

LIFE OF RILEY



Personal Chef Service



Fall and Winter Menu

2009 - 2010

Chef Stephanie Riley

Chicken

Chicken Saltimbocca in Pine Nut Parmesan Crust

Chicken breasts pounded thin, then stuffed with prosciutto, a Fontina cheese slice, and a whole sage leaf, breaded in the much-loved crust of chopped pine nuts, parmesan cheese, Panko bread crumbs, lemon zest, and chopped sage, then pan-fried until golden and crispy.

Mint-Cilantro Chicken

Chicken thighs cooked together with chopped cilantro, mint, sliced onions, ginger, garlic, turmeric, green chile peppers, and lemon juice, until tender and flavorful.

Chicken Goulash with Biscuit Dumplings

Pieces of chicken thighs braised together with onions, red bell pepper, garlic, Hungarian paprika, caraway seeds, thyme, chicken stock and sour cream, then topped with dollops of fluffy biscuits and baked in the oven.

Chicken Thighs with Pear and Leek Sauce

Seared, boneless, skinless chicken thighs braised in a sauce of sautéed leeks and pears, chicken stock, and currant jelly, and sprinkled with toasted walnuts.

Murgh Makhani (Butter Chicken)

A classic Indian favorite of pieces of chicken cooked into a delightful tomato sauce with a little butter, a little cream, and a lot of Indian spices, then served with basmati rice.

Buttermilk Grilled Chicken

Boneless, skinless chicken breasts marinated in buttermilk seasoned with Dijon mustard, honey, rosemary, thyme, and sage, then grilled on a grill pan until tender and juicy.

Brie and Apple Chicken Breasts

Apple slices sautéed in butter, then stuffed into the center of a boneless, skinless chicken breast along with brie cheese, dusted with flour and pan-seared, then baked in the oven and served with an apple cider and chicken stock pan reduction sauce.

Herbed-Balsamic Chicken with Blue Cheese

Chicken breasts marinated in balsamic vinegar, herbs de Provence and olive oil, grilled on a grill pan, and served topped with blue cheese.

Indian Chicken Curry

An Indian dish of chicken thighs cooked into a tomato and yogurt curry with onions, garlic, ginger, cilantro, chile peppers, and traditional Indian spices, then served with basmati rice.

White Bean and Chicken Soup

A Mexican-flavored soup of chicken thighs simmered in chicken stock with navy beans, onions, garlic, jalapeno, chili powder, cumin, oregano, and served with crumbled tortilla chips, sour cream, and Monterey Jack cheese.

Chicken Cutlets with Grape-Shallot Sauce

Chicken cutlets dredged in flour and seared in a pan, then served with a light and seasonal sauce of sautéed shallots, seedless grapes, white wine, chicken stock and fresh parsley.

Saag-Murgh (Indian Chicken with Spinach)

Chicken thighs marinated with yogurt, garlic, ginger, mint, fenugreek, garam masala, paprika, red pepper flakes, and nutmeg, then removed from the marinade and braised together with spinach, onions, and additional seasoned yogurt mixture and finished with a sprinkle of garam masala.

Chicken in Basque Sauce

Chicken thighs or breasts braised in a smoothly pureed Basque pipérade sauce of sautéed onions, red and yellow bell peppers, garlic, tomatoes, olive oil, and paprika with reduced brown sugar and sherry vinegar for a great punch of flavor.

Spiced Chicken and Chickpea Stew

An Iraqi dish of chicken thighs braised with chickpeas, garlic, onions, potatoes, bay leaves, curry spices, and finished with a squeeze of lemon and a sprinkle of tangy sumac powder.

Illaichi Keema (Ground Chicken with Cardamom)

An Indian dish of ground chicken seasoned with ground cardamom, cloves, cinnamon, and sautéed together with onions, tomatoes, garlic, and ginger, finished with some creamy yogurt, chile peppers, and garam masala, and served with basmati rice.

Ham and Cheese Stuffed Chicken Breasts

Chopped ham, grated Swiss cheese, and Dijon mustard mixed together and stuffed inside of boneless, skinless chicken breasts, then coated in seasoned breadcrumbs, and browned in a pan until melted and juicy.

