

Favorites Menu

Chicken

Chicken Stuffed with Manchego and Mushrooms

Boneless, skinless chicken breasts filled with a mixture of sautéed, finely-chopped mushrooms, shallots, thyme, and Manchego cheese, pan-seared and roasted in the oven.

Southwestern Lime Chicken with Ancho Chili Sauce

Boneless chicken breasts or thighs marinated in a Southwestern lime, herb and spice marinade and grilled, then topped with a slice of Monterey Jack cheese and served with an ancho chile-herb mayonnaise sauce.

Chicken with Minty Green Curry Sauce

Diced chicken cooked into a yogurt curry with pureed cilantro, mint, scallions, chile peppers, ginger, garlic, onion, lime juice, garam masala, and spices.

Chicken Biscuits

Boneless, skinless chicken breasts, marinated in seasoned buttermilk, then dipped in a seasoned flour, fried until crispy, and served on homemade buttermilk biscuits with a drizzle of honey.

Naked Chicken Parmesan

Chicken breasts coated with rosemary, thyme, and parsley olive oil and pan-seared, then topped with a delicious homemade tomato sauce, mozzarella and Parmesan cheese and baked until the cheese is melted.

Chicken Parmesan with Butter-Roasted Tomato Sauce

Chicken cutlets coated in herbed breadcrumbs and parmesan and fried, then topped with a rich roasted tomato sauce flavored with butter, garlic, anchovies, and crushed red pepper, and mozzarella and parmesan cheeses.

Chicken Cordon Bleu Burger

Ground chicken seasoned with thyme and chives, formed into patties stuffed in the middle with chopped ham and Swiss cheese, then grilled and served on a hamburger bun with baby spinach and a Dijon-Herb Mayonnaise.

Chicken with Sage Brown Butter Sauce

Thinly sliced chicken cutlets dredged in flour and pan-seared and served with a sauce of browned butter, sage, shallots, and a splash of lemon.

Chicken Tetrazzini

Cubes of poached chicken breasts with sliced mushrooms, onions, carrots, and peas in a creamy sauce of sherry, chicken stock, milk, Parmesan cheese, thyme, parsley, nutmeg, butter and flour, mixed with egg noodles and poured into a casserole, topped with Parmesan and bread crumbs and baked in the oven.

Chicken and Shrimp Gumbo

A thick Cajun stew of diced chicken breasts, shrimp, and andouille sausage in a chicken stock base with onions, green peppers, celery, and garlic sautéed in a dark roux of oil and flour, seasoned with Cajun seasonings, and finished with filé powder (ground sassafras) and a sprinkling of green onions and parsley. Served over rice, this is a complete meal with no additional side dish.

Chicken Enchiladas with Red Chile Sauce

Chicken with spices, onions, garlic, cilantro, jalapenos, and cheese and tucked into corn tortillas, topped with red chile tomato sauce and cheese and baked until golden. Can be made with ground turkey or beef, too.

Homestyle Chicken Pot Pie

The ideal comfort food with tender chunks of chicken, mushrooms, carrots, onions, peas, celery and herbs in a creamy gravy, and topped with a flaky herb dill biscuit.

Chicken Burritos with Cilantro-Lime Yogurt

Diced chicken breast sautéed with chopped onion, mild Poblano peppers, red bell peppers, baby spinach, black beans, white rice, chipotle salsa, and queso blanco cheese (white Mexican cheese), then piled into a large flour tortilla, wrapped up and baked in the oven to crisp it, and served with Cilantro-Lime Yogurt.

Oriental Chicken with Vegetables

Diced chicken breasts stir-fried with sliced mushrooms, red bell pepper, carrots, green onions, ginger, and garlic, in a sauce of soy sauce, oyster sauce, chicken stock, rice vinegar, cornstarch and sugar.

Chicken Tinga Tacos

Shredded chicken thighs braised in the oven with a pureed sauce of tomatoes, chipotle peppers in smoky adobo sauce, chicken stock, onion, and garlic, tossed with cilantro and scallions, and served in corn or flour tortillas with crumbled Cotija cheese.

Southern Comfort Chicken and Dumplings

Pieces of chicken breast poached with onions, carrots, celery, and seasonings, in a broth with long strips of dumplings made from flour, water, and non-hydrogenated vegetable shortening.

