

# LIFE OF RILEY



Personal Chef Service



## ***Fall and Winter Menu***

***2006-2007***

***Chef Stephanie Riley***

## **Chicken**

### ***Chicken Tamales with Red Chile Sauce***

Pieces of chicken cooked in red chile sauce stuffed into a traditional tamale masa harina (corn flour) dough, wrapped in corn husks and steamed until firm, then served with additional red chile sauce. These can also be done in pork, ground turkey, beef, or black beans and sweet potato versions.

### ***Chicken Sate with Peanut Sauce***

Chicken breast tenders soaked in a sate marinade with shallots, then broiled until done and served with an spicy Indonesian peanut sauce.

### ***Coq au Vin***

The classic French dish of bone-in chicken breasts, thighs, and legs braised in a red wine sauce with pearl onions, mushrooms, carrots, and herbs.

### ***Chicken Fajitas***

Boneless, skinless chicken breasts marinated in a zesty marinade with beer, Tabasco, cilantro, citrus, and seasonings, grilled or broiled and sliced. Served with whole-wheat tortillas, salsa, guacamole, and light sour cream.

### ***Chicken with Roasted Poblanos and Salsa Verde***

Pan-seared boneless, skinless chicken breasts cooked into a green tomatillo, onion, and cilantro sauce with a hint of cream and strips of roasted mild Poblano peppers.

### ***Chicken Divan***

A creamy casserole of strips of sautéed boneless chicken breasts and tender broccoli sprinkled with slivered almonds and covered with a creamy Parmesan sauce and baked until bubbly.

### ***Southwestern Lime Chicken with Ancho Chili Sauce***

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

### ***Gai Pad Bai Gaprow (Chicken Stir-Fry with Basil)***

A Thai dish of very thinly-sliced chicken breast stir-fried with garlic, chiles, basil leaves, and an Asian soy and fish sauce with lime, served over jasmine rice.

### ***Chicken with Feta Sauce***

Boneless, skinless chicken breasts flavored with balsamic vinegar and thyme and seared in a pan, then served with a Greek low-fat milk and feta cheese sauce with oregano and lemon.

### ***Chicken and Winter Vegetable Pie***

Pieces of chicken breast baked into a pie with carrots, sweet potatoes, potatoes, parsnips, leeks, and celery in an herb gravy and topped with a flaky pastry crust.

### ***Arroz Con Pollo***

Skinless bone-in chicken thighs and drumsticks cooked into a Cuban rice pilaf with onion, bell peppers, garlic, ham, tomatoes, peas, green olives and seasonings.

### ***Chicken Cordon Bleu***

Chicken breasts rolled up with ham and Swiss cheese inside, then coated in a breadcrumb mixture and baked in the oven with a broth sauce until tender and juicy.

### ***Chicken in Tequila Lime Cream Sauce***

Cubes of boneless, skinless chicken breasts cooked into a delicious tequila lime cream sauce with cilantro and thinly sliced red and yellow bell peppers and red onions. Can also be done with shrimp or filet mignon tips.

### ***Vegetable and Chicken Curry***

A Cambodian curry with pieces of boneless, skinless chicken breasts, buttercup squash, sweet potato, onion, bell peppers, yellow potatoes, carrots and green beans cooked into a coconut milk curry sauce seasoned with lemongrass, garlic, chili peppers, turmeric, fish sauce, peanut butter and peanuts and served over rice.

### ***Grilled Chicken and Broccoli with Shells and Cheese***

Sliced, grilled seasoned chicken breasts served over top a mound of tender broccoli mixed into homemade shells and cheese with Fontina and cheddar cheeses.

### ***Healthy Chicken Mole***

Chunks of chicken breasts cooked into a Mexican chocolate spice sauce with slivered almonds and raisins. Serve over brown rice.

## ***Turkey***

### ***Turkey Pastitsio***

This Greek pie usually calls for lamb, but this version uses ground turkey cooked into a tomato sauce scented with cinnamon and oregano and with cubes of eggplant (optional), then topped with penne pasta coated with a delicious feta cheese sauce and baked until fluffy and set.

### ***Turkey Osso Buco***

Whole turkey legs cooked in a slow cooker with onions, carrots, celery, garlic, and a red wine and diced tomato sauce until the meat falls from the bones. The meat is then removed from the bones and served dressed with the sauce and a topping of gremolata, parsley, garlic and lemon peel.

