

Pampered Palates

Poultry

Fall 2015

Chicken Pomodoro - Chicken Cutlets, dusted in seasoned flour and sautéed, topped with a Vodka, Lemon and Tomato Cream Sauce

Moroccan Chicken - Chicken Pieces with bone, braised with Dates, Almonds and Moroccan Spices

Coq au Vin - Chicken simmered in Red Wine, Brandy, Mushrooms and Pearl Onions

Chicken Cordon Bleu - Chicken breasts rolled with a slice of Provolone and Ham (or Turkey Ham), in Bread Crumbs and fried until golden. Served with Alfredo Sauce

Chicken Marbella - Chicken pieces skin browned in a skillet then oven baked with Green Olives, Prunes, Capers and Garlic and White Wine

Turkey Meatloaf with Feta and Sundried Tomatoes - Ground Turkey formed into a loaf and studded with bits of Sundried Tomatoes and Feta

Chicken Parmesan - Breaded Chicken Breasts with Parmesan Cheese in a Marinara Sauce

Chicken Piccata - Chicken Cutlets sautéed in a White Wine and Lemon Sauce, finished with Capers

Chicken Marengo - Chicken Cutlets cooked with Mushrooms, diced Tomatoes and White Wine

Asian Plum Chicken - Chicken pieces seasoned with Soy Sauce and Garlic, baked with plums and scallions. Garnished with almonds & chopped scallions

Israeli Chicken - Chicken Breasts with a sauce of Apricot Nectar, Orange Juice, White Wine, Cumin, Raisins and Prunes

Chicken Cacciatore - Chicken sautéed with slivers of Red Bell Pepper, Onions, Mushrooms and Tomatoes, then simmered in White Wine

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

Chicken Pot Pie - An updated, homey treat.. instead of just White Potatoes, we add Sweet Potatoes and a touch of Apple. Topped with a lattice Puff Pastry crust

Cornish Game Hen with Peach Glaze - Cornish Hens rubbed with Herb d' Provence, topped with Peaches and finished with a Peach Glaze.

Chicken with Lemon and Artichoke Hearts - Chicken pieces with bone, baked with Lemon pieces, Artichoke Hearts and White Wine

Chicken Tangine with Apricots and Spiced Pine Nuts - Chicken breasts slowly simmered with Orange Marmalade and Cinnamon, topped with spiced Pine Nuts. Served with cranberry rice pilaf.

Chicken Bouillabaisse - Chicken Breasts browned and simmered with Leek, Fennel and Tomatoes in a White Wine and Saffron Broth, finished with a touch of Brandy and Orange Zest

Chicken and Shrimp Jambalaya - Chicken, Shrimp and Sausage with Tomatoes and mixed with Cajun Rice

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

Polynesian Chicken - Strips of Red and Green Bell Peppers, Onion, Carrots, Chicken and Pineapple in a Sweet-Sour Sauce

Chicken Veronique - Chicken Cutlets simmered with Mushrooms, White Wine and Grapes

Pampered Palates
Fish and Seafood
Fall 2015

Fish Du Jour - Salmon, Sword, Tuna, Barramundi or Scallops - Choose your style of preparation:

- Blackened with Citrus Butter
- Grilled with Diced Tomatoes and Curry
- Sautéed with Artichoke Hearts, Sundried Tomatoes and White Wine Butter
- Orange Ginger Miso Glaze with Pickled Ginger and Sesame Oil Glaze

Pistachio Basil Encrusted Tilapia - Tilapia with a pesto-like topping made with Pistachios

Orange Pecan Barramundi - Barramundi with a sweet & sour Mandarin Orange sauce, baked in the oven, garnished with chopped toasted Pecans

Psari Plaki - Filets of Fish layered with Tomato, Onion, Lemon and Ritz Crackers and baked until golden...an authentic Greek treat!

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

Mahi Mahi with Macadamia Crust and Fresh Salsa **PREMIUM**

Tilapia Veronique - Tilapia fillets dusted in flour and sautéed, topped with fresh Grapes baked briefly in a delicate Wine Sauce

Seafood Osso Buco - Assorted Fish and Seafood with freshly chopped Vegetables simmered in a light Tomato Sauce.

Sicilian Style Fish- Fish simmered with Tomatoes, Kalamata Olives, Capers, Pine Nuts and Raisins...an unusual blend of flavors and *very, very* Mediterranean!

