



Spring and Summer Menu

2011

Chef Stephanie Riley

Chicken

Spring Chicken Bundles

Chicken breasts marinated in lemon juice, orange juice, garlic, tarragon, and olive oil, then removed from marinade, filled with asparagus and julienned carrots, rolled up, roasted and served with a light sauce of white wine and chicken stock.

Southwestern Lime Chicken Lettuce Wraps

Ground chicken sautéed with onions, red bell peppers, zucchini, garlic, lime juice, soy sauce, rosemary, oregano, chili powder, and honey, and served rolled up in lettuce leaves.

Grilled Orange-Chipotle Chicken

Boneless chicken breasts marinated in orange juice, balsamic vinegar, chipotle chili powder, garlic, oregano and olive oil and grilled.

Country Captain

Chicken thighs (or breasts) braised in a classic Lowcountry dish of onion, celery, green bell pepper, tomatoes, curry powder, and currants.

Chicken Coconut Curry

Strips of chicken breasts in a Thai-inspired curry with coconut milk, lemongrass, ginger, onion, mushrooms, garlic, Serrano chiles, chicken stock, fish sauce, brown sugar, lime, and basil.

Charmoula-Marinated Grilled Chicken with Tahini Yogurt Sauce

A Moroccan-inspired dish of chicken breasts marinated in smoked paprika, cumin, garlic, red wine vinegar, cilantro, lemon, and olive oil, grilled and served with a cool sauce of Greek yogurt, tahini (sesame seed paste), garlic and mint.

Baked Chicken Kiev

Boneless chicken breasts pounded thin and filled with a nugget of butter seasoned with dill and lemon juice, rolled up and breaded with seasoned Panko breadcrumbs then baked in the oven.

Chicken Breasts with Green Chile-Almond Cream Sauce

Pan-seared chicken breasts in a pureed sauce of almond milk, mild Anaheim chile peppers, chicken stock, scallions, almonds, and garlic.

Chicken with Asparagus and Tomatoes

Cubes of chicken sautéed with cherry tomatoes, asparagus, basil and garlic in a light sauce of lemon juice, white wine, and chicken stock.

Chicken and Broccoli Pockets

Poached, diced chicken mixed together with broccoli florets, red bell pepper, onion, garlic, cheddar cheese, mayo, dill, and slivered almonds, stuffed into discs of pie dough, folded over into pockets and baked in the oven.

Chicken Burgers with Spicy Peanut Sauce

Ground chicken mixed together with chopped shallots, chile powder and garam masala, formed into patties and grilled, then served on burger buns with arugula and a sauce of peanut butter, coconut milk, shallots, chile powder, Sriracha chile sauce, and chopped peanuts.

Dijon Chicken Stew

A light stew with chunks of chicken breast braised together with chopped escarole, shallots, garlic, rosemary, white wine, chicken stock, and Dijon mustard.

Burmese Chile Chicken

A stir-fry of chicken strips with onion, bell peppers, mild poblano peppers, zucchini, seasoned with chile powder, cumin, paprika, garlic, ginger, and Asian fish sauce.

Grilled Balsamic Chicken with Peaches

Boneless, skinless chicken breasts marinated in balsamic vinegar, maple syrup, and olive oil, then grilled and served with grilled Vidalia onion rings and grilled peaches lightly marinated in orange juice and rosemary.

Chicken and Corn Empanadas

Poached chicken, chopped and mixed with Monterrey Jack and cheddar cheeses, sautéed onions, corn, bell peppers, mild poblano peppers, garlic, cumin and cilantro, then stuffed into discs of pie crust, folded over into pockets and baked in the oven.

Turkey

Ground Turkey Laap in Lettuce Wraps

A popular dish from Laos, this version has ground turkey sautéed and flavored with lime juice, Asian fish sauce, minced lemongrass, scallions, cilantro and mint and served in lettuce cups.