### ***Turkey Patties with Apple, Shallot, and Cider Cream Sauce***

And old favorite of ground turkey mixed with pureed apples and shallots and formed into small patties, cooked until brown in a cast iron skillet, which is deglazed with hard cider and cream (or milk, rice milk, soy milk, etc...) sauce.

### ***Stuffed Turkey Lombardy-Style***

A large turkey breast flattened and filled with prosciutto, roasted chestnuts, slices of Italian sausage, onion, Parmesan, egg, and herbs, rolled up and braised in the oven with white wine and chicken stock, then sliced into spiral pieces and served with the pan sauce.

### ***Black Bean and Turkey Chili-Macaroni Bake***

Homemade mac and cheese poured into a baking dish and topped with an outstanding black bean and ground turkey chili (secret ingredients are chocolate and molasses), and topped with cheddar cheese, then baked until hot and bubbly.

### ***Stuffed Cabbage***

Green cabbage leaves stuffed with a filling of ground turkey, bread crumbs, herbs, onion and eggs and baked on a bed of white wine tomato sauce and served with a sprinkling of toasted bread crumbs, parsley and mint.

### ***Panes Con Pavo (Salvadoran Turkey Sandwich)***

Turkey drumsticks cooked long and slow in a Dutch oven with a puree of beer, sesame seeds, pumpkin seeds, garlic and seasonings, then the meat is removed from the bone, torn into small pieces and is cooked into a pureed tomato, onion, and green bell pepper sauce until thickened. Served on Italian bread buns with sliced onions and watercress.

### ***Basil and Red Pepper Turkey Roulade***

Turkey breast cutlets rolled up with roasted red bell pepper and basil leaves tucked inside, seared in a pan and covered in a Madeira and chicken stock pan sauce with mushrooms and artichoke hearts.

### ***Stuffed Turkey with Prunes***

A large turkey breast flattened and filled with a stuffing of pancetta, ground pork, chopped prunes, bread crumbs, Parmesan cheese, eggs, and herbs, rolled up and braised in the oven with white wine until done, then cut into spiral pieces and served with the pan sauce.

### ***Turkey Enchiladas with Red Chile Sauce***

Ground turkey flavored 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. Serve with a dollop of sour cream.

### ***Turkey Cassoulet with Parmesan Crust***

Pieces of turkey tenderloin and smoked sausage cooked into a stew with white beans, onions, carrots, tomatoes, and a red wine chicken broth, and baked in the oven with a Parmesan bread crumb topping.

## **Beef**

### ***Red Chile Steak with Beans***

Tender cubes of seared steak cooked gently into a red chile (enchilada-type) sauce with sliced onions, diced tomatoes, and pinto beans. Can also be done with lamb or pork tenderloin.

### ***Filet Mignon Tips with Tequila Lime Cream Sauce***

Seasoned cubes of filet mignon seared in a cast-iron skillet and served over top a bed of penne pasta drenched in a delicious tequila, lime, cilantro, garlic and cream sauce with thin slices of red and yellow bell peppers and red onions.

### ***Beef and Guinness Pie***

Chunks of mushrooms and beef chuck eye braised with onions, garlic and Guinness stout beer in a thick sauce and topped with a golden puff pastry crust.

### ***Filet Mignon with Red Wine Mushrooms***

Beef tenderloin filets seared to desired doneness and topped with a red wine and beef stock reduction sauce with whole white and shiitake mushrooms, garlic, onion, and thyme.

### ***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.

### ***Coconut Beef Stir-Fry***

Thinly-sliced beef strips stir-fried with lemongrass, galangal, red chilies, and cilantro in a coconut cream, fish sauce, and lime sauce with basil leaves.

### ***Boeuf Bourgiugnon (Beef Burgundy)***

Cubes of beef chuck eye seared in a Dutch oven and cooked long and slow in a red wine stew with onions, carrots and mushrooms.

### ***Tamale Pie***

A homey American classic of a southwestern-seasoned ground beef, tomato, onion, bell pepper mixture sandwiched between layers of a cornbread crust and baked.

### ***Quick-Seared Poblano Beef Tips***

Cubes of beef tenderloin seared to desired doneness and then cooked into a dark beer or broth sauce with roasted Poblano peppers, sliced onion, garlic, cilantro and cubes of Yukon Gold potatoes.

### ***Rao's Meatballs in Marinara Sauce***

Ground beef, pork and veal (or all beef) mixed with egg, Parmesan, parsley, garlic, and bread crumbs and formed into meatballs which are browned and cooked into a classic marinara sauce

### ***Baked Corned Beef with Apricot Glaze***

Corned beef brisket rubbed with spices and baked until tender and juicy, then glazed with apricot preserves and spicy brown mustard.

