

Cynthia's Creations

Personal Chef Services

Spring 2010

Poultry

Chicken Breast Portobello

Portobello mushroom cap with grilled chicken, pesto and sun dried tomatoes topped with cheese served with a side of orzo

Chicken Breast stuffed with Goat Cheese and Kalamata Olives

Served with tomato cream sauce and a side of whole wheat pasta

Chicken Florentine

Breaded chicken stuffed with farmer's cheese and spinach, baked in the oven and served with oven roasted potatoes seasoned with rosemary and garlic

Chicken with Mushroom Wine Sauce

Your choice of white or dark meat sautéed with herbs, mushrooms and white wine

Thai Chicken with Peanut Sauce

Chicken marinated in a spicy peanut sauce, grilled or baked and served with a side of jasmine rice

Oven Roasted Herb Chicken

Seasoned with fresh herbs, lemon and garlic and served with a side of oven roasted vegetables

Chicken Picatta with Artichoke Hearts

Chicken breasts pounded thin, sautéed in a lemon, white wine and caper sauce with artichokes and served on a bed of linguini

Jamaican Jerk Chicken

Spicy seasoned chicken, grilled or baked served with a side of rice

Oven Fried Chicken

Freshly seasoned bread crumbs coat the chicken which is then baked in the oven until crisp with new potatoes

Coconut Curry Chicken Satay

Marinated in a Thai curry sauce, a little spice and served with steamed rice

Chicken Parmesan

Breaded chicken breasts which are browned then finished off in the oven with tomato sauce and cheese

Chicken Cacciatore

Chicken cooked slowly with peppers, onions, tomatoes and white wine and served over pasta

Orange Chicken

Chicken breasts which are pan fried then finished with an orange sauce

Chicken Marsala with Risotto

Thin slices of chicken breasts cooked in marsala wine with mushrooms and served with risotto

Chicken w/Vinegar and Tarragon

Sautéed chicken with caramelized onions, Champaign vinegar and tarragon served with new potatoes and green beans

Chicken Cordon Bleu

Chicken breast stuffed with ham and cheese, breaded then baked in the oven

Herb Roasted Cornish Hen

A combination of fresh herbs are combined with citrus zest and garlic and stuffed under the skin then slowly roasted in the oven with a side of wild and brown rice

Chicken Stew with Spinach, Potatoes and Porcini Mushrooms

Chicken thighs slowly cooked in wine with potatoes, pancetta, spinach and porcini mushrooms

Chicken Tikka (Indian dish)

Marinated in garam masala, cinnamon and cumin with yogurt with a side of spicy potatoes

Chicken with an Herb Pan Sauce

Seared chicken breasts with herbs and a white wine sauce served with wild and brown rice

Chicken Yakitori

Japanese marinade made with Mirin, Soy Sauce and Sherry and then broiled served on a bed of steamed rice

Hibachi Miso Peanut Chicken

Chicken marinated with miso paste, peanut butter and soy sauce and beer then cooked in the oven and served over a bed of basmati rice

Dijon/Tarragon/Cream Chicken

Chicken breasts with tarragon, Dijon and cream with white wine sauce and served with a side of almond orange quinoa

Rosemary Roasted Chicken

Rosemary and garlic flavor this chicken which is served with a side of pesto pasta

Turkey Meatloaf

Ground turkey with cottage cheese and sautéed vegetables baked and then resting on a red pepper sauce with wild rice and a vegetable side

Moroccan Spiced Chicken and Vegetables

Your choice of dark or white meat marinated in spices and roasted in the oven with vegetables and served with cous-cous

Porcini Mushroom Chicken with Pasta

Chicken breast seared and then topped with a porcini mushroom sauce on a bed of pasta

Athenian Chicken Roll

Chicken breast stuffed with spinach, feta cheese, onion, dill and oregano and baked with white wine, served with a side of orzo

Apple Stuffed Chicken with Macadamia Nut Crust

Chicken breast stuffed with sautéed apples and rolled in macadamia nuts with cilantro and curry powder and baked in the oven. This goes well with sautéed julienned vegetables

Chicken Saltimbocca

Chicken breast sautéed in white wine and a little lemon juice with sage and prosciutto with a side of new potatoes.

Sausage Stuffed Chicken Alfredo

Chicken breast stuffed with a sausage and ricotta cheese mixture, covered with low fat alfredo and baked, served with a side of angel hair pasta

Island chicken

This is an all in one dish, made with brown rice, pineapple juice, chicken, scallions and topped with macadamia nuts. I recommend fresh pineapple on the side

Chicken with Cherry Sauce

Chicken breast sautéed and topped with tart dried cherry sauce (with port reduction). Served with wild rice and vegetable side

Turkey in Filo wrap A mixture of ground turkey, seasoning, bell pepper and feta either stuffed into filo

Sausage stuffed Portobello

Turkey sausage with bell pepper, onions, herbs and a sprinkling of parmesan cheese stuffed into a Portobello mushroom and baked in the oven

Pork

Stuffed Pork Tenderloin

Choose between:

sausage and rice

spinach and cheddar cheese

apples and wild rice

Smothered Pork Chops

Pork chops browned then baked with mushrooms in a creamy wine sauce

Pork Ribs

First they are steamed then baked until fork tender with a slightly spice sauce

Pork Picatta Limonata

Pork pounded thin, sautéed with lemon, white wine and caper sauce and served on a bed of linguine

Pork Medallions

Slices of tenderloin cooked in a mushroom and wine sauce

Herb Crusted Pork Tenderloin

Fresh herbs combined with breadcrumbs form the crust of the tenderloin which is then baked in the oven

Sausage, Artichoke and Rice Casserole

Sausage is first cooked, then combined with artichokes and rice which is then baked in the oven with parmesan cheese

