

CHEF B. MEALS

WEEKLY MEAL PREP

Week of 3/05

ENTREES

Chicken

Miso Roasted Chicken (F) (DF)

We brush them with a glazy sauce made of miso, soy sauce, five spice powder, garlic, and ginger. Then, we roast it, tender and juicy, with the delicious miso sauce glazed on each piece of chicken. We serve them over a simple carrot and red cabbage salad.

Note: Please specify if you have a choice of meat white or dark in the comments section when placing your order!

Recommended Side: Kimchi Rice

Beef

Rustic Italian Beef Stew (F) (NF,SF)

The prospect of a bowl of slowly stewed beef, Italian style, always has me excited! A simple rustic Italian beef stew recipe loaded with aromatics and vegetables like tomatoes, rainbow carrots and leeks. Make sure to serve it with a nice slice of toasted Italian bread (not provided with this dish).

Recommended pairing: Penne alla Vodka Florentine

Pork

Tennessee Whiskey Pork Chops (F) (GF,NF,DF,SF) **PC

A lovely sauce of whiskey, brown sugar, and Dijon Mustard glaze these chops that will have everyone begging for more!

Recommended Side: Maple Bourbon Sweet Potato

Seafood

Grilled and Blackened Mahi Mahi, Wilted Spinach, Remoulade, Charred Lemon (GF,NF,SF) **PC

Everything you desire on one plate. This dish is mildly spicy so that it will not overpower the other flavors.

Recommended Side: Zucchini and Yellow Squash Casserole Wild Card

Vegetarian Stuffed Chile Rellenos, Ranchera Sauce (F) (GF,NF,SF)

We take Poblano peppers and lightly roast them and stuff them with a blend of spices (not spicy) Oaxaca cheese, black beans and sofrito, raisins and green olives. This combination provides this southwestern classic with maximum depth of flavor.


Recommended Side: Roasted Red Pepper Tortilla Soup

Something Simple

Salmon, Pearl Couscous, Slow Roasted Tomatoes, Kalamata Olives (F) (GF,DF,NF,SF) **PC

A fascinating, flavorful and a refined blend between the salmon, the couscous, the tomatoes, and the olives.

Recommended Pairing: Creamed Kale



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Kimchi Rice (GF,DF,NF)

**** CONTAINES SESAME**

Packed full of flavor & veggies, topped with crispy tofu.

Penne alla Vodka Florentine (NF,SF)

The classic sauce made from ripe tomatoes, a touch of cream and of course a dash of vodka to really round out the flavor. Do not worry, we cook the vodka out, so this side is great for everyone in the family!

Note: Make this dish an entrée by adding Oven Roasted Lemon Chicken or Grilled Marinated Portobello Mushrooms.

Bourbon Maple Sweet Potatoes (F) (GF,NF,SF)

These sweet potatoes are a must have. Bourbon adds a depth of flavor to the maple-sweetened potatoes. A soul food classic, this is the accompaniment to any winter table!

Yellow and Green Squash Casserole (NF,SF)

Tender squash, gooey cheese and crunchy crackers make this a memorable side dish or a hearty main course.

Roasted Red Pepper Tortilla Soup (F) (GF,NF,SF)

Homemade roasted red pepper soup with a Tex-Mex twist. This soup is creamy yet cream-less and thoroughly delicious. We serve it with a kit composed of sour cream, tortilla strips, cheese, and a lime wedge.

Creamed Kale (GF,NF,SF)

All of the deliciousness of the traditional creamed spinach recipe only we take it up a notch with kale. This is honestly one of my favorite kale side dishes!!

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CHEF B. MEALS

WEEKLY MEAL PREP

Week of 3/12

ENTREES

Chicken

Chicken with Succotash (F) (NF,SF) **PC

Browned chicken pieces cooked with the Southern favorite of succotash - which is lima beans, edamame, corn and a little tomato. It makes for a great dish that everyone will love. We prepare this dish with dark meat please specify if you would like white meat or organic tofu to keep it vegetarian friendly.

Recommended pairing: Jerk-Spiced Green Beans with Cauliflower and Chickpeas

Beef

Asian Short Ribs (F) (NF)

With their combination of sweet and tangy flavors, Asian-style short ribs are irresistible!

Recommended pairing: Sweet Corn Grits

Pork

French Green Peppercorn Pork Tenderloin (F) (GF,NF,SF) **PC

This meal is your ticket to a quaint bistro in the countryside of France. A light creamy demi-glace sauce studded with shallots and briny green peppercorns accent tender pork perfectly.