### ***Mustard Steak***

New York strip steaks brushed with wholegrain mustard and grilled to desired doneness.

### ***Faux-Filet au Beurre Rouge***

New York strip steaks seared in a cast-iron skillet and served with a pat of complex butter of reduced red wine, parsley and shallots.

### ***Tamarind and Lemon Grass Beef***

Thinly-sliced beef strips stir-fried with chopped lemongrass, green onions, and green chilies in a sweet and sour tamarind, lime, fish sauce, and brown sugar sauce with papaya. Serve over jasmine rice.

### ***Steak a L'Orientale***

Sirloin or strip steaks seasoned with five-spice powder and seared in a cast-iron skillet, then drizzled with an Asian scallion sauce.

### ***Stracoto with Porcini Mushrooms***

Pieces of boneless beef chuck eye roast braised in a thick porcini mushroom and onion red wine sauce, served with the delicious gravy poured over top.

### ***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.

## ***Pork***

### ***Pork with Gingersnap Sauce***

Pork medallions lightly crusted with crushed gingersnaps and flour and pan-fried, then braised in a apple chicken stock sauce with apple brandy and cider and finished with more crushed gingersnaps and chives.

### ***Pork with Sticky Rice and 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 over sticky rice with a refreshing sauce of garlic, chili peppers, sugar, lime and fish sauce and garnished with cilantro.

### ***Côte de Porc à la Charcutière***

A traditional French dish of bone-in pork chops seared in a cast-iron skillet and then drizzled with a white wine pan sauce with Dijon mustard and chopped cornichons.

### ***Pork Meat Loaf with Chickpeas***

Ground pork mixed with bread crumbs, chopped bacon, prosciutto, garlic, sun-dried tomatoes, roasted red pepper, eggs and seasonings, formed into loaves and topped with a hummus and tomato puree and baked.

### ***Pork a la Veracruzana***

Pork shoulder cooked on a bed of sweet potatoes in a slow cooker with a spicy tomato sauce and chopped green olives and parsley.

### ***Pork Medallions with Mustard Cream Sauce***

Pork tenderloin medallions coated in a crushed walnut and breadcrumb mixture with cinnamon and nutmeg, then pan fried and served with a mustard cream sauce of beer, shallots, stock, cream, Dijon mustard and mustard seeds.

### ***Tomatillo Pork Braise with Pickled Chiles***

Cubes of pork braised in a slow cooker in a tomatillo, jalapeno, cilantro sauce with white beans to make a warm, exciting stew. Can also be done with beef chuck eye roast or chicken thighs.

### ***Pork, Basil and Pepper Stir-Fry***

Thinly-sliced pork strips stir-fried with garlic, cracked black pepper and red chilies with sugar snap peas in a soy and lime sauce with lots of basil leaves and sliced mango or nectarine.

### ***Pork Loin in the Style of Porchetta***

A boneless pork loin flattened and filled with sautéed fennel bulb, onion, ground pork, fennel seeds, rosemary, garlic, bread crumbs and eggs, rolled up and roasted in the oven on a bed of red onions and serve sliced into spirals with a squeeze of lemon juice.

### ***Pork Spareribs with Red Wine***

Pieces of pork spareribs braised until super tender in a red wine tomato sauce with pieces of red onion, carrots, celery, and rosemary.

### ***Chipotle Meatballs***

Baked meatballs made from ground pork, breadcrumbs, eggs, and flavored with mint and bacon in a smoky and spicy chipotle tomato sauce. Can also be done with ground beef, lamb, or turkey.

### ***Pork with Ginger and Honey***

Pork tenderloin marinated in lemon and garlic, browned and baked on a bed of sliced fennel bulbs until done, then sliced and drizzled with a reduction sauce of shredded ginger, honey and brandy.

### ***Roasted Pork Tenderloin with Fig Sauce***

Roasted pork tenderloin served with a velvety pureed fig and port sauce.

## **Other Meats**

### ***Rack of Lamb with Red Wine Sauce***

Seared rack of lamb with an herb, Dijon mustard, and breadcrumb crust, roasted and sliced into chops and served with a traditional red wine stock sauce.

### ***Lamb and Eggplant Pastitsio***

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

### ***Braised Lamb Shanks with Prunes***

Lamb shanks browned in a Dutch oven and then braised in stock with onion, carrots, garlic, cardamom, and prunes, which add a great depth of flavor.