Cardamom Chicken Curry

Chunks of chicken thighs (or breasts) marinated in yogurt seasoned with green cardamom, chile powder, and turmeric, then cooked into a curry with sautéed onions, ginger, garlic, Serrano peppers, green and black cardamom, and cinnamon stick, finished with cilantro and served over basmati rice.

Bowtie Pasta Salad with Chicken

Bowtie pasta tossed with baby arugula, poached, shredded chicken, toasted pine nuts, cranberries, yellow peppers, cucumbers, cherry tomatoes with homemade ranch dressing. This is a fresh service item and should be eaten within 3-5 days.

Chili-Pecan Popcorn Chicken with Creamy Ranch

Chunks of chicken breasts dredged in flour, eggs, and dipped into a coating of Panko, ground pecans, and chili powder, then baked in the oven and served with a homemade ranch dressing dip of buttermilk, mayo, and seasonings.

Moo Shu Chicken Wraps

Ground chicken stir-fried with onions, ginger, garlic, shiitake mushrooms, water chestnuts, shredded carrots, soy and fish sauce, sherry, and thickened with cornstarch, then served in a butter lettuce leaf, topped with hoisin sauce.

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.

Lemon Chicken Scaloppini in Pine Nut Parmesan Crust

Thinly cut halves of chicken breast breaded in panko bread crumbs, lemon zest, basil, Parmesan cheese and pine nuts and sautéed until golden.

Mediterranean Chicken Salad

Romaine lettuce with poached chicken breast, diced red bell pepper, grated carrots, cucumbers, thinly sliced shallots, Kalamata olives and feta cheese, and served with Parmesan Balsamic Vinaigrette. This is a fresh service item which can not be frozen and should be eaten within 3-4 days.

Chicken Saltimbocca

Chicken rolled up with prosciutto, spinach, and fresh Parmesan cheese inside and cooked in a light lemon chicken stock sauce.

Chicken with Ground Cashews

Chicken breasts pounded thin, dredged in flour and pan-seared, then served with a thick sauce of finely ground cashews, shallots, garlic, thyme, chicken stock and honey.

Chicken Piccata

Chicken breast cutlets dredged in flour, pan-seared in olive oil and butter, and coated in a refreshing lemon, white wine, and caper sauce.

Porcini-Dusted Chicken Scaloppine

Chicken breasts dusted with the delicate flavor of ground, dried porcini mushrooms, then pan-seared and served with a white wine, chicken stock and sour cream sauce with wild mushrooms.

Deceptively Delicious Chicken Nuggets (with Broccoli or Carrot Puree)

Chicken tenders cut into nugget size then dipped in egg mixed with either pureed broccoli or carrot (your choice), then breaded with Panko breadcrumbs, flaxseed meal, grated Parmesan cheese, paprika, garlic powder, and onion powder, and baked in the oven until crispy.

Murgh Makhani (Butter Chicken)

A classic Indian favorite - pieces of broiled Chicken Tikka Masala cooked into a creamy tomato and spice curry, served with basmati rice.

Chicken Provençal

A classic French country dish of chicken thighs braised in a tomato sauce with garlic, white wine, Niçoise olives, capers, basil, and a few minced anchovies (optional).

Turkey

Turkey and Pancetta Meatballs with Roasted Red Pepper Tomato Sauce

Meatballs of ground turkey, chopped pancetta, shallots, garlic, breadcrumbs, egg, and rosemary cooked into a smooth sauce of roasted red bell peppers, roasted garlic, fire-roasted tomatoes, shallots, and rosemary.

White Cheddar and Cranberry Turkey Burgers

Ground turkey burgers seasoned with chives and thyme, stuffed in the middle with white cheddar cheese and finely chopped dried cranberries, grilled, and served on burger buns with baby spinach and Dijon-Herb Mayo.

Lemon-Rosemary Turkey Meatballs

Meatballs of ground turkey, breadcrumbs, rosemary, lemon zest, onion, garlic, and Parmesan cheese, browned and cooked into a velvety sauce of white wine, chicken stock, lemon juice, and rosemary.

Turkey and Zucchini Sloppy Joes

Ground turkey simmered with small diced zucchini, carrots, tomato sauce, ketchup, onions, garlic, molasses, cider vinegar, Worcestershire, and spices, then piled onto Kaiser rolls and topped with white cheddar cheese.