Lemon-Rosemary Turkey Meatballs

Meatballs of ground turkey, breadcrumbs, rosemary, lemon zest, onion, garlic, and Parmesan cheese, browned and cooked into a velvety sauce of white wine, chicken stock, lemon juice, rosemary, and finished with a little butter.

Baked Turkey Kathi Rolls with Mint-Date Dipping Sauce

A healthier version of a popular fried Indian street food, this one has flour tortillas filled with sautéed ground turkey, onion, ginger, garlic, curry powder, amchoor (sour mango powder), soy sauce, basil, and lemon juice, rolled up and baked in the oven, and served with a cool sauce of pureed mint, Medjool dates, Serrano chiles, and lemon juice.

Beef

Beef and Asparagus Stir-Fry

Stir-fried strips of sirloin steak with asparagus, shallot rings, garlic, and a sauce of sherry, hoisin sauce, chili oil and red pepper flakes.

Carne Asada Fajitas

Skirt steak marinated in lime juice, olive oil, cilantro, jalapenos, garlic, pureed kiwi, cumin, coriander, oregano, and sugar, then grilled and sliced, and served with sautéed onion and bell peppers, fresh pico de gallo and flour tortillas (or corn). The pico de gallo is a fresh item and should be eaten within 5 days.

Grits and Grillades

A Louisiana specialty of thin slices of beef round pan-fried then braised in a sauce of tomatoes, beef stock, onions, celery, green bell pepper, garlic, and herbs, and served over creamy grits. This is a complete meal with no additional side dishes.

Korean Beef and Shiitake Skewers

Chunks of beef round marinated in soy sauce, sherry, sesame oil, green onions, grated pear, ginger, garlic, sugar, sesame seeds, and red pepper flakes, then threaded onto bamboo skewers with whole shiitake mushrooms and red bell pepper and either broiled in the oven or left for you to grill.

Spinach Salad with Steak and Blueberries

Grilled and sliced NY strip steak on a cool salad of baby spinach, blueberries, toasted walnuts, feta cheese with a Blueberry Walnut Vinaigrette. This is a fresh service item, which can not be frozen and must be eaten within 3-4 days.

Cheesy Meat Loaf

Ground beef mixed with sautéed carrots, celery, onion, garlic and chopped mushrooms, breadcrumbs, eggs, parsley, thyme and cubes of mozzarella cheese, formed into a loaf and topped with a mixture of breadcrumbs, shredded mozzarella cheese and herbs and baked in the oven.

Blue Cheese Burger Kabobs

Meatballs of lean ground beef, crumbled blue cheese, garlic, parsley, red wine, and Worcestershire sauce threaded onto bamboo skewers with whole cremini mushrooms, red onion wedges, and cherry tomatoes, and either broiled or left for you to grill.

Meatballs in Tomato Sauce (Keftedes me Saltsa Domata)

Greek-style oval-shaped meatballs of ground beef (or lamb), mint, oregano, cinnamon, nutmeg, red onion, egg, milk, and breadcrumbs, dusted in flour and pan-fried with a smooth sauce of tomatoes, beef stock, garlic, lemon juice, oregano, cinnamon, nutmeg, and parsley.

Pork

Cocoa and Chili-Rubbed Grilled Pork Tenderloin with Chocolate BBQ Sauce

Pork tenderloin rubbed with cocoa powder, smoky ancho chili powder and brown sugar, then grilled, sliced, and served with a homemade barbecue sauce made rich with dark chocolate.

Herbed Pork Involtni with Pecorino

Long, thin slices of pork tenderloin topped with thinly-sliced pancetta and a mixture of breadcrumbs, pecorino cheese, parsley, sage, thyme and egg, rolled up and seared in a pan and served with a white wine and chicken stock sauce.

Moorish Pork Kabobs

Cubes of pork tenderloin marinated in cumin, coriander, paprika, cayenne, turmeric, oregano, garlic, parsley, lemon juice and olive oil, then threaded onto skewers with cherry tomatoes, onions, and bell peppers and either broiled or left for you to grill.