### ***Paniolo Rack of Lamb***

A Hawaiian cowboy dish of rack of lamb marinated in an Asian barbeque-style sauce with hoisin, soy, Thai red curry paste, garlic, orange zest and other flavors, grilled and then roasted in the oven and topped with toasted sesame seeds.

### ***Sonoran-Braised Lamb Shoulder Chops***

Lamb shoulder chops marinated in a paste with beer and Mexican spices, then braised in the oven with onions, garlic, tomatoes and more beer until tender and served with rice and tortillas.

### ***Sweet and Spicy Australian Lamb Leg Tagine***

Bite-size pieces of lamb leg sautéed in a pan with a Moroccan spice mixture, onion, leek, carrots, chicken stock, raisins, tomatoes and pears and braised until very tender, then served with warm couscous and toasted nuts.

### ***Lamb Shanks with Tomatoes and Fresh Herbs***

Braised lamb shanks cooked Osso Buco-style in the oven in a tomato, white wine, chicken broth sauce with loads of herbs, lemon peel, onions, carrots, celery and pancetta, and topped with a fresh gremolata of lemon and parsley.

### ***Lamb Chops with Pomegranate Red Wine Sauce***

Lamb loin chops broiled to desired doneness and topped with a pomegranate, red wine, chicken stock sauce.

### ***Veal Marsala***

Lightly breaded veal cutlets, sautéed and cooked into a Marsala wine sauce with oyster mushrooms, butter and thyme.

### ***Veal Chops with Roquefort Butter***

Grilled veal chops served with pats of a complex butter with Roquefort cheese and chopped scallions.

### ***Jaeger Schnitzel***

Lightly-breaded veal cutlets that are pan-fried and served with a mushroom-laden "hunter sauce".

## **Seafood**

### ***Monkfish Saganaki***

A play on a traditional Greek dish, these are monkfish filets broiled and served with a white wine and feta cheese sauce with sliced fennels, red chile peppers and scallions.

### ***Guinness-Glazed Halibut***

Healthy halibut filets marinated in a Guinness stout beer and honey marinade, then broiled until caramelized and served with Guinness-glazed julienned carrots.

### ***Red Snapper with Tomato Sauce, Olives and Onions***

Red snapper filets simmered in a white wine and tomato sauce with black olives, sliced onions and seasonings.

### ***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.

### ***Monkfish Scaloppine with Chianti and Sage***

Thin pieces of monkfish dredged in flour and browned in a pan, then cooked into a tomato and Chianti wine sauce with sage, scallions, and halved black olives.

### ***Jalapeno-Baked Fish with Roasted Tomatoes and Potatoes***

White fish filets laid on a bed of thinly sliced Yukon Gold potatoes and coated with a roasted tomato sauce sparked with jalapeno chiles and cilantro.

### ***Fish Chermoula (Fish with Moroccan Seasoning)***

A flavorful Moroccan dish of red snapper filets topped with Chermoula, an herb and spice mixture of parsley, cilantro, lemon, saffron, onion, garlic, and loads of spices and baked in the oven then served over a bed of cooked fennel.

### ***Scallops Provençal***

Lightly-floured sea scallops seared in a hot pan with a buttery white wine and herb sauce and finished with a squeeze of lemon.

### ***Cajun Red Snapper***

Red snapper filets sprinkled with a variety of Cajun seasonings, lemon and chives and steamed until tender.

### ***Thai Monkfish***

A healthy dish of monkfish filets steamed in a packet with a dab of peanut butter, light coconut milk, ginger, jalapeno, cilantro, lime and garlic and served with jasmine rice.

### ***Seared Salmon with Spinach and Creamy Roasted Poblanos***

Pan-seared salmon filets topped with a milk-based sauce of pureed roasted Poblano peppers with garlic, masa harina (corn flour) and spinach.

### ***Crawfish Etouffee***

This traditional version of the chef's favorite Cajun dish has crawfish tails (when available - shrimp would be used as a substitute) cooked into a brown tomato gravy with onion, celery, bell pepper, garlic, green onions and seasonings and served over white rice.

### ***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.

### ***Grilled Salmon with Teriyaki Shiitake***

A recipe by Dr. Andrew Weil, the expert for healthy aging. Salmon that is lightly coated in an Asian sauce and broiled until golden, then topped with teriyaki shiitake mushrooms and sprinkled with snipped chives.