Turkey Apple Meatballs in Honey Mustard Sauce

Ground turkey, sautéed onions, diced Granny Smith apples, thyme, egg, and breadcrumbs formed into meatballs and seared in a pan, then served with a sauce of white wine, honey, Dijon mustard, and apple cider vinegar.

Turkey Italian Sausage, Peppers, and Onions

Delectable mild turkey Italian sausages, red bell peppers and onions sautéed up with herbs, tomatoes and Marsala wine for a great flavor combination to be either served on a hoagie or eaten from a bowl.

Turkey Meatball Stroganoff

Turkey meatballs cooked into a thick mushroom sauce with a hint of dill and served over buttered egg noodles, topped with a dollop of sour cream.

Turkey Pot Pie

Bite-sized pieces of turkey cooked into a sauce of sautéed onions, carrots, mushrooms, peas, celery, herbs, butter, flour, and turkey broth, then topped with a piecrust and baked in the oven until golden.

Turkey Patties with Apple, Shallot, and Cider Cream Sauce

Seared patties of ground turkey mixed with pureed apples and shallots with a pan sauce of hard cider and cream (or milk, rice milk, soy milk, etc...).

Honey-Mustard Turkey Burgers

Ground turkey breast mixed with a coarse-grain mustard and honey mixture and chives, formed into burgers and grilled, then served with more of the honey-mustard mixture on hamburger buns, with lettuce and tomato.

Turkey Meatballs in Barbecue Sauce

Ground turkey mixed with breadcrumbs, egg, garlic, and spices, formed into meatballs and seared in a pan, then cooked into a homemade barbecue sauce of sautéed onions, tomatoes, ketchup, brown sugar, molasses, vinegar, and seasonings.

Beef

Short Ribs Provençale

Beef short ribs braised slowly with red wine, beef stock, tomatoes, onion, carrots, celery, garlic, herbs de Provence, and finished with basil, and parsley.

Cowboy Steak and Whiskey Butter

Ribeye steaks coated in chile powder, chipotle chile powder, smoked paprika, and sugar, then grilled and topped with a pat of whiskey butter – butter flavored with good bourbon, minced shallots, Dijon mustard, Worcestershire sauce, and parsley.

Beef Enchiladas with Red Chile Sauce

Ground beef with onions, garlic and spices and mixed with cilantro, jalapenos, and cheese and tucked into corn tortillas, topped with red chile tomato sauce and cheese and baked until golden.

Beef Tenderloin Medallions with Port and Chestnut Sauce

Thin medallions of beef tenderloin seared in a pan then dressed with a sauce of reduced port, beef stock, demi-glace, diced chestnuts, rosemary, onions and garlic, and sprinkled with fresh chives.

Individual Honey-Mustard Meatloaves

Ground beef mixed with white cheddar cheese, shredded zucchini, shallots, breadcrumbs, egg, and Worcestershire, formed into individual mini-meatloaves, coated with a honey-mustard and ketchup mixture, sprinkled with white cheddar and baked.

Boeuf Bourgiugnon (Beef Burgundy)

Chunks of beef chuck stewed with red wine, beef stock, onions, carrots and mushrooms, and herbs.

Meatball and Orzo Soup

Little meatballs of ground beef, breadcrumbs, and seasonings cooked into a chicken stock soup with orzo pasta, onions, celery, carrots, garlic, tomato paste, and herbs.

Beef Tenderloin with Cilantro-Wine Sauce

Filet mignon steaks with a pureed pan sauce of red wine, beef stock, cilantro, tomato, onion, garlic, chile pepper, red wine vinegar, cumin, oregano, bay leaves, cloves and finished with a pat of butter.

Steak Burritos with Cilantro-Lime Yogurt

Grilled, spice-rubbed flat iron steak mixed together with sautéed onions, red bell peppers, baby spinach, brown rice, black beans, salsa, and cheddar cheese, piled into a large flour tortilla, wrapped up and baked to crisp, and served with Fire-Roasted Salsa and sour cream or Greek yogurt.

Beef Stew with Chestnuts

Beef stew meat cooked slowly with chestnuts, onions, garlic, carrots, celery, potatoes, tomato paste, beef stock, and red wine.