Pork Chops with Roasted Shallot, Fresh Tomato and Rosemary Relish

Pan-seared pork loin chops served with a cool sauce of roasted, chopped shallots, fresh tomatoes, rosemary, parsley, balsamic vinegar, and honey. The relish is a fresh item and should be eaten within 5 days.

Stir-Fried Pork with Leeks

Strips of pork tenderloin marinated in sesame oil, soy sauce, sugar, garlic, and cornstarch, then stir fried with sliced leeks.

Fresh Chorizo and Potato Tacos

Ground pork sautéed with chunks of potatoes, garlic, paprika, minced chipotle pepper, coriander, oregano, and cider vinegar, then served in corn tortillas with a fresh pico de gallo. The pico de gallo is a fresh item and should be eaten within 5 days.

Korean-Style Pork Tenderloin

Pork tenderloin marinated in soy sauce, ginger, garlic, rice vinegar, sesame oil, sugar, and crushed red pepper, then pan-seared, sliced and served with the marinade reduction sauce.

Pincho Ribs with Sherry Glaze

Spanish-style baby back ribs rubbed with smoked paprika, cumin, coriander, onion, garlic, oregano, and crushed red pepper, roasted slowly in the oven until very tender, then glazed with a mixture of sherry, honey, soy sauce, and tomato paste.

Pulled Pork Italiano

Pork shoulder coated in ground fennel seed, parsley, thyme, rosemary, garlic, and crushed red chile flakes, coated in tomatoes and braised long and slowly in the oven with beef stock, red wine, and onion, then pulled apart and piled into hoagie rolls with provolone cheese and arugula.

Other Meats

Lamb Chops with Mint, Tomato and Garlic Sauce

Lamb chops rubbed with basil and parsley and pan-seared, then served with a sauce of sautéed shallots, garlic, tomatoes, balsamic vinegar, red wine, basil and mint.

Greek Lamb Stuffed Tomatoes

Ground lamb sautéed with onions, zucchini, garlic, tomato paste, red wine and Greek seasonings, then tossed with feta cheese and rice, stuffed into tomatoes and baked in the oven.

Springtime Lamb Stew (Navarin d'Agneau)

Chunks of leg of lamb stewed with onions, carrots, turnips, shallots, asparagus and peas in white wine and chicken stock with herbs.

Veal Stew with Spring Greens

Cubes of veal shoulder braised with white wine, crème fraîche, spinach, romaine, arugula, watercress, leeks, parsley, tarragon, and chives.

Pan-Seared Duck Breast with Red Wine-Raspberry Sauce

Duck breasts marinated in mashed raspberries, red wine, minced shallot and olive oil, then pan-seared and served with a sauce of the marinade which is reduced, strained and finished with a little honey, butter and thyme.

Seafood

Salmon "Bulgogi"

Salmon filets marinated in green onions, ginger, garlic, soy sauce, sherry, sugar, sesame oil, and chili sauce, then roasted in the oven and glazed with the marinade reduction.

Potato Encrusted Halibut

Halibut filets topped with a light coating of garlic mayonnaise and hash brown potatoes and roasted until golden.

Miami Barbecued Shrimp

Large shrimp seasoned with minced onions, garlic, Worcestershire sauce, lemon juice, Old Bay seasoning, paprika, Tabasco and pan-seared in butter.

Triple-Mustard Salmon

Salmon filets dipped in a mixture of Dijon mustard and dry mustard, then coated in yellow mustard seeds and toasted wheat germ and pan seared.

Oven-Fried Fish Sandwich with Tartar Sauce

Cod fish breaded with panko breadcrumbs seasoned with Old Bay seasoning and baked in the oven until crispy, then served with a homemade tartar sauce on a sesame seed bun.

Grilled Tuna with Pineapple Glaze

Tuna steaks rubbed with cinnamon, ginger, and clove, then grilled and served with a reduction of pineapple juice with cinnamon stick and cloves.

