanuts. This salad is best if not frozen and should be eaten within 3-4 days.

Pasta

Zucchini Lasagna

A light and summery lasagna with layers of thinly-sliced zucchini, chopped tomatoes, lasagna noodles, a ricotta and Parmesan cheese mixture seasoned with tarragon, and a creamy white sauce made from milk, then topped with mozzarella cheese and baked until golden.

Fettuccine with Artichokes and Chicken

A chunky sauce of artichokes, garlic, finely chopped carrots, dried porcini mushrooms, tomato paste, white wine vinegar, chicken stock, and tarragon, tossed together with fettuccine and Parmesan cheese.

Fusilli with Zucchini and Goat Cheese

Spiral pastas in a sauce of sautéed garlic, zucchini matchsticks, goat cheese, basil, and parsley.

Pasta with Beans and Escarole

Small tubular ditalini pasta tossed together with a sauce of rendered pancetta, garlic, chopped escarole leaves, cannellini beans, chicken stock, fresh marjoram, and red pepper flakes.

Spinach Canneloni

Sheets of fresh pasta dough filled with a mixture of ricotta cheese, lemon zest, herbs, sautéed shallots, garlic and spinach, rolled up into tubes and topped with a marinara sauce and Parmesan cheese, then baked until golden. Could do this with rice-pasta lasagna noodles for gluten-free.

Pasta Salad with Grilled Tuna and Roasted Tomatoes

Plum tomatoes halves roasted in the oven and tossed with chunks of grilled tuna, diced fresh mozzarella cheese, pasta shells, parsley, and a basil vinaigrette.

Penne with Morels and Spring Vegetables

Morel mushrooms, leeks, diced prosciutto, Swiss chard, asparagus, and lima beans, all blanched and sautéed together in olive oil, then tossed with penne pasta in pasta water and Pecorino-Romano cheese sauce spiked with lemon zest.

Farfalle with Pork and Peppers

Strips of pork tenderloin sautéed with sliced onions, bell pepper, and garlic and braised in a white wine and chicken stock sauce with marjoram and fennel seed, then tossed with bow tie pastas.

Artichoke and Leek Lasagna

A white lasagna with layers of sautéed leeks and artichoke hearts, lasagna noodles, a ricotta and Parmesan cheese mixture, and a milk-based Béchamel sauce, then topped with mozzarella cheese and baked until bubbly and golden.

Gemelli with Brown Butter and Asparagus

Pretty twisty gemelli pastas in a brown butter sauce with blanched asparagus pieces, chopped hazelnuts and Parmesan cheese.