Beefaroni

For the kid in everyone, ground beef in tomato sauce with Italian seasonings, carrot puree, cheddar cheese and macaroni.

Thai Grilled Skirt Steak

Skirt steak marinated in soy sauce, sesame oil, ginger, garlic, cilantro, ground peanuts, scallions, brown sugar, lime juice and chile oil, then grilled, sliced and served with the marinade simmered with chicken stock.

Grilled Balsamic Flatiron Steak with Peppers and Mushrooms

Flatiron steak marinated in a puree of balsamic vinegar, olive oil, garlic, and thyme, then grilled, sliced, and served with sautéed red bell peppers and mushrooms seasoned with balsamic vinegar and chives.

Barbecued Meatloaf

Ground beef mixed together with sautéed onion, celery, carrots, and garlic, bread crumbs, egg, barbeque sauce, and seasonings, formed into an oval loaf, and topped with homemade barbeque sauce.

Sophisto Joes

A more debonair version of the traditional Sloppy Joe with ground beef chuck simmered with tomatoes, red wine, onion, garlic, butter, carrot, celery, and seasonings, then served on a Kaiser roll.

Cincinnati Chili

A unique chili of ground beef, onion, garlic, tomato, cinnamon, chocolate, cumin, chili powder, allspice, vinegar, and Worcestershire sauce, served over spaghetti whichever way you'd like it!

3-Way – spaghetti noodles, chili, cheddar cheese

4-Way – spaghetti noodles, chili, cheddar cheese, onions

5-Way – spaghetti noodles, chili, cheddar cheese, onions, kidney beans

6-Way – spaghetti noodles, chili, cheddar cheese, onions, kidney beans, sour cream

Spaghetti and Meatballs

Italian meatballs of ground beef, breadcrumbs, garlic, egg, Parmesan, and herbs, browned and cooked into a marinara sauce and served over spaghetti noodles.

Beef Ragout with Chestnuts, Port and Orange

Beef stew meat coated in flour and browned in a pan, then cooked slowly with sliced onions, stock, balsamic vinegar, orange zest and juice, port, redcurrant jelly, and chestnuts.

Swedish Meatballs

Ground beef and pork mixed with breadcrumbs, onion, egg, and seasonings to form meatballs which are browned and served in a beef stock and sour cream gravy over egg noodles.

Beef Bulgogi (Korean Fire Meat)

Thinly sliced beef with onion quarters, scallions, and garlic marinated in an Asian sauce and stir-fried, then served over white rice.

Chipotle Lime Flank Steak

Flank steak marinated in a chipotle, lime, honey marinade with spices, grilled to desired doneness, sliced into thin strips and topped with the spicy marinade reduction sauce.

Meatball Subs

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

Filet Mignon with Balsamic Syrup

Pan-seared beef tenderloin steaks sprinkled with goat cheese and broiled to melt then drizzled with a sweet balsamic reduction sauce.

Moroccan Braised Beef

Chunks of beef chuck roast braised with Moroccan spices, onions, carrots, tomatoes, dried apricots and raisins in a red wine and beef broth sauce and served over couscous.

Shepherd's Pie

Traditional British pie filled with ground beef, peas, carrots, and onions in brown gravy, with a mashed potato topping and baked in the oven.

Filet Mignon with Port-Rosemary Sauce

Pan-seared filet mignon steaks with a sauce of shallots, red wine, ruby port wine, beef stock, rosemary and butter.

Oven-Roasted Beef Brisket

Beef brisket rubbed with chili powder, garlic powder, onion powder, sugar, dry mustard, bay leaf, then roasted long and slowly in the oven with beef stock until tender, sliced and served with pan juices.

Meatballs in Tomato Sauce (Keftedes me Saltsa Domata)

Greek-style oval-shaped meatballs of ground beef (or lamb), mint, oregano, cinnamon, nutmeg, red onion, egg, milk, and breadcrumbs, dusted in flour and pan-fried with a smooth sauce of tomatoes, beef stock, garlic, lemon juice, oregano, cinnamon, nutmeg, and parsley.

Pork

Pork Tenderloin with Apple-Onion Marmalade and Bacon

Pan-seared pork tenderloin served with an apple cider pan reduction sauce and a fresh marmalade made from sautéed sweet onions, sliced apples, cumin seeds, and apple cider vinegar, topped with crumbled bacon.