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.

West African Chicken Soup

Pieces of chicken cooked together with sliced onions, ginger, tomatoes, curry powder, tomato paste, sliced green banana, and rice in a chicken stock and coconut milk broth, sprinkled with cilantro.

Turkey

Apple and Turkey Sausage Pie

Pie crust filled with browned, crumbled sweet Italian turkey sausage, sautéed apples, garlic, and onions, a mixture of eggs, ricotta cheese, feta cheese, and provolone cheese, then baked in the oven until set.

Chestnut and Cranberry-Stuffed Turkey Breast

Turkey breast meat flattened and topped with my stuffing made from bread cubes, onions, celery, sage, thyme, chicken stock, roasted chestnuts and dried-cranberries, then it is rolled up and roasted in the oven and cut into spiral pieces.

Slow-Cooked Turkey Italian Sausage Agrodolce

Turkey Italian sausages cooked slowly with a traditional Italian sweet and sour sauce of cabbage, red onions, tomatoes, red wine vinegar, sugar, pine nuts, raisins, and crushed red pepper.

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.

Baked Egg Rolls

Ground turkey stir-fried with onions, carrots, bean sprouts, mushrooms, water chestnuts, bamboo shoots, green onions, cabbage, garlic, ginger, and an Asian stir-fry sauce, then spooned into egg roll wrappers, wrapped up and brushed with an egg glaze and sprinkled with sesame seeds, then baked in the oven for a healthier version of the traditional fried egg rolls.

Zucchini Rice Casserole with Turkey Sausage

Brown rice steamed in the oven with diced red pepper, zucchini, and onion, then mixed with browned crumbles of turkey sausage, a milk and pepper Jack cheese sauce, white corn, topped with dollops of low-fat cream cheese and chopped jalapenos, baked in the oven until golden and creamy. Can be done dairy-free.

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, chicken stock, and apple cider vinegar.

Cabbage, Turkey Kielbasa, and Rice Soup

A comforting cold weather soup of browned slices of turkey kielbasa sausage, sautéed sliced onions and shredded green cabbage, rice, and chicken stock.

Beef

Oven-Roasted Beef Brisket

A classic from the Perini Ranch Steakhouse in Texas, this beef brisket is 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.

Smoked Paprika-Rubbed Steak with Valdeón Cheese

Rib-eye steaks rubbed with smoky paprika, crushed garlic, oregano, cayenne pepper, and olive oil, then grilled in a grill pan and sprinkled with creamy Valdeón blue cheese.

Vietnamese-Style Sautéed Beef

Cubes of beef tenderloin sprinkled with sugar and stir-fried with thinly sliced red onions, garlic, scallions, and a stir-fry sauce of soy sauce, rice vinegar, fish sauce, and sugar, then served with fresh watercress and a lime dipping sauce.

Steak Diane

New York strip steaks seared in a pan and served with a pan sauce of mushrooms, brandy, beef stock, Dijon mustard, and finished with a sprinkling of chives.

Sweet and Savory Beef Stew

Cubes of beef stew meat browned and then braised slowly in the oven with cubes of butternut squash, dried cherries, shallots, thyme, sage, flour, and beef stock.

NY Strip Steak with Spicy Apple Caramel Sauce

NY strip steaks grilled and served sliced with an Asian-influenced sauce of sugar and water reduced to a caramel state mixed with coconut milk, fish sauce, garlic, chile peppers, and reduced apple juice. Recommend serving them with Peanut Butter Mashed Potatoes for a complete and Top Chef award-winning meal.

Braised Short Ribs

Beef short ribs, browned and then braised slowly in the oven with onions, carrots, celery, garlic, a bottle of red wine, thyme, and chicken stock, until the short ribs are falling off the bones.

Chuckwagon Beef Salad with Hot Bacon Dressing

Top sirloin steaks coated in oregano, basil, and parsley, then broiled in the oven and served sliced with roasted red bell peppers and onions over romaine lettuce and with a warm dressing made from bacon drippings, vinegar, flour, sugar, water, and crumbled bacon. This salad should not be frozen and should be eaten within 3-5 days.

