



2013 Menu

Chef Stephanie Riley

Chicken

Chicken Cacciatore

Pan-seared chicken breasts simmered in an Italian hunter's sauce of mushrooms, onions, red bell pepper, garlic, thyme, oregano, parsley, red wine, tomato sauce, and chicken stock.

Chicken Parmesan Sandwiches

Pieces of chicken breasts dredged in flour and eggs, then coated in Italian breadcrumbs and herbs, baked in the oven and served topped with marinara sauce, and mozzarella, Asiago, and Parmesan cheeses on burger buns.

Chicken Tinga Enchiladas

Shredded chicken breast in a smoky tomato-chipotle sauce, tossed with Cotija cheese, scallions, and cilantro, stuffed into corn tortillas, topped with more smoky tomato sauce and a sprinkling of Cotija cheese to bake.

Chicken with Summer Garden Sauce

Pan-seared chicken breasts with a sauce of zucchini, yellow squash, red bell pepper, carrots, onion, garlic, crushed tomatoes, chicken stock, lemon zest, rosemary, parsley, and basil.

Chicken and Asparagus with Gruyere

Pan-seared chicken breasts with asparagus in a sauce of white wine, chicken stock, sour cream, shallot, tarragon and lemon juice, and finished by melting Gruyere cheese over top.

Mango Barbecue Chicken Meatloaf

A Caribbean-flavored free-form meatloaf of ground chicken mixed together with sautéed finely-chopped onions, shredded zucchini, garlic, jerk seasoning, mango barbecue sauce, breadcrumbs, and egg, topped with more mango barbecue sauce and baked in the oven.

Pollo al Ajillo (Garlic Chicken)

A popular Spanish dish of chunks of chicken thighs rubbed with paprika and pan-seared with crushed garlic cloves, then simmered in a sauce with sherry, chicken stock, thyme, bay leaves, and parsley.

Chicken Stuffed with Arugula and Manchego

Flavors of Spain – chicken breasts stuffed with fresh baby arugula, roasted red peppers, and lightly-aged Manchego cheese, breaded in panko breadcrumbs, crushed rosemary-roasted Marcona almonds, and crushed Aleppo red pepper, then baked in the oven.

Quinoa Salad with Chicken and Asparagus

Baby spinach tossed with quinoa, grilled asparagus, grilled, diced chicken breast, feta cheese, shredded carrots, sunflower seeds, chives, parsley, and a lemon vinaigrette. This is a complete meal with no additional side dish, and also cannot be frozen, so it should be eaten within 3-5 days.

Coconut-Crusted Chicken

Chicken breasts marinated in buttermilk, coconut milk, and garlic, then dredged in panko breadcrumbs, finely shredded coconut, and seasonings, and baked in the oven.

Lemony Chicken Pan Roast with Zucchini and Feta

Pan-seared chicken breasts roasted in the oven with diced zucchini, lemon segments, small Niçoise black olives, garlic, oregano, and finished with feta cheese.

Curried Chicken Coconut Quinoa

Chunks of chicken breast sautéed with onion, red bell pepper, garlic, and baby spinach and cooked into a quinoa pilaf with lite coconut milk and mild curry seasonings.

Turkey

Jerk Turkey Burgers

Ground turkey mixed with couscous and sautéed red bell pepper, scallions, garlic, thyme, cumin, allspice, nutmeg, cloves, cayenne, and paprika, formed into burgers, grilled, and served on buns with Cumin Lime Mayo.

Turkey Shepherd's Pie with Cauliflower Mash

A savory English pie of ground turkey in a gravy with onion, celery, carrot, tomato paste, Worcestershire, tarragon, and flour, topped with mashed cauliflower and a little cheddar cheese, and baked in the oven.

Turkey-Mushroom Burgers

Ground turkey breast mixed with sautéed, finely-chopped mushrooms, onion, and garlic, breadcrumbs, egg, dill, and coarse-grain mustard, formed into patties and grilled, then served on burger buns with Scallion-Lemon Mayonnaise.

Scallion Meatballs with Soy-Ginger Glaze

Ground turkey seasoned with chopped scallions, cilantro, soy sauce, sesame oil, and egg, formed into meatballs and baked in the oven, then drizzled with a glaze of reduced brown sugar, soy sauce, mirin, ginger, and coriander.

Beef

Caprese Burgers

Ground beef mixed together with basil pesto and Parmesan cheese, formed into burgers and grilled, then topped with slices of fresh mozzarella cheese, tomatoes, and pesto mayonnaise, and served on focaccia rolls. Can also be done with ground chicken.

Filet Mignon with Chili-Lime Butter

Pan-seared filet mignon steaks topped with a pat of Chili-Lime Butter – butter seasoned with lime juice, chili powder, ancho chili powder, cumin, and cilantro.

NY Strip Steak with Salsa Criolla

Grilled NY strip steak served with a fresh Argentine salsa of diced tomatoes, red and green bell pepper, garlic, lemon juice, red wine vinegar, olive oil, crushed red pepper flakes, and parsley.