Orange Ginger Pork Loin

Pork loin marinated with orange juice and ginger, served with a side of mashed ginger sweet potatoes

Pork Wellington

Pork loin seared and topped with spinach and goat cheese and baked in puff pastry

Beef

Korean Beef Bulgogi

Thinly sliced boneless beef rib eye, marinated, then stir-fried and served with steamed rice, garlic pepper sauce and lettuce leaves (lettuce taco)

Italian Short Ribs

Beef ribs seasoned with herbs, browned and cooked in sauce

Swedish Meatballs

Seasoned ground beef meatballs, which are baked first, then warmed in a wine sauce and served over egg noodles

Spinach and Feta Pinwheels

Spinach and feta cheese is combined and stuffed in a skirt steak which is rolled, sliced and baked

Beef Stroganoff

Beef is seasoned and cooked in a rich beef broth with wine and sour cream then served over egg noodles

Chinese Ginger Beef and Fresh Vegetables

Fresh ginger forms the base of the marinade. The beef is then stir-fried with vegetables and served with jasmine rice

Pot Roast

This is an old fashioned pot roast cooked with vegetables with a rich gravy

Beef Stew

Traditional beef stew with carrots and potatoes and pearl onions

Market Street Meatloaf

This meatloaf has pork sausage mixed with ground beef and spices to make it one of the richest I've ever tasted.

Argentinian Style Stuffed Flank Steak

Flank Steak filled with spinach, carrots, roasted red peppers and cheese, pressure cooked and served with a pan sauce and a side of wild rice.

Beef Satay (this can also be made with chicken or pork)

Beef marinated in thai spices and served with a peanut sauce, steamed rice and vegetables

Fish

Crab Cakes

They are pan fried then finished in the oven.

Salmon Cakes

A combination of fresh herbs provide a delicate seasoning for the salmon.

Fish Florentine

Fish filet stuffed with spinach, rolled and baked in a light creamy sauce

English Fish and chips (best on day of cooking)

Fish filets in a beer batter which are fried and served with French fried potatoes

Miso Salmon

Miso and soy glazed salmon served with ginger mashed sweet potatoes

Fennel and Onion Stuffed Salmon

Salmon filet stuffed with fennel, onion, orange and dill and roasted in the oven

Salmon with Dill Sauce

Salmon filet baked then served with a creamy dill sauce

Salmon Parcels

Salmon filets with topped with spinach and a mushroom ragout wrapped in filo dough and baked in the oven.

Salmon on a bed of creamy leeks

Salmon roasted in the oven and served over creamy leeks with a side of orzo

Salmon on a bed of leeks

Salmon topped with sage and thyme and roasted in the oven. Served on leeks which have been cooked in white wine and seasoned with sage and thyme with a side of new potatoes and vegetables.

Maple/Soy glazed Salmon

Salmon baked in the oven with a maple and soy glaze, served with a side of scallion brown rice.

Crab Imperial

Lump crabmeat with chopped artichoke hearts and red pepper, combined and baked in the oven.

Lamb/Veal

Rosemary Lamb Chops

Lamb chops seasoned with fresh rosemary and garlic then baked in the oven and served with a side of oven roasted vegetables

Lamb Chops Dijon

Fresh mint, oregano and garlic are combined with Dijon mustard and pecans to form a crust. These are baked in the oven and served with oven roasted vegetables

Braised Lamb Shanks

Seasoned shanks which are cooked slowly in a rich wine sauce

Cider Glazed Lamb Chops

This has a sweet and sour flavor, the sauce is made from reduced cider and then the chops are broiled with the glaze on them

Lamb Stew

Lamb cooked in red wine with sweet potatoes and spinach and cumin

Moussaka

Greek dish made with seasoned ground lamb, eggplant and potatoes with a creamy béchamel sauce (ground beef can be substituted)

Pastitsio

Greek dish made with seasoned ground lamb, eggplant and pasta with a creamy béchamel sauce (ground beef can be substituted)

Veal Osso Bucco

Veal shanks slow cooked in a delicious sauce and served with mushroom risotto.

Veal Piccata Limonata

Veal pounded thin and sautéed with lemon, white wine, and caper sauce and served on a bed of linguini

Lamb Curry

An Indian curried lamb dish with peas and spinach with yogurt and spices. Served with rice and eggplant

Meatless Dishes

Spinach and Cheese Lasagna

A combination of spinach and ricotta cheese are layered in between the lasagna noodles and cooked in a rich tomato sauce

Stuffed Shells

Pasta shells stuffed with spinach and ricotta cheese and served with a rich Italian red sauce

Spinach and Cheese Cannelloni

Spinach, ricotta and fontina cheese are combined to fill the cannelloni which are baked in the oven with a rich Italian red sauce

Greek Spanokopita

Filo dough filled with feta cheese, spinach and onion then oven baked

Macaroni and Cheese

A rich taste of cheddar cheese in every bite

Eggplant Parmesan

Eggplant thinly sliced and grilled with lemon olive oil, then layered with freshly chopped tomatoes and fontina cheese and baked in the oven

Three Cheese Pasta Bake

Pasta which is baked with a mixture of ricotta, mozzarella and parmesan and then topped with sliced tomatoes. Really rich and creamy

Soups

Portuguese Soup

Chicken, turkey kielbasa, potato, onion, kale and white beans in a chicken broth, these are cooked together and it is filling like stew

Minestrone

Vegetables cooked in a tomato based broth with fresh herbs and small pasta

Vegetarian Aduki Bean Stew

This contains onion, leek, butternut squash, kale and beans cooked in a vegetable broth and seasoned with cumin and turmeric

French Onion Soup

The base is caramelized onion with a rich beef stock, topped with a baguette slice and cheese and broiled in the oven