Korean Kalbi Baby Back Ribs

Tender, oven-roasted baby back ribs glazed with flavor-packed Korean sauce of soy sauce, brown sugar, honey, ginger, garlic, onion, sesame oil, rice vinegar, and sesame seeds.

Barbecued Pulled Pork

Pork shoulder roasted slowly in the oven, then shredded and simmered with homemade barbecue sauce, and served on burger buns.

Country Ham Biscuits

Cheddar and chive buttermilk biscuits filled with a mixture of finely-chopped ham and Dijon mustard butter.

Tuscan Baby Back Ribs

Baby back pork ribs rubbed with chopped garlic, rosemary, thyme, sage, ground fennel, and olive oil, and roasted slowly in the oven with white wine and bay leaves until tender and flavorful.

Rosa di Parma

Pork tenderloins butterflied open and layered with prosciutto, Parmesan cheese, chopped sage, garlic, and rosemary, rolled up and coated with olive oil mixed with more of the herb-garlic mixture and roasted in the oven, then sliced to serve.

Thai Ground Pork Lettuce Wraps

Ground pork sautéed with shallots, garlic, and jalapenos, then tossed with cilantro, mint, basil, chopped peanuts, and a lime dressing of lime juice, fish sauce, brown sugar, and Sriracha chile sauce, and served in lettuce leaves.

Barbecued Baby Back Ribs

Baby back ribs rubbed with an 8-spice blend and brushed with homemade barbecue sauce, then wrapped in foil and roasted slowly in the oven until the meat falls from the bones, and served with more barbecue sauce.

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.

Vietnamese Glazed Skinny Pork Chops

Thin-cut pork chops marinated in a mixture of fish sauce, honey, garlic, and shallots, and broiled in the oven until caramelized.

Pork Tenderloin with Thyme-Infused Honey and Balsamic Pan Sauce

Pork tenderloin pieces cooked in a honey, thyme, balsamic vinegar, and chicken stock sauce.

Asian-Style Meat Loaves

Individual meatloaf patties of ground pork and ground turkey mixed with red bell pepper, water chestnuts, green onions, crushed rice crackers, ginger and Asian seasonings, glazed with hoisin sauce and baked in the oven.

Pork with Thai Green-Chile Sauce

Pork tenderloin marinated in hoisin, orange juice, ginger, honey, black bean sauce and fish sauce until full of flavor and then cooked, sliced and served with a refreshing sauce of garlic, chili peppers, sugar, lime and fish sauce and garnished with cilantro.

Roast Pork Loin Stuffed with Rosemary, Bacon, and Onions

Pork loin stuffed and roasted with rosemary, bacon, onions, garlic, and bread cubes.

Roquefort-Stuffed Pork Chops

Pork chops stuffed with a mixture of breadcrumbs, mushrooms, herbs and Roquefort cheese, sautéed in a pan then baked until done.

Herbed Pork Rib Roast

Tender and juicy bone-in pork rib roast rubbed in a mixture of chopped rosemary, thyme, and garlic, and roasted to tender perfection in the oven, and sliced into individual portions.

Indonesian Pork Roast with Coconut

Pork loin roast braised in an intensely-flavored, Indonesian coconut milk sauce with pureed onion, garlic, ginger, soy sauce, and molasses.

Other Meats

Lemon-Rosemary Lamb Chops Milanese

Lamb rib chops pounded thin and coated in bread crumbs seasoned with lemon zest, rosemary, and garlic, fried until crispy, and served with a fresh squeeze of lemon.

Lamb Shawarma with Tahini-Yogurt Sauce

Thinly-sliced lamb shoulder and sliced onion marinated in lemon, garlic, cumin, oregano, and olive oil, sautéed until tender and browned, and served with pita bread, lettuce, tomatoes, and a creamy sauce of Greek yogurt, tahini, mayo, garlic, and lemon.

Wine-Braised Lamb Shoulder Chops with Figs

Lamb shoulder chops braised slowly with dried figs, carrots, tomatoes, onions, and garlic, in red wine and chicken stock with Indian spices.

Lamb and Eggplant Pastitsio

This classic Greek pie is made with a bottom layer of ground lamb cooked into a tomato sauce with eggplant, cinnamon, oregano, and topped with penne pasta coated in a delicious feta cheese sauce and baked until fluffy and golden.