Amarillo Flat Iron Steaks

Flat iron steaks rubbed with Chef Steph's special Amarillo Seasoning of chili powder, smoked paprika, cumin, and other Southwestern seasonings, then grilled to perfection.

Nacho Burgers

Grilled ground beef burgers served on burger buns topped with fresh tomato salsa, Monterey Jack cheese sauce, blue corn tortilla chips, and pickled jalapeno slices.

Grilled Skirt Steak with Green Sriracha

Grilled skirt steak served with a fresh sauce of mild green poblano chile peppers roasted and pureed with serrano peppers, garlic, ginger, ginger, turmeric, finely-shredded coconut, basil, mint, chives, cilantro, lime, lemongrass and olive oil. The Green Sriracha Sauce cannot be frozen and should be eaten within 3-5 days.

Agrodolce Meatballs

Ground beef and ground pork mixed with bread crumbs, eggs, pine nuts, dried currants, capers, and scallions, shaped into meatballs which are pan-seared, and then simmered in a pan-reduction sauce of balsamic vinegar, chicken stock, a dash of sugar, and scallions.

Steak Burritos with Cilantro-Lime Yogurt

Slices of spice-rubbed skirt steak seared in a pan and mixed together with sautéed onions, red bell peppers, baby spinach, brown rice, black beans, salsa, and cheddar

cheese, then piled into a large flour tortilla, wrapped up and baked in the oven to crisp it, and served with Cilantro-Lime Yogurt.

Asian Sloppy Joes

Ground beef and ground pork simmered with hoisin sauce, tomato puree, lime, red onion, celery, garlic, ginger, and Asian chile sauce, and served on burger buns.

Southeast Asian Rib Eye Steaks

Rib eye steaks marinated in a paste of dry mustard, brown sugar, anchovies, onion powder, garlic powder, ginger, white pepper and water, and grilled.

Meatball Subs

Italian meatballs in marinara sauce served on hoagie rolls and topped with mozzarella, Asiago, and Parmesan cheeses.

Grilled Rib Eye Steaks with Mushrooms and Fish Sauce

Grilled rib eye steaks with sautéed mushrooms and shallots seasoned with Asian fish sauce, tarragon, and chives.

Hungarian Skillet Dinner

Ground beef simmered with onions, red bell peppers, garlic, paprika, thyme, tomato paste, beef stock, Worcestershire, finished with sour cream, and served over egg noodles.

Pork

Brazilian Pork Roast

Pork shoulder bursting with flavor from a slow braise in the oven with crushed tomatoes and coconut milk, onions, bell peppers, garlic, cilantro, lime and spices.

Pork Chops with Pineapple Pan Sauce

Pan-seared pork loin chops and pineapple chunks coated with a pan sauce of pureed apricot preserves, pineapple juice, orange juice, Dijon mustard, ginger, curry powder, and thyme.

Braised Pork with Coconut Milk

Chunks of pork shoulder cooked slowly until tender in coconut milk with garlic, jalapenos, Asian fish sauce, and cilantro.

Pork Ribs in Tomatillo Sauce

A Puebloan dish of individual caramelized pork ribs braised slowly in a reduced sauce of pureed tomatillos, water, onions, jalapenos, cilantro, garlic, oregano, and finished with some diced zucchini.

Asparagus and Ham-Stuffed Baked Potatoes

Baked russet potatoes with the insides scooped out and mashed with sour cream and chives, folded together with diced ham, asparagus, and Swiss cheese, and stuffed back into the potato and sprinkled with more Swiss cheese.

Pork Shoulder and Cocoa Sugo

Pork shoulder braised in the oven with onion, carrots, celery, garlic, cocoa powder, tomato paste, white wine, chicken stock, rosemary, sage, then the pork is pulled into large shredded pieces and the braising ingredients are pureed into a smooth sauce, finished with mint and parsley, and served over egg noodles or brown or white rice.

Ribs with Hot-Pepper-Jelly Glaze

Baby back ribs rubbed with ground coriander, brown sugar, chile powder, orange peel, garlic and onion powder, roasted slowly in the oven and glazed with a sweet and spicy glaze of hot red pepper jelly, white miso, lemon juice, Sriracha, and sprinkled with sesame seeds and chopped scallions.

Other Meats

Grilled Lamb Chops with Peperonata

Grilled lamb chops with sliced red and yellow bell peppers and onions stewed together with garlic, golden raisins, capers, white wine vinegar, water, and a dash of sugar.

Roasted Zucchini and Lamb Noodle-less Lasagna

Layers of thinly-sliced roasted zucchini or eggplant, a meat sauce of ground lamb, crushed tomatoes, red wine, onion, carrots, garlic, oregano, cinnamon, clove, and ricotta cheese filling with oregano, parsley, garlic, nutmeg, feta cheese, and egg, topped with Parmesan and feta cheeses and baked in the oven.

Lamb Shepherd's Pie with Cauliflower Mash

A savory English pie of ground lamb in a gravy with onion, celery, carrot, tomato paste, Worcestershire, tarragon, and flour, topped with mashed cauliflower and a little Parmesan cheese, and baked in the oven.

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.