Tuna Provencal - Tuna, Ripe Tomatoes, frying Peppers and Black Olives in a White Wine Sauce

Flounder Maryland - Flounder stuffed with Crab Imperial **PREMIUM**

Swordfish in Parsley Garlic Butter - Swordfish Steaks, pan-seared and topped with a Butter Sauce, kicked up with chopped Tomatoes and Jalapeños

Roasted Salmon in Lemon Oregano Oil - Roasted Salmon basted with a Lemon/Oregano/Basil oil, topped with slow-roasted Tomatoes, and served on a bed of Toasted Israeli Pearl Couscous

Barramundi with Fennel, Citrus and Chilies - Barramundi fillets with Fennel, Lemon, Orange pieces and Jalapeño Pepper baked in the oven and served au jus

Crab Imperial - Crabmeat baked with Mayonnaise, Tabasco, Roasted Red Pepper and Old Bay **PREMIUM**

Crab Cakes - Genuine Maryland Crab Cakes, no description needed **PREMIUM**

Shrimp Scampi - Large Shrimp sautéed in Olive Oil and Garlic Butter. Served over Pasta

Curried Shrimp - An unusual version...this one has the typical Red Bell Pepper and Onion but is spiked with Mint and Coconut Sauce. Served over White Rice

Scallops in Tomato Beurre Blanc - Sautéed Scallops with Garlic in a light Tomato, Sherry or Balsamic Sauce

Captain's Seafood Casserole - Assorted pieces of Fish and Seafood baked with Mushrooms, Bell Peppers, Onions and Rice in a White Sauce, topped with a Parmesan Bread Crumb Crust and baked

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Meat *Fall 2015*

Steak - You choose your style of preparation:

- Mushroom Gravy - Chopped Mushrooms in a Cream and Beef Gravy
- Florentine – on Creamed Spinach
- Diane - Sauce of Butter, Mustard, Lemon Juice and Worcestershire, topped with Chives
- au Poivre - Sauce of Black Peppercorns, Shallots and Cognac
- A la Oscar - With Crabmeat and Hollandaise Sauce **PREMIUM**
- Teriyaki - Sauce of Soy Sauce, Sake, Ginger, and Brown Sugar

Short Ribs

- Gottlieb's with Tomatoes, Onions and Green Peppers, cooked until very tender
- Guinness Stout - Brown Sugar, Stout slowly cooked with Vegetables
- Pie - cooked in Red Wine, Tomato Paste, Pearl Onions, topped with a lattice Puff Pastry Crust

Brisket

- Jewish - Brisket of Beef braised in a flavorful sauce, roasted with Onions, Carrots and Potatoes
- Southwestern Mango and Jalapeno - roasted with Dried Mango, Jalapeno Peppers, Red Onions, Red and Green Bell Peppers in a tangy-sweet sauce
- Brandy Peach Glaze

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 Onions, topped with an Asian Apple Glaze

Beef Stroganov - Beef Tenderloin with Mushrooms and Onions in a Sour Cream Sauce

Nana Sally's Stuffed Cabbage - Cabbage rolls stuffed with Ground Beef and Rice in a Sweet and Sour Tomato sauce. Served on bed of White Rice

Stuffed Green Peppers - Another favorite from Gottlieb's: Green Peppers filled with Ground Beef sautéed with Onions and Rice, baked in a slightly Sweet and Sour Tomato Sauce

Pork Tenderloin with Pomegranate Glaze - Pork tenderloin browned with a Pomegranate Glaze

Pork Scaloppini - Thinly sliced Pork Tenderloin, dredged in Flour and then simmered in a Sherry Sauce, finished with sliced Mushrooms

Lamb Stew - A hearty stew with chunks of Lamb, Potatoes, fresh Root Vegetables and Peas with just a hint of Orange

Guinness Beef Stew - Chunks of Beef, Potatoes and Carrots cooked in Guinness

Braciolo - Little rolls of Meat stuffed with fresh Herbs, Bread Crumbs and Cheese, pan seared and then roasted in a Marinara Sauce

Sauerbraten - Marinated Pot Roast with Red Wine, Onions, Carrots, Celery and Gingersnap Cookies

Beef Bourguignon - A succulent Beef Stew cooked slowly in a Red Wine and Tomato Sauce, surrounded by Carrots, Pearl Onions and Mushrooms

Meatballs and Chicken a la Catherine - Tiny Meatballs and Pieces of Chicken simmered in a Sweet and Sour Tomato Sauce. Served on White Rice

Flanken in the Pot Jewish Deli Style - Short Ribs or Brisket, Onion, Soup Stock and Matzo Balls with a dab of Horseradish

Vineyard Leg Of Lamb - Lamb marinated in Brandy and Sherry, roasted until crusty, then sliced and topped with Au Jus Gravy

Veal Osso Buco - Veal Shanks roasted in White Wine with diced Carrots, Celery & Onion **PREMIUM**

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Pasta

Gluten Free Available

Fall 2015

Pasta - Penne, Spaghetti, Linguini, Fettuccini, Angel Hair, Farfalle, Elbows, Perciatelli or Rigatoni.