Moroccan-Style Meatballs with Yogurt Sauce

Ground lamb mixed with breadcrumbs, garlic, mint, parsley, cumin, cinnamon, shallots, and eggs, formed into meatballs, baked, and served with a sauce of yogurt, tahini, lemon, garlic, paprika, and mint.

Lamb and Zucchini Kebabs

Cubes of lamb marinated in Greek yogurt seasoned with paprika, cumin, allspice, garlic, and olive oil, threaded onto skewers with zucchini, and broiled or left for you to grill.

Lamb Korma

A mild Indian dish of lamb stew meat browned and cooked with onions, garlic, ginger, turmeric, coriander, cardamom, cloves, cumin, cinnamon, and paprika, finished with some plain yogurt, ground almonds, and lemon juice.

Lamb Chops with Pomegranate Red Wine Sauce

Pan-seared lamb loin chops with a pomegranate, red wine, chicken stock sauce.

Grilled Lamb Chops

Loin lamb chops rubbed with garlic, rosemary, and thyme and seared on the grill.

Greek Buffalo Burgers

Ground buffalo mixed with chopped spinach, feta cheese, dill, oregano, garlic, and cumin, formed into burgers, grilled, and served on buns with a yogurt sauce of Greek yogurt, lemon, dill, mint, chives, and chopped cucumbers.

Feta and Sun-Dried Tomato Bison Burger

Ground buffalo mixed with finely-chopped sun-dried tomatoes, garlic, and feta, formed into burgers, grilled, and served on buns with lettuce and tomatoes.

Veal Parmesan

A classic Italian-American favorite of veal cutlets coated with Parmesan breadcrumbs and pan-fried, then topped with marinara sauce, and mozzarella and Parmesan cheeses.

Calf's Liver with Bacon, and Onions

Lightly breaded calf's liver topped with deep golden brown onion slices, thick-cut bacon, and red wine sauce.

Livi's Calves Liver

Calves liver that is pan-seared and then served with a sauce of chicken stock, sherry, a little redcurrant jelly, and finished with some sour cream and parsley.

Duck Breasts with Orange Chipotle Sauce

Pan-seared Muscovy duck breasts, sliced, and served with a smoky orange, maple and chipotle chile sauce.

Seafood

Grilled Shrimp with Orange and Tequila

Grilled shrimp coated in a pan-reduction sauce of tequila, orange juice, chipotle pepper, shallots, garlic, cilantro, and butter.

Oat-Crusted Tilapia

Tilapia filets dredged in flour, egg, then breaded with ground oats seasoned with garlic, paprika, and basil, and pan-fried.

Venetian Shrimp and Scallops

Seared sea scallops and lightly poached shrimp in a sauce of white wine, chicken stock, diced tomatoes, saffron, basil, lemon zest, shallot, and garlic.

Salmon with Basil Tapenade

Salmon filets injected with dollops of black olive tapenade with fresh basil and lemon, pan seared and drizzled with a sauce of tapenade, basil, lemon, and olive oil.

Greek Shrimp with Tomatoes and Feta Cheese

Large shrimp cooked into a chunky sauce of sautéed shallots, garlic, chopped tomatoes, white wine, crushed red pepper, oregano, paprika, Greek feta cheese, and finished with a sprinkle of chopped mint.

Grilled Tuna Steaks with Citrusy Soy Sauce

Grilled tuna steaks served with a reduction sauce of soy sauce, mirin, shallot, jalapeno, orange juice, lemon juice, sugar, and coriander.

Brazilian Shrimp Stew

Large shrimp marinated in lemon and garlic and simmered into a Brazilian stew of pureed tomatoes, coconut milk, onion, green pepper, and cilantro.

Shrimp and Corn with Basil

Shrimp seared in a little butter along with fresh corn-off-the-cob, basil, scallions, crushed red pepper, and lemon juice.

Grilled Salmon with Green Goddess Sauce

Grilled salmon served with a cold, herb sauce of pureed parsley, chives, tarragon, mayo, buttermilk, garlic, lemon juice, and anchovies. The sauce should not be frozen and should be eaten within one week.

Sea Scallops with Butternut Squash Puree and Citrus Reduction

Pan-seared sea scallops with butternut squash puree and a smooth reduction sauce of orange juice, chicken stock, shallots, and thyme.