Moroccan Beef Vegetable Soup

A Moroccan version of minestrone, this soup has chunks of beef (or lamb) stewed together with onions, turnips, carrots, celery, zucchini, diced tomatoes, turmeric, saffron, beef stock, parsley, cilantro, and orzo pasta.

Roasted Poblano Meatloaf

Ground beef mixed with roasted mild Poblano peppers, sautéed onions, crushed Corn Chex cereal, Monterey jack cheese, cilantro, eggs and cumin, then formed into a loaf, baked and served with salsa and sour cream.

Chuckwagon Stew

Cubes of beef brisket stewed together with onions, garlic, potatoes, corn, diced tomatoes, and mild green chiles.

Pork

Almond-Crusted Pork Tenderloin Fingers with Honey-Mustard Sauce

These thin pieces of pork tenderloin are coated in egg whites and rolled in a coating of Panko breadcrumbs, chopped almonds and garlic, then sprayed lightly with cooking oil and baked in the oven for a healthy and very satisfying alternative to chicken fingers. They are served with a dipping sauce of honey, Dijon mustard and soy sauce.

Sage-Crusted Pork Rib Roast with Cider Barbecue Sauce

Bone-in pork rib roast rubbed with a mixture of sage, fennel seeds, garlic, and olive oil, roasted in the oven until perfectly succulent, then served with a thin reduction sauce of apple cider, cider vinegar, orange zest, brown sugar, and celery seeds.

Asian-Spiced Pork Shoulder

Pork shoulder roast rubbed with a mixture of Chinese five-spice powder, garlic, and orange zest, then roasted nestled into a braising liquid of garlic, orange zest, soy sauce, brandy, scallions, sugar, five-spice powder, and water, roasted long and slowly until tender, then sliced and served with a reduction sauce made from the braising liquid.

Juicy Italian Buttermilk Pork Chops

Bone-in pork rib chops soaked in buttermilk, oregano, thyme, and garlic to tenderize and flavor the pork, then grilled in a grill pan until perfectly juicy.

Pork Medallions with Grapes in Pomegranate Sauce

Pork tenderloin medallions seared in a pan, then served with a pan reduction sauce of pomegranate juice, chicken stock, a little ketchup, grapes, and dried cherries or cranberries.

Pork and Chile Stew

Sections of baby back pork ribs simmered in salted water until tender, then the cooking liquid is simmered with onions, garlic, and Serrano chiles, then pureed together with roasted Poblanos and white corn tortillas. The pork ribs are added to the pureed stew mixture and finished with a sprinkle with cilantro and cotija cheese.

Kohlrabi and Ham Gratin

Kohlrabi, a mild, sweet turnip-like vegetable, sliced and layered in a casserole with slices of thinly sliced smoked ham, and a low-fat milk and sharp Cheddar sauce, topped with seasoned breadcrumbs and baked in the oven until bubbly.

Pork Tenderloin with Romesco Sauce

Pork tenderloin seasoned with paprika, pan-seared, roasted in the oven, sliced and served with a traditional Spanish Romesco sauce of pureed roasted red peppers, hazelnuts, almonds, sherry vinegar, garlic, paprika, bread, and olive oil.

Pork Chops with Shallots

Pork rib chops dusted with flour and pan-seared, then served with caramelized shallots cooked with anise seeds in a red wine, chicken stock, tomato paste, and garlic reduction sauce.

Pork with Mole Negro Sauce

Pork loin roast marinated in a smoky marinade of chipotle chiles, oil, cider vinegar, ancho chile powder, oregano, honey, and garlic, then roasted in the oven and served with a traditional Oaxacan mole sauce loaded with flavors of pureed tomatillo, tomato, onion, pasilla chiles, plantain, peanuts, sesame seeds, raisins, chicken stock, chocolate, oregano, cinnamon, bread, and brown sugar.