You choose your style of preparation:

- Ragu Bolognese Sauce - Tomato sauce of ground veal, ground pork and diced Vegetables
- Vodka Sauce - with sausage or seafood
- Puttanesca - Olives, Garlic, Anchovies, Tomatoes, Capers
- Chicken and Mushrooms - Chicken cutlets, assorted Mushrooms, Tomatoes, Peas, Garlic in a Creamy Sauce
- Carbonara - Sauce of Pancetta or Bacon, Cream, Eggs and Parmesan, ground Black Pepper
- Creamy Tomato and Goat Cheese Sauce - Chopped fresh Tomatoes and Goat Cheese
- Eggplant Sauce - Eggplant, Tomatoes, Garlic and Parmesan
- Asparagus, Pistachios and Parmesan in a Cream Sauce
- Broccoli Pesto
- Plain Alfredo or Alfredo Blush Sauce with Mushrooms
- Primavera - Sautéed Assorted Vegetables
- Roasted Vegetables - Zucchini, Red Bell Peppers, Yellow Squash, Onions & Cremini Mushrooms in a Marinara Sauce with Peas and Cheeses
- Ponza - Red and Yellow Cherry Tomatoes, Capers and Pecorino Cheese. Topped with Bread Crumbs
- Sauce of Tomatoes, Fennel and Blue Cheese
- Tuna and Olives in Tomatoes and White Wine
- Meatballs in Marinara Sauce
- Salmon and Roasted Garlic

Lasagna

- Seafood - A variety of Fish and Seafood, layered with Tomatoes and Cheeses in Blush Sauce
- Meat - Lasagna noodles layered with Ground Beef and Cheeses, topped with Mozzarella and baked until cheese is melted & bubbly
- Vegetarian - Layers of noodles, Broccoli, Carrots, Onion, Bell Peppers, Mushrooms, Ricotta in a Tomato Sauce, topped with Mozzarella
- Creamy Chicken Pesto - Layers of noodles, Pesto, Chicken and Cheeses in an Alfredo Sauce

Lobster Macaroni and Cheese - This is the *real* Macaroni and Cheese kicked up to gourmet with the addition of Lobster. Made popular by the restaurant **French Laundry PREMIUM**

Spicy Roasted Vegetable Macaroni and Cheese - Macaroni with Broccoli Florets, Red Bell Pepper, Yellow Squash, Carrots and Garlic in a Sharp Cheddar Cheese Sauce. Topped with Panko Bread-crumbs and broiled

Manicotti or Shells with Crab and Ricotta Cheese - Manicotti or Jumbo Shells filled with a Creamy Crab and Ricotta mixture, topped with an Alfredo Sauce and Parmesan Cheese. **PREMIUM**

Cheesy Baked Tortellini - Stuffed Tortellini baked in a decadent creamy Marinara, topped with Mozzarella and Parmesan

Turkey Stuffed Shells - Shells stuffed with ground Turkey, Spinach and Cheese cooked in a Pasta Sauce and topped with Mozzarella

Pastitsio - Layers of Ziti Pasta, ground Lamb (beef may be substituted), Tomatoes and seasonings, topped with a Béchamel Sauce baked, then broiled

Pampered Palates
Vegetarian Menu
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Polynesian Tofu - Strips of Red and Green Bell Peppers, Onion, Carrots, Cubes of Tofu and Pineapple stir-fried in a Sweet-Sour Sauce

Broccoli & Ricotta Manicotti - Tubes with pureed Broccoli, Ricotta, Olives on Tomato Sauce with Pine Nuts

Mushroom Bolognese - Like Ragu Bolognese, but made with sautéed Mushrooms, Tomatoes and Garlic

Penne with Fennel and Blue Cheese - Penne with thinly sliced Fennel with Tomato Sauce and Blue Cheese

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

Spicy Peanut Stew - An African stew with Onions, Celery, Sweet Potato, Tomato, Chili Peppers, Acorn Squash, Cauliflower, Chilies and Peanut Butter. Served on a bed of Brown Rice, topped with chopped Peanuts and Jalapeño

Stuffed Acorn Squash - Acorn Squash stuffed with chopped Apples, Walnuts, Raisins and Herbed Stuffing, with a hint of Maple Syrup. Baked until gooey and wonderful