Blackened Fish Tacos

Mahimahi blackened with seasonings and served in corn tortillas with shredded red cabbage, fire-roasted salsa, and Cilantro-Lime Yogurt.

Salmon with Mango Pico de Gallo

Salmon seasoned with cumin and grilled, then served with a fresh salsa of mango, shallots, garlic, lime, cilantro, and spices.

Shrimp Creole

A Creole stew of shrimp with sautéed onions, celery, bell peppers, clam juice, tomatoes, garlic, herbs, and spices, served over rice.

Pan-Seared Scallops with Apple-Onion Marmalade and Bacon

Sea scallops seared in a pan, served with an apple cider pan reduction sauce and a fresh marmalade made from sautéed sweet onions, sliced apples, cumin seeds, and apple cider vinegar, and it is sprinkled with crumbled bacon.

Salmon with Roasted Summer Vegetables with Olives and Rosemary

Salmon roasted along with green beans, baby potatoes, cherry tomatoes, Kalamata olives, rosemary, and olive oil until deeply-flavored and delicious. This is a complete meal with no additional side dishes.

Barbecued Shrimp with Cheese Grits

A low-country meal of grilled shrimp served with homemade barbecue sauce and cheese grits made with cheddar cheese, butter, and a dash of cream. This is a complete meal with no additional side dishes.

Fish and Shellfish Cakes

Crab meat, diced halibut and sea scallop mixed together with sautéed diced onion, fennel, celery, breadcrumbs, mayo and herbs and formed into cakes, coated with breadcrumbs and fried in a pan until golden, then served with an herbed mayonnaise.

Shrimp Tacos with Tomatillo Salsa

Shrimp seasoned with cumin and grilled, then served in corn or flour tortillas with sliced celery seasoned with lime, shredded green cabbage and parsley, and a tomatillo salsa of pureed tomatillos, onion, garlic, cilantro, and jalapeno.

Seared Scallops with Roasted Tomatoes and Smashed White Beans

Sea scallops that are pan-seared and drizzled with lemon juice dressing, then served on a bed of smashed, flavorful cannellini beans and topped with pieces of roasted tomatoes and crispy prosciutto. This is a complete meal with no additional side dishes.

Grilled Shrimp and Vegetables with Pearl Couscous

Grilled shrimp, red onion wedges, and zucchini tossed with a fresh herb vinaigrette and served over a bed of wonderful pearl couscous flavored with saffron and the herb vinaigrette and all of it topped with a sprinkling of feta cheese for a beautiful melding of flavors. This is a complete meal with no additional side dishes.

Roasted Fennel and Red Onion Salmon

Pieces of fennel, red onions, whole cherry tomatoes, garlic, and seasonings roasted in the oven along with the salmon sprinkled with lemon juice.

Salmon with Israeli Couscous and Slow-Roasted Tomatoes

Roasted salmon served over Israeli pearl couscous, covered with intensely-flavored, slow-roasted tomatoes with lemon oregano oil, and topped with Kalamata olives. This is a complete meal with no additional side dishes.

Halibut Baked with Tomatoes, Capers and Herbs with a Feta-Crumb Crust

A medley of Mediterranean flavors burst in your mouth with this dish of chunky halibut, capers, fennel, onion, tomatoes and red wine, and topped with a crust of bread crumbs, toasted pine nuts and feta cheese.

Salmon Yakitori

Cubes of salmon marinated in a Japanese tare sauce of soy sauce, mirin, sake, and sugar, threaded onto skewers with green onions and broiled in the oven until caramelized.

Cod Chowder with Saffron and Fingerling Potatoes

Pieces of cod cooked into a delicious clam juice, saffron, and white wine-based chowder with a touch of cream to finish, with round slices of tender, buttery fingerling potatoes, bacon, and leeks.

Fish Sticks

Delicious for kids and adults, alike – slices of tilapia fish breaded with Panko breadcrumbs, crushed cereal and seasonings, and then baked in the oven.

Triple-Mustard Salmon

Salmon filets dipped in a mixture of Dijon mustard and dry mustard, then coated in yellow mustard seeds and toasted wheat germ and pan seared.

Pasta

Cheese Tortellini with Grilled Vegetables

Cheese-filled tortellini pastas and grilled zucchini, red bell pepper, asparagus, and yellow squash tossed together in a lemon-olive oil dressing with basil, scallions, feta cheese, and toasted pine nuts. This is a complete meal with no additional side dish.