Apple and Leek-Stuffed Pork Tenderloin

Pork tenderloin stuffed with sautéed leeks, apples, and thyme, browned in a pan, then roasted until done and served with a pan sauce of apple brandy, apple cider, garlic, thyme, and Dijon mustard.

Puerto Rican Pork Pot Roast

Pork shoulder or butt coated with a rub of oregano, thyme, bay leaves, garlic, orange zest and olive oil, then browned and braised in dark spiced rum, orange juice, and beef stock until the meat is tender, then is cut into pieces and served with the pan gravy.

Honey-Tamarind Baby Back Ribs

Baby back ribs slow-roasted until tender, then brushed with a puree of honey, tangy tamarind concentrate, ketchup, soy sauce, ginger, garlic, and chile paste and browned in the oven.

Other Meats

Baby Lamb Chops with Rosemary-Parmesan Crust

Lamb rib chops rubbed with seasonings, coated lightly in Dijon mustard, rolled in a mixture of breadcrumbs, Parmesan cheese, garlic, rosemary, and olive oil, then baked in the oven until golden brown.

Lamb Rogan Josh

An Indian lamb stew of cubed lamb shoulder, seared and stewed together with sliced onions, ginger, garlic, Madras curry powder, turmeric, cayenne, bay leaves, crushed tomatoes, yogurt, and finished with garam masala and cilantro.

Slow-Cooked Lamb Shanks and Beans

Lamb shanks dusted with flour and seared in a pan, then cooked slowly with cannellini beans, onions, carrots, celery, diced tomatoes, white wine, lemon, chicken stock, and herbs.

Ouzi (Lebanese Lamb and Rice)

A complete meal of cubes of leg of lamb rubbed with cinnamon allspice, cumin, and cardamom, then braised slowly in the oven with onion, garlic, and water until falling apart, then the tender meat is served on top of a rice pilaf of basmati rice, sautéed onion, a little ground beef, cinnamon, nutmeg, cloves, beef stock, and sprinkled with slivered almonds and pistachios and served with a Cucumber Mint Yogurt Sauce.

Hard Cider-Braised Lamb Shanks

Lamb shanks dredged in flour, then pan-seared and braised slowly in the oven with hard cider, apples, shallots, onions and rosemary.

Punjabi Split Chickpeas and Lamb Curry

Split chickpeas (channa dal) braised with cubes of leg of lamb, onion, ginger, garlic, chile peppers, Indian spices, tomatoes, cilantro, mint, and lemon juice, finished with a sprinkle of garam masala, and served with basmati rice.

Mustard-Crusted Lamb

Boneless leg of lamb, butterflied and spread with a mixture of sautéed shallots, thyme, and reduced vermouth mixed with mustard, egg, and tarragon, then it's rolled up, tied with string, rubbed with more mustard mixture and seared in a pan, then rubbed with more mustard mixture and coated with breadcrumbs mixed with browned butter, parsley, and thyme and roasted in the oven until tender, and sliced from the roast.

Lamb Chops with a Balsamic Vinegar Pan Sauce

Lamb rib chops rubbed with garlic, then sprinkled with rosemary and olive oil and seared in a pan, then served with a pan-reduction sauce of balsamic vinegar, chicken stock, rosemary and bay leaf.

Greek Buffalo Burgers

Lean and flavorful ground buffalo mixed with chopped spinach, feta cheese, dill, oregano, garlic, and cumin, formed into burgers and grilled in the grill pan, then served on buns with a yogurt sauce of Greek yogurt, lemon, dill, mint, chives, and chopped cucumbers.

Guinness-Marinated Buffalo Rib-eye Steaks

Buffalo rib-eye steaks marinated in Guinness stout beer, soy sauce or tamari, chopped sweet onion, rosemary, molasses, garlic, and Worcestershire sauce, then grilled in a grill pan and served with sautéed whole cremini mushrooms and sliced red onions.

Braised Veal Chops with Honey and Red Grapes

Veal rib chops seared in a pan with melted anchovies, then braised in a white wine reduction sauce scented with sage, cloves, and bay leaves, with chicken stock, seedless red grapes, and honey.