## ***Pasta***

### ***Penne with Sausage, Basil and Mustard***

Penne pasta tossed with Italian sausage cooked into a white wine cream sauce with grainy mustard and lots of fresh basil.

### ***Tagliatelle with Fresh Tuna Ragu***

Small cubes of fresh tuna poached in a tomato sauce with rosemary and tossed with tagliatelle noodles.

### ***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.

### ***Pasta with Cauliflower***

Finely chopped cauliflower cooked into a sauce with garlic, crushed red pepper, tomatoes, saffron, anchovies and mixed with ditali or small tubular pasta, and garnished with parsley and toasted bread crumbs.

### ***Fusilli with Sausage***

Spiral pasta tossed with an Italian sausage sauce with tomato, white wine, and milk and finished with Parmesan cheese.

### ***Mediterranean Shrimp and Pasta***

Pasta topped with a refreshing marinara sauce with capers, Kalamata olives, basil and feta cheese topped with sautéed shrimp and pine nuts.

### ***Proscuitto Penne with Rose Sauce***

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

## ***Risottos***

Risotto is such a delectable and versatile dish that I decided to give it its own section on this menu. All of these preparations are made with Arborio rice, which releases its starches through a slow process of adding wine and broth to it to make a creamy rice dish. All of these risotto dishes are made with white wine, stock and finished with Parmesan cheese, unless otherwise stated in the description. Some healthy alternatives you can make is to tell me to use barley (a delicious and equally creamy substitute) instead of rice and to leave out the Parmesan, which will still leave a creamy effect, it will just lack the flavor of the Parmesan.

### ***Sweet Potato and Chicken Risotto***

Arborio rice cooked into a creamy risotto with leeks, diced chicken, and roasted sweet potatoes.

### ***Dirty Risotto***

Arborio rice cooked into a creamy risotto with crumbled Italian sausage, pancetta, mushrooms, red bell peppers and onion.

### ***Miso and Shiitake Risotto***

An Asian twist on an Italian dish, this risotto uses sake in place of white wine, and is flavored with miso, red chillies, mint, chives, sesame oil, and loaded with shiitake mushrooms.

### ***Red Risotto***

A beautiful purplish-colored risotto made with red wine, red onions, finely shredded radicchio and small red beans.

### ***Risotto with Mushrooms and Vin Santo***

This risotto uses Vin Santo, an Italian dessert wine, to bring out the flavors of the porcini and shiitake mushrooms in this Arborio rice dish.

### ***Hoppin' John Risotto***

A twist on the classic rice and black-eyed peas dish from the deep south of America, this risotto has bacon, pancetta, black-eyed peas, red onions, celery and is topped with caramelized onions.

## **Soups**

### ***Bouillabaisse***

A hearty seafood stew with a tomato-fish-white wine broth seasoned predominately with saffron and fennel, with onions, leeks, celery, and herbs and with chunks of white fish, sea scallops and shrimp.

### ***Chunky Butternut Squash Soup***

This super healthy and different version of butternut squash soup has the basic pureed butternut squash soup base but is loaded with chunks of carrot, bell pepper, corn, pinto beans, chopped collard greens and crumbles of bacon.

### ***Healthy Seafood Chowder***

This spa version of seafood chowder has a milk, fish stock and pureed potato base, with onions, celery and potatoes and chunks of halibut, sea scallops, and small shrimp.

### ***Ribollita (Tuscan Cabbage and Bean Soup)***

A type of minestrone, this soup is packed full of healthy white cabbage and kale, cannellini beans, onions, leeks, carrots, celery, diced potatoes and herbs, and garnished with a sprinkling of Parmesan cheese.

### ***Sausage Stew with Mustard Greens and Beans***

Hot or mild Italian sausage balls, browned and cooked into a stew with onions, kidney beans, jalapeno, cumin and chopped mustard greens.

### ***Cod Chowder with Saffron and Fingerling Potatoes***

A deliciously soothing cod chowder with a white wine, cream (or milk) and clam juice broth, flavored with bacon, saffron, thyme and leeks with delicate, buttery fingerling potato rounds.

### ***Beef and Barley Soup***

Tender chunks of beef cooked into a warming soup with wild mushrooms, barley, onions, celery, carrots, and herbs.

### ***Chicken and Corn Chowder***

A low-fat milk-based chowder with pieces of chicken breast, reduced fat bacon, corn, potatoes, onions, celery, green onions, and seasonings.