Lemon-Basil Chicken and Pasta Primavera

Pan-seared, diced chicken, sautéed carrots, asparagus, peas, broccoli, mushrooms, shallots, and garlic in a light lemon and cream sauce with basil, lemon zest, parsley, and pine nuts, and tossed with pasta and Parmesan cheese. This is a complete meal with no additional side dishes.

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.

Orecchiette with Veal, Capers and White Wine

Little ear-shaped pastas tossed in a ragù of ground veal, capers, onion, garlic, rosemary, thyme, parsley, white wine, chicken stock, Parmesan cheese and a little butter.

Spaghetti and Mozzarella-Stuffed Meatballs

Meatballs of ground beef, pork and veal (or just beef), breadcrumbs, milk, egg, garlic, parsley, with a cube of mozzarella cheese tucked inside cooked into a marinara sauce with spaghetti noodles.

Beef Cannelloni

Pasta sheets rolled up and filled with a mixture of ground beef, onions, garlic, ricotta cheese, Parmesan cheese, egg, basil and parsley, then baked covered in marinara sauce with mozzarella and Parmesan cheeses.

Orecchiette with Chickpeas

“Little ear”-shaped pastas tossed in a sauce of chickpeas, tomatoes, garlic, onion, celery, carrots, crushed red pepper, and parsley.

The Cardinal's Ragu

First cooked for the cardinal of Imola in the 18th century, this is a tomato-less ragu of chopped skirt steak cooked with onion, cinnamon, butter, flour, and beef broth into what is a cross between a classic ragu alla Bolognese and a classic French brown sauce, and is served over your favorite pasta.

Gemelli with Potatoes, Green Beans, and Pesto

Pretty, twisted gemelli pastas with poached, sliced new potatoes and French green beans coated in a basil and pine nut pesto and finished with Parmesan cheese.

Baked Penne with Roasted Vegetables

Penne pasta tossed with roasted red bell peppers, zucchini, yellow squash, and onion, a marinara sauce, mozzarella, Fontina, and Parmesan cheese and peas and baked until bubbly.

Pasta Bolognese

A hearty milk and tomato-based meat sauce with ground beef, onions, carrots, and celery tossed with your favorite pasta and Parmesan and topped with additional Parmesan.

Classic Italian Lasagna

Layers of lasagna noodles with meat sauce and a filling of ricotta, Parmesan, and mozzarella cheeses with herbs, topped with more cheese, and baked until bubbly.

Pasta al Pesto

Spaghetti noodles tossed in a pesto sauce with basil, parsley, garlic, pine nuts, and Parmesan cheese.

Butternut Squash and Mushroom Lasagna

A decadent winter lasagna with layers of lasagna noodles, a baby bella mushroom and red onion mixture, a roasted butternut squash and herb mixture, and a ricotta cheese, mozzarella, Parmesan, and egg mixture, baked until golden and fluffy.

Spinach Lasagna Rolls

Lasagna noodles coated with a mixture of ricotta, mozzarella, Parmesan cheeses, and spinach, then the noodles are rolled up into spirals and coated with a tomato sauce, topped with additional cheese and baked.

Nutty Pasta Toss with Shrimp or Chicken

Shrimp or chicken breast pieces sautéed with onion, bell pepper and spinach in a light and wonderful Asian-flavored peanut sauce and poured over Chinese noodles.

Prosciutto Penne with Rose Sauce

A sinfully delicious tomato and cream pink sauce that smothers diced prosciutto, peas, and penne pasta, and is sprinkled with Parmesan cheese and fresh basil.

Mushroom Cannelloni

Finely-chopped, sautéed mushrooms mixed together with ricotta and Parmesan cheeses, garlic and herbs, rolled up in pasta sheets, surrounded by a rich sauce of tomatoes, red wine, mushroom stock, finely-chopped mushrooms carrots, shallots, rosemary, and topped with cheese to bake.

Spinach and Roasted Red Pepper Lasagna

Layers of lasagna noodles, spinach, roasted bell peppers, a ricotta cheese mixture with Parmesan, mozzarella, egg, and herbs, and marinara sauce, topped with mozzarella and Parmesan cheeses.