Recommended pairing: Spring Celebration Salad

Seafood

Skate Schnitzel (NF, SF)

Long thought of as a "trash fish," skate is one of the genuinely great seafood items: tender, sweet, and well-textured. I first had this preparation in Atlanta at the Optimist it was one of the best things I have ever eaten! The crunchy coating paired with the traditional brown butter caper sauce is out of this world!

Recommended side: Warm French Lentils

Wild Card

Grilled Shrimp with Cilantro Sauce and Asian Slaw (GF, DF, NF) **PC

Absolutely beautiful and tastes fantastic! Nice balance of flavors.

Recommended side: Asian Spaghetti

Something Festive

Corned Beef and Cabbage (F) (GF, NF, SF)

While there's never a bad time to serve corned beef and cabbage, there is one particularly perfect occasion: St. Patrick's Day!

Recommended side: Sautéed Yukon Gold Potato Coins with Parmesan Cream



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Week of 3/12

SIDES

Dessert Corner

Lemon Ricotta Cake (F) (SF)

Lemon ricotta cake is like a traditional lemon cake; however, it is not as sweet and has a slightly denser texture. It's a traditional Italian cake that is often served after the meal or with a piece of fruit for breakfast.

Jerk-Spiced Green Beans w/Cauliflower and Chickpeas (F) (DF,NF,SF)

I make my own jerk spice blend. Here I use it on a mix of green beans, cauliflower, and chickpeas that I roast in the oven until nicely browned.

Sweet Corn Grits (F) (NF,SF)

Two of the ultimate Southern sides are married into one... grits and creamed corn!

Spring Celebration Salad (F) (GF,NF,SF)

Celebrate spring with this salad using this season's most exciting veggies...new potatoes, asparagus, and peas, romaine, green goddess dressing. We garnish it with garlic whole wheat croutons and boiled eggs. It is out of this world delicious!

Warm French Lentils (F) (GF,NF,SF)

I cook them in chicken broth for extra flavor, and toss them with cooked bacon, fresh herbs, and a mustard vinaigrette. We can omit the bacon if you would like a healthier option please specify in the comments.

Asian Spaghetti (F) (DF,NF,SF)

We love this recipe with its bright, crisp-tender snap peas, mushrooms, and carrots, but you could easily substitute any veggies you have on hand.

Sauteed Yukon Gold Potato Coins with Parmesan Cream (NF,SF)

This elegant Italian-inspired side dish will leave you craving more.

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CHEF B. MEALS

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Week of 3/19

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Chicken

Chicken Tagine with Preserved Lemons, Olives, and Vegetables (F) (GF,DF,NF,SF)

Tagine is a highly seasoned Moroccan stew traditionally simmered in a shallow clay pot with a tall, conical lid, also called a tagine. There are hundreds of variations on the theme; these feature authentic Moroccan flavors.

Recommended pairing: French Couscous with Mediterranean Vegetables

Beef

Bourbon Meatballs (F) (NF,SF) **PC

Chef Bernard and I used to cater a Kentucky Derby party for 100 guests every year. Those meatballs are the hit of the party. You will love those meatballs slathered in a thick Bourbon Sauce!

Recommended pairing: Colcannon

Seafood

Spanish Trout (F) (GF,SF) **PC

Olive oil, red bell peppers, garlic, and sherry give this gently simmered fish its Spanish accent. They're pureed with another favorite Spanish ingredient, blanched almonds, which thicken the sauce and give it a sweet, nutty flavor. (Please contact me if you have a nut allergy and we can discuss a way to customize this dish)

Recommended pairing: Saffron Spanish Rice

Pork

Caribbean Pork and Plantain Hash (F) (GF,NF,SF) **PC

This spicy pork hash is a great way to bring the classic flavors of the Caribbean to your dinner table.

Recommended pairing: Curried Green Cabbage



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Sweet Tooth

Horchata Chia Seed Pudding with Vanilla Berry Compote (GF,DF,NF,SF)

It's simple, and the flavors are so classic and delicious. If you've ever wanted to try a Horchata Pudding, this recipe will do the trick. All the cinnamon and almond flavors come together and make a rich and flavorful pudding you're going to love.

French Couscous with Mediterranean Vegetables (DF,NF,SF)

Fine grain couscous tossed with onion, bell peppers and zucchini.