Lemon and Rosemary Panko-Crusted Veal Chops

Veal rib chops dredged in flour, eggs, and panko breadcrumbs seasoned with lemon zest and fresh rosemary, then pan-seared and baked in the oven.

Seafood

Pesce all'Acqua Pazza (Fish in Crazy Water)

A classic Italian dish of chopped fresh tomatoes, olive oil, garlic, crushed red pepper, parsley, and lots of water, reduced into an intensely-flavored poaching broth/sauce for red snapper filets (or your favorite fish).

Blackened Fish with Creamy Cole Slaw

Your favorite fish blackened with Cajun seasonings and served with a creamy cole slaw of shredded cabbage, carrots, green onions, parsley, mayonnaise, cider vinegar, honey, celery seed, mustard, and cayenne. This entrée should not be frozen and should be eaten within 3 days.

Brazilian Fish Stew

Pieces of your favorite white fish in a zesty, traditional, Brazilian fish stew with coconut milk, lime juice, tomatoes, fish stock, onions, green bell peppers, garlic, jalapenos, and cilantro.

Snapper in Chile-Lime Sauce

Pan-seared snapper filets with a Mexican green sauce of pureed green tomatillos, lime juice, onion, jalapenos, cilantro, garlic, and olive oil.

Cod with Tomato Cream Sauce

Cod filets (or your favorite fish) steamed and served with a smooth sauce of tomato puree, basil, shallots, garlic, white wine, and finished with a little cream.

Shrimp Rolls

A take on the New England lobster roll, this one includes poached shrimp mixed into a cold salad with mayonnaise, celery, lemon juice, tarragon, and chives, and served in hot

dog buns with mâche salad greens. This item should not be frozen and should be eaten within 2 days.

Halibut with Rustic Pesto

Halibut filets topped with hand-chopped basil, parsley, garlic, pine nuts, Parmesan cheese, and olive oil and roasted in the oven.

New England Codfish Cakes

Cod filets steamed and flaked into a mixture of mashed potatoes, scallion, Dijon mustard, parsley, Worcestershire, and egg, formed into patties, dredged in flour and pan-fried, then served with homemade Tartar Sauce.

Shrimp with Citrus-Herb Sauce

Pan-seared large shrimp with a pan sauce of white wine, orange and lemon juices, capers, garlic, scallions, anchovies, basil and chives.

Honey and Soy-Glazed Salmon

Salmon filets roasted in the oven and served with a glaze of honey, soy sauce, lime juice, Dijon mustard, ginger, and sesame oil.

Halibut with Roasted Cherry Tomatoes

Halibut coated with a light layer of Parmesan, mayo, and herbs, topped with oven-roasted cherry tomato halves and herbs, and baked in the oven.

Pasta

Pasta with Summer Garden Sauce

A refreshing tomato sauce with diced zucchini, yellow squash, red bell peppers, carrots, onions, garlic, basil, rosemary, parsley, and red wine, served over pasta with Parmesan cheese.

Chicken Parmesan Meatballs and Spaghetti

Giant meatballs of ground chicken, breadcrumbs, milk, and Italian seasonings, stuffed with cubes of mozzarella cheese, breaded in Italian breadcrumbs, fried in a pan and finished in the oven, then served with homemade marinara sauce over spaghetti noodles.

Lasagna alla Bolognese

A ricotta-cheese free traditional version of lasagna from Bologna – this one has a Bolognese sauce of ground beef, ground pork, onions, carrots, celery, garlic, red wine, tomato paste, tomatoes, thyme, parsley, and bay leaves, layered with lasagna noodles, Parmesan cheese, and a creamy béchamel sauce of milk, butter, flour, garlic, and nutmeg.

Pasta with Fresh Corn Pesto

Corn cut from the cob and made into a creamy (without the cream) pesto of pureed corn, pine nuts, olive oil, Parmesan, garlic, and crushed red pepper, folded into pasta along with bacon pieces, basil, and corn kernels.

Penne with Beef and Red Cabbage

Ground beef and chopped red cabbage cooked until mild and tender (and virtually undetectable to children) in a tomato sauce with a dash of cream, seasoned with red onion, carrots, garlic, herbs, and tossed with penne pasta and parmesan cheese.

Conchiglie alla Caprese (Pasta Shells with Mozzarella, Tomatoes, and Basil)

This take on the popular Italian caprese salad can be served at room temperature as a pasta salad or heated. Pasta shells tossed with fresh bocconcini (small mozzarella balls) and a sauce of halved cherry tomatoes marinated with olive oil, basil leaves, a little anchovy, capers, and crushed red pepper.

Zucchini and Cheddar Pasta Bake

A reinvention of one of the chef's favorite childhood dishes - ground beef cooked into a tomato sauce with diced zucchini, onions, green pepper, chopped mushrooms, garlic and herbs, tossed with egg noodles and cheddar cheese, then topped with more cheddar and baked in the oven.

Pasta with Bacon and Onions

A tomato sauce flavored with pieces of good thick-cut bacon and sautéed onion slices, white wine, basil, Parmesan, crushed red pepper, and garlic, and served with your favorite pasta.