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

Vegetable Stew - Chunks of Onions, Potatoes, Carrots, Eggplant, Broccoli, Tomatoes, Zucchini and Mushrooms simmered together and topped with Feta and a dab of Molasses

Zuccanoes - Zucchini hollowed out to resemble canoes and then stuffed with Lentils, Tomatoes, Rice, Onions and Mushrooms, topped with Parmesan Cheese and baked

Black Bean Burgers - Slightly mashed Black Beans with Garlic, Soy Sauce and minced Onions, formed into patties, pan-fried and ready to be put into Potato Rolls with Wasabi Lime Mayonnaise and Arugula

Spicy Bean and Lentil Loaf - A puree of Celery, Carrots, Garlic, Lentils and Kidney Beans mixed with Cheddar Cheese formed into a loaf and baked.

Cheesy Beans - A hearty casserole of Beans, Tomatoes, Apples and Cheeses

Greek Vegetable Stew - Onions, Carrots, Potatoes, Broccoli, Eggplant, Mushrooms, Tomatoes and Zucchini simmered with Burgundy Wine topped with Feta Cheese and Dill

White Bean Burgers - Cannellini Beans mashed with Seasonings and Bread Crumbs, sautéed until a golden crust forms

Noodle Kugel (Sweet)- A baked 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. Served with Cherry Pie Filling on the side

Noodle Kugel (Savory) A baked casserole made with Egg Noodles, Spinach and Onion

Vegetable Stroganoff - Mushrooms, Onions, Assorted Vegetables in a Sour Cream-Yogurt Sauce over Egg Noodles

Mushroom Curry - A slightly sweet curry of Chopped Mushrooms, Onions, Unsweetened Coconut, Honey, Tomatoes and Apples, topped with sliced Almonds. Served over Rice

Ratatouille - Mediterranean Vegetable Stew of Onions, Bell Peppers, Eggplant, Tomatoes, Squashes, Garlic and Herbs

Polenta with Vegetables - Cheesy Cornmeal "mush" topped with Assorted Vegetables

Vegetarian Thai Curry - Green Beans, Red Potatoes, Cauliflower, Eggplant, Red Bell Pepper, and Onion simmered with Coconut Milk, Ginger, Thai Curry Paste, Lime juice, Brown Sugar and Garlic topped with chopped Peanuts and Cilantro. Served over Rice Noodles

Pampered Palates

Soups

Fall 2015

Pennsylvania Dutch Chicken Corn Noodle Soup - Noodles, Chicken pieces, Corn floating in a creamy Chicken Broth

Mushroom Barley Soup - Right out Nanny Fanny's kitchen - Barley, Shitake Mushrooms, White Mushrooms, Celery and Carrots in a Chicken Broth

Cream of Peanut Soup - Colonial Williamsburg's signature soup - Chopped Onions, Celery, Smooth Peanut Butter and Cream in a Light Cream- Chicken Stock topped with Chopped Peanuts

Tuscan Bean Soup - A hearty Italian soup of Cabbage, Kale, Potatoes and Cannellini Beans slowly simmered in a mild Garlic Tomato Broth

Wild Rice and Mushroom Soup - Shitake Mushrooms, Cremini Mushrooms, Wild Rice, Sherry, Tomato Paste, Chicken Stock and Heavy Cream combined to make a delightful soup

Black Bean Soup - Black Beans, minced Vegetables and a touch of Jalapeño Peppers. **You** top it with Sour Cream, Cilantro, fresh chopped Tomatoes and 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. It's vegetarian but you can have it with Ham or Turkey Ham

Chicken and Matzo Ball Soup - 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

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

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

Chickpea Vegetable Soup - This is more like a stew than a soup and is sweet-savory. Onions, Chickpeas, Carrots, Kale, Raisins, Cumin, Cayenne Pepper, a touch of Honey and Cinnamon

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

Tomato-Corn Tortilla Soup - Chopped Plum Tomatoes, Onions, Green Chilies, Corn and Chicken stock simmered together and topped with fried Corn Tortilla Strips

White Bean Soup - Cannellini Beans, Onions, Tomatoes, Carrots, Celery and Seasonings, partially puréed and drizzled with Olive Oil. Optional: Chunks of Ham may be added

Seafood Gumbo - Right out of New Orleans...Shrimp, Scallops, Crabmeat and Oysters and Okra in a rich Tomato base. Served over Rice

Italian Wedding Soup Small Meatballs, Tomatoes and tiny Pasta in a light Broth