Veal Paillards with Chasseur Sauce

Thin veal cutlets, lightly browned and served with a French hunter's sauce of sautéed mushrooms and shallots and a white wine, brandy and demi-glace sauce with tarragon and butter.

Pan-Roasted Stuffed Veal Chops with Proscuitto and Fontina

Veal chops stuffed with a thin slice of proscuitto, Fontina cheese, and a sage leaf, seared in a pan, then served with a light sauce of reduced chicken stock, lemon juice, garlic, and capers.

Seafood

Salmon Cakes

Diced salmon mixed with breadcrumbs, sautéed onions, fennel, and celery, mayonnaise, lemon, cayenne, thyme, chives and parsley, then formed into patties, coated with breadcrumbs and pan-fried until golden, and served with a lemon, yogurt, and mayo sauce with chopped fennel fronds and chives.

Smoked Paprika Shrimp with Poblano Polenta and Red Pepper-Agave Sauce

Large shrimp seasoned with smoked paprika and grilled, then served on a bed of creamy cornmeal polenta with roasted Poblano peppers, corn, a little Manchego cheese and butter, with a pureed sauce of roasted red bell peppers, red onions caramelized with agave nectar, chicken stock, cream, and tomato paste. This is a complete meal with no additional side, so for Entrée-Only Service would only include the shrimp and sauce.

Olive Oil-Poached Tuna with Salsa Verde

Tuna filets slowly poached in olive oil scented with garlic and rosemary, then served with a pureed green herb sauce of parsley, basil, mint, garlic, capers, anchovies, Dijon mustard, red wine vinegar, and olive oil.

Basque Fish Stew (Marmitako)

Large chunks of pan-seared tuna braised into a stew with sautéed sliced onions, green chile peppers, garlic, potatoes, white wine, stock, saffron and Spanish paprika and sprinkled with parsley.

Turbot with Artichokes and Niçoise Olives

Delicate turbot filets (when available) braised lightly in a casserole dish with artichoke hearts, Niçoise olives, garlic, basil, white wine, and olive oil.

Seared Scallops with Escarole and Balsamic-Truffle Glaze

Sea scallops seared in a pan and served over sautéed escarole with a balsamic and fish stock reduction sauce and a drizzle of white truffle oil.

Greek Stuffed Flounder

Tender flounder stuffed with spinach, feta, and pine nuts with a light white wine, lemon and parsley sauce.

Halibut Couscous with Onion T'faya

Sliced onions cooked slowly with Moroccan spices (saffron, ginger, turmeric, allspice, nutmeg, cinnamon) and raisins until caramelized, then braised with chunks of halibut and a little fish stock , and served over a bed of almond couscous.

Ginger-Poached Salmon with White Wine Sauce

Salmon steaks poached in a ginger-infused fish stock, then serve with a white wine and fish stock reduction sauce with a little butter, shallots, ginger, lemon zest and basil.

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 Salmon with Lemon-and-Thyme-Scented Salsa Veracruzana

Salmon filets grilled on the grill pan and nestled in a thick Mexican sauce of sautéed sliced onions, garlic, chopped tomatoes, thyme, lemon zest, chopped green olives, capers and sliced jalapenos.

Monkfish with Chipotle Sauce

Monkfish filets (when available; or sea bass) marinated lightly in lime juice, paprika, and olive oil, then grilled and served with a pureed sauce of chipotle chiles, roasted garlic, roasted red bell peppers, mayonnaise, sour cream, lime juice, and olive oil.

Caraway-Crusted Salmon with Caramelized Apples, Fennel, and Leeks

Salmon filets dusted with flour and a sprinkling of caraway seeds, then seared in a pan and served with caramelized apples, leeks, fennel, and red onion.

Sautéed Scallops with Orange, Fennel and Ginger

Sea scallops seared in a pan and served with sliced fennel bulb braised in fish stock with white wine, shallots, orange zest and ginger, then served sprinkled with chopped fennel fronds.

Shrimp Saganaki

A Greek-flavored dish of sautéed, diced fennel, scallions, and green chile pepper braised in white wine with jumbo shrimp, then the fennel mixture is tossed with lemon juice and feta cheese and served with the steamed shrimp.

