

CHEF B. MEALS

WEEKLY MEAL PREP

Week of 9/04

ENTREES

Chicken

Pacific Rim Glazed Chicken (F) (GF,DF,NF) **PC**

This dish has always been served to universal praise when I've offered it as a selection here. And now you can join in to see how great this dish with its great island flavors and wonderful sauce... it will be the perfect addition to any summer dinner. You can order this dish uncooked and grill yourself for a perfect Labor Day treat!

Recommended pairing: Pacific Jasmine Rice

Beef

BBQ Pulled Beef Sandwich with Pickled Onions (F) (DF,NF,SF)

Think of pulled pork but using our homemade slow cooked shredded beef recipe. We give you a freshly baked brioche bun to pile your meat high! Simply delicious!

Recommended pairing: Grilled Corn with Truffle Parmesan Butter

Pork

Saucy Kansas City Style Pork Ribs (F) (GF,NF,SF)

Kansas City, MO, is the melting pot of BBQ. No meat is off-limits, and it's all slathered with a sweet, peppery sauce after a long, slow smoked .

Recommended pairing: Hasselback Potatoes

Seafood

Pan-Seared Shrimp with Creamy Corn Sauce (GF,NF,SF) **PC