Grilled Miso Shrimp

Large shrimp marinated in white miso, lime juice, ginger, garlic, and brown sugar, then grilled and served with a sauce of mayo, lime juice, and Sambal Oelek chile sauce.

Salmon with Mango Pico de Gallo

Salmon seasoned with cumin and grilled, then served with a fresh salsa of mango, shallots, garlic, lime, cilantro, and spices.

Tuna Niçoise Burger

Fresh tuna chopped together with Kalamata olives, capers, shallots, basil, and mayo, formed into patties and pan seared, then served on a bun with an anchovy aioli (garlic mayo).

Shrimp with Citrus-Herb Sauce

Pan-seared shrimp with a sauce of orange segments, capers, scallions, garlic, anchovies, lemon, white wine, basil, and chives.

Caesar Tilapia

Tilapia filets topped with Caesar dressing, Panko breadcrumbs, Parmesan, and herbs and roasted in the oven.

Pastas

Pasta Porchetta

Ground pork sautéed with sliced onions, fennel, green beans and rosemary, then cooked into a tangy yogurt sauce with feta cheese and pasta water and tossed with gemelli spiral pastas.

Spaghetti and Mozzarella-Stuffed Meatballs

Meatballs of ground beef, pork and veal (or just beef), breadcrumbs, milk, egg, garlic, parsley, with a cube of mozzarella cheese tucked inside cooked into a marinara sauce with spaghetti noodles.

Fusilli with Raw Zucchini, Mascarpone and Ricotta

Spiral pastas tossed in a puree of raw zucchini, mascarpone cheese, ricotta cheese, Parmesan cheese, lemon zest, and basil.

Baked Penne with Corn, Zucchini and Basil

Penne pasta mixed together with sautéed corn, zucchini, mozzarella cheese, Parmesan cheese, and a sauce of tomatoes, onion, white wine, garlic, oregano, basil, poured into a baking dish, topped with more cheese and baked in the oven.

Spinach and Feta Spaghetti

Spaghetti noodles coated in a sauce of chopped spinach, bacon, sautéed onions, garlic, sundried tomatoes, Greek herbs, Parmesan and feta cheeses, and lemon.

Farfalle with Salmon and Peas

Bow tie pastas with roasted chunks of salmon and a sauce of green peas, onions, Greek yogurt, fresh dill, and lemon.

Spinach and Roasted Red Pepper Lasagna

Layers of lasagna noodles, spinach, roasted bell peppers, a ricotta cheese mixture with Parmesan, mozzarella, egg, and herbs, and marinara sauce, topped with mozzarella and Parmesan cheeses.

Vegetarian

Spinach-Zucchini Soup

A light and sunny soup of zucchini, onion, baby spinach, white beans, vegetable stock, lemon, and mint.

Sesame-Honey Tempeh

Crumbled tempeh browned in a pan and cooked into a sauce of honey, soy sauce, sesame oil and scallions and served over brown rice.

Barley Hoppin' John

Barley and black-eyed peas in a pilaf with onions, green bell peppers, celery, garlic, herbs, crushed red pepper, lemon juice, and vegetable stock.

Nutty Meatless Loaf

A loaf of red lentils, brown rice, chopped pecans, chopped dried apricots, carrots, onion, celery, mango chutney, and spices, topped with chopped red bell pepper, fresh mango and more mango chutney and baked in the oven.

Veggie Burgers with Pomegranate Ketchup

Meatless burgers made of pureed raisins, almonds, mushrooms, edamame, brown lentils, Israeli couscous, curry powder, lemon juice, and porcini mushroom powder, served on a bun with a mixture of ketchup and pomegranate molasses.

Vegetable Minestrone

An Italian-flavored soup with pasta, white beans, onions, carrots, celery, zucchini, green beans, potatoes, tomatoes, Parmesan, and baby spinach.