Colcannon (NF,SF)

This Irish mashed potato dish is cooked with bacon and seasoned with kale and green onions to give it color, depth and flavor that go way beyond regular mashed potatoes. Optional: leave bacon out of this dish to make it a vegetarian dish

Curried Green Cabbage (GF,NF,SF)

Curried cabbage, seasoned with the rich flavors of turmeric, mustard, and curry powder, is a perfect partner for a pork dish.

Saffron Spanish Rice (F) (GF,DF,NF,SF)

Besides the beautiful yellow color coming from saffron strands, this rice is loaded with flavors. We also add finely diced red and green bell peppers, and onions.

Crunchy Stuffed Zucchini (F) (GF,NF,SF)

Chickpeas and vegetables – onion, bell pepper, tomato, fresh herbs, a touch of low-fat plain yogurt – get baked into zucchini shells with a crunchy topping.

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Week of 3/26

ENTREES

Chicken

Bistro Chicken with Avocado and Tomato (GF,NF,SF) **PC

A recipe I learned at my first restaurant, and one of the favorites of the customers there. We take chicken breast and top it with thin sliced avocado, fresh tomato and provolone cheese. It's roasted and finished under the broiler to give it the browned, crispy look and flavor that is just too good to be true!

Recommended Side: Carrot Raisin Salad

Beef

Beef Meatballs with Rice Noodles, Shitake and Bok Choy (GF,DF,NF) **PC

This East-meets-West recipe has some beef meatballs tossed with fresh-cooked rice noodles and some mushrooms and bok choy in an Asian sauce that is sweet and savory all together. A really fabulous all-in-one meal!

Recommended pairing: Kung Pao Broccoli

Pork

Santa Fe Pork Stew (F) (NF,SF)

Amazing flavors of the Southwest and a hint of spice. What's not to love about this one-pot meal?

Recommended pairing: Mexican Rice and Black Beans

Seafood

Salmon with Creamy Fennel-Tomato Sauce (F) (GF,NF,SF) **PC

Meaty and tender swordfish slow cooked in a lightly creamy fennel and tomato sauce.

Recommended pairing: Bucatini All'Amatriciana

Wild Card

Greek Lamb Burger with Spinach and Red Onion Salad (F) (GF,NF,SF) **PC

Chef Matt and I were once working in a restaurant and we had 5 different types of burgers and 5 sandwiches on our menu. Within a month, the Greek Lamb Burger was our top seller. This dish will come in a kit with a precooked - raw - lamb patty, a bun, a spinach and red onion salad and a tzatziki in lieu of the traditional mustard or ketchup.


Recommended pairing: Lebanese Tabbouleh

Something Simple

Buffalo Chicken Pasta Salad (NF,SF)

I've been meaning to offer this one for quite a while, I just keep forgetting, or I get excited about something else. This is such a fun dish, that combines all the great elements of buffalo chicken - chicken breast cubes with hot sauce, buttermilk ranch, carrots and celery - all tossed together in a farfalle pasta salad with red onion and parsley. If you like buffalo wings, I promise, you'll love this salad!

Recommended pairing: Oven Roasted Sweet Potato Fries with Garlic and Herb Aioli



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SIDES

Sweet Tooth

Strawberry White Chocolate Brioche Bread Pudding (F) (NF)

The combination of strawberries and white chocolate tastes like pure sunshine. Now, don't you want to eat sunshine?

Carrot Raisin Salad (GF,DF,SF)

This healthier version of carrot raisin salad ditches the mayo for a lighter, sweet and tangy vinaigrette that is gluten and dairy free but equally as delicious.

Kung Pao Broccoli (GF)

Change up your broccoli game with this Asian-inspired side dish. It's spicy, tangy, crunchy, full of flavor, and topped with roasted peanuts.

Mexican Rice and Black Beans (F) (GF,NF,SF)

You know us. We are not going to just throw rice and beans and call it a side dish. Here is what we adding to the mix to make it very tasty: onion, garlic, corn kernels, diced tomatoes, touch of chili powder, cumin and some shredded cheddar cheese on the side.

Bucatini All'Amatriciana (F) (NF,SF)

This classic sauce takes its spiciness from black pepper and dried chiles and its depth of flavor from pancetta. We top it with fresh grated parmesan and herbs.

Lebanese Tabbouleh (DF,NF,SF)

Tabbouleh is a vegetarian salad made of chopped tomatoes, finely chopped parsley, mint, couscous, and onion, and seasoned with olive oil, lemon juice, and salt.

Oven Roasted Sweet Potato Fries w/ Garlic & Herb Aioli (F) (GF,NF,SF)

These savory roasted sweet potatoes are seasoned with fresh herbs and served with a creamy garlic and herb aioli!

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