Salmon Steamed in Cedar Papers with Shiitake Salad

Salmon filets marinated in a ponzu marinade of citrus juices and soy sauce, then laid on cedar paper wraps, topped with a sautéed salad of shiitake mushrooms, carrots, ginger, garlic, soy sauce, sesame oil, and scallions, then wrapped up and baked in the oven until steamed and flavorful.

Pecan Catfish with Banana Pepper Sauce

Catfish dipped in buttermilk and egg mixture, crusted in chopped pecans, flour, and cornmeal and pan-fried, then served with a chilled sauce of pureed pecans, banana peppers, mayonnaise, shallots, pickle relish, dill, and lemon juice.

Salmon Pinwheels

Salmon filets cut into very thin strips, spread with a scant layer of mayonnaise, then topped with a mixture of Panko breadcrumbs, whole-grain mustard, chopped shallot, lemon juice, capers, thyme, and olive oil, rolled up into pinwheels and baked in the oven.

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.

Pasta

Smoky Pork Farfalle

Boneless pork shoulder braised slowly in the oven with smoky sea salt, apples, onion, carrot, celery, garlic, thyme, tomato paste, white wine, chicken stock, Champagne vinegar, and honey, then the pork is shredded, the sauce is strained of chunks and is mixed with a little creamy mascarpone cheese, finished with more smoked sea salt and tossed with bow-tie pasta.

Penne with Broccoli Rabe, Tomatoes, and Parmesan

Chopped broccoli rabe sautéed with garlic, anchovies, crushed red pepper, diced tomatoes, basil, and a splash of lemon juice, then tossed with penne pasta and Parmesan cheese.

Turkish Pasta with Lamb Sauce

Ground lamb cooked together with onions, carrots, celery, garlic, paprika, cinnamon, coriander, cumin, pomegranate juice, diced tomatoes, cilantro, mint, and lemon juice, then served over a bed of pasta and served with a dollop of Greek yogurt. Could also be done with lean ground buffalo.

Ditalini with Pesto, Beans, and Spinach

Small tubular pastas mixed with fresh basil and pine nut pesto, cannellini beans, and wilted baby spinach with crushed red pepper.

Spaghetti with Mushroom Bolognese

A meat-like sauce with finely chopped cremini mushrooms braised together with finely chopped onions, carrots, celery, garlic, milk, white wine, crushed tomatoes, oregano and a Parmesan rind for flavor, then served over spaghetti noodles with a sprinkle of Parmesan.

Crab Mac and Cheese with Roasted Red Pepper Sauce

Lump crabmeat mixed with macaroni, cheddar and Monterey Jack cheeses, and a divine pureed sauce of roasted red bell peppers, sautéed onions, garlic, Old Bay seasoning, and chicken stock, piled into a casserole dish, topped with Parmesan cheese and breadcrumbs and baked in the oven until browned.

Sweet Potato and Red Pepper Pasta

Steamed red bell pepper, shredded sweet potato, diced tomatoes, and garlic tossed with angel hair pasta, goat cheese, parsley, tarragon, lemon juice and made saucy with a little pasta water.

Sicilian Pasta with Shrimp and Almond Cream

Large shrimp and tubular pasta cooked into a pureed sauce of almonds, tomatoes, olive oil, garlic, white wine, and pasta water, and sprinkled with parsley.

Creamy Bow Tie Casserole

Ricotta cheese, low-fat milk, tomato paste, basil, and garlic mixed together to form a creamy, flavorful sauce, then stirred together with bow tie pastas, a little diced fresh mozzarella, peas, cherry tomatoes, and Parmesan cheese; baked in a casserole until golden.

Gemelli with Baby Spinach and Butternut Squash Sauce

Butternut squash roasted in the oven with sage, whole garlic and olive oil, then pureed with half and half and pasta water to make a creamy sauce, tossed with gemelli pasta and wilted baby spinach, then sprinkled with Parmesan cheese and chopped toasted walnuts.