

Pampered Palates

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

ChefSharyn@PamperedPalates.com www.PamperedPalates.com

(610) 207-5908

Poultry

Chicken Marengo - Boneless, skinless chicken breasts, heaps of mushrooms, diced tomatoes and white wine....a light version of Napoleon's old favorite.

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 and ham, dipped in a bread crumb mixture and fried until golden.

Chicken Cacciatore - Chicken pieces stewed in Italian tomato sauce with onions, green pepper and mushrooms.

Chicken Piccata - Chicken breasts lightly dusted with flour, sautéed briefly and then topped with a light lemon and caper sauce.

Chicken Tetrazzini - Chicken pieces with linguini, mushrooms, white wine, cream and peas, topped with parmesan cheese, baked together until bubbly golden.

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

Chicken Pomodoro - Chicken cutlets with chopped tomatoes and deglazed with a vodka sauce. Great with a simple pasta side.

White Chicken Chili - Shredded boneless chicken breasts cooked with white northern beans and salsa. You finish it by topping with Monterey Jack Cheese, onions or additional toppings of your choice.

Asian Plum Chicken - Chicken seasoned with soy sauce and garlic, then baked with plums and scallions. Garnished with almonds and more 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.

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Fish and Seafood

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.

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

Sicilian Style Fish- Fish simmered in a tomato base with Greek olives, capers, pine nuts and raisins...an unusual blend of flavors and very Mediterranean!

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.

Shrimp, Scallops and Fish in Spicy Caribbean Tomato Sauce - Seafood nestled in a sauce of onions, celery and tomatoes. The sauce is "kicked up a notch" with finely chopped fresh chilies and then everything is topped with a dusting of parmesan cheese.

Shrimp Fra Diavolo - Literally translates as "brother of the devil". This spicy tomato sauce can be made devilishly hot or milder according to your palate. Can instead be made with other seafood or fish in place of shrimp. Served on top of rice or pasta.

Shrimp Scampi - Large shrimp sautéed in olive oil and garlic butter, then served on top of rice or pasta.

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Meat

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.

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

Short Ribs of Beef - Beef short ribs 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). People who were there tell us that it's just as tasty now as it was then.

Beef Bourguignon - A succulent beef stew cooked slowly in a red wine and tomato sauce, surrounded by carrots, pearl onions and mushrooms.

Lamb Stew - A hearty stew with chunks of lamb, potatoes, fresh root vegetables and peas....with just a hint of orange!

Brisket of Beef - There's nothing better than traditional brisket of beef braised in a flavorful sauce and roasted with onions, carrots and potatoes on the side. Even better when accompanied by Tsimmes.

Caribbean Pot Roast - A succulent piece of beef, rubbed with Jamaican jerk spice, studded with garlic, browned with onions and then simmered with cider and citrus juices until fork tender.

Stuffed Green Peppers - Green peppers filled with your choice of ground beef, ground turkey or soy meat. The peppers are stuffed with a filling of has sautéed onions and rice, and then baked in a slightly sweet tomato sauce.

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Pasta

Macaroni and Cheese - This is the *real* mac and cheese. Forget those boxed mixes, forget counting calories. This scrumptious blend of sharp cheddar cheese, pasta and seasonings will send you back for seconds.

Penne Rigate with Porcini and Tomato Sauce - A delightful combination of mushrooms simmered in a homemade tomato base.

Fettuccine with Chicken and Mushrooms - Fettuccine tossed with chicken, mushrooms, tomatoes, peas, garlic and a creamy sauce.

Pappardelle (Egg Noodles) with Chicken, Mushrooms and Wine - Chicken, mushrooms, fennel and wine are sautéed and then nestled on a bed of Pappardelle.

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!

Fusilli with Vodka and Tomato Sauce - Simple, elegant but oh so good! Options include adding seafood or chicken.

Traditional Lasagna - Lasagna noodles layered with ground beef and cheeses, then topped with mozzarella, baked until cheese is melted and bubbly.

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.

Seafood Lasagna - This lasagna is much lighter and a little less rich than the typical lasagna. To allow delicate seafood flavors and flavor of fresh basil to predominate, only mildly flavored mozzarella cheese is used.

Angel Hair Pasta with Basil and Shrimp - Angel hair pasta tossed with shrimp, basil, tomatoes, white wine, garlic and parmesan cheese.

Linguini with Sun-Dried Tomatoes and Goat Cheese - A mixture of tangy sun dried tomatoes, creamy goat cheese and wine tossed with the pasta of your choice.

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Vegetarian

Greek Vegetable Stew - Onions, carrots, potatoes, broccoli, eggplant, mushrooms, tomatoes, and zucchini simmered with Burgundy wine, and topped with feta cheese and dill.

Noodle Kugel - A baked, noodle 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. Can instead be made savory with a spinach and onion filling.

Cheesy Beans - A hearty casserole of beans, tomatoes, apples, cheeses and spices. Cornbread and a salad make the meal perfect.

Polenta with Assorted Toppings - Polenta discs topped with anything from mushrooms in tomato sauce, spinach and feta or whatever comes to mind. A light evening supper or luncheon dish.

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. One of our children actually entered this in their college contest "One of your favorite dishes from home"!

White Bean Burgers - Cannellini beans mashed with seasonings and breadcrumbs. Then pan sautéed until a golden crust forms. Top them with your choice of ingredients.

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.

FRESH SERVE ONLY:

Cauliflower Curry - Cauliflower, steamed until tender and topped with spicy peanut, coconut, sesame sauce. It is centered on a platter and surrounded with chopped nuts, orange slices, chopped tomatoes, raisins, cucumbers, and assorted other condiments. Served with Brown rice.



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Main Course Soups

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.

Minestrone - Beans, vegetables, potatoes, rice, and pasta simmered until tender and then topped with parmesan cheese.

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!

**WHEN SOUPS ARE A MAIN COURSE,
they are accompanied by wonderful
Crusty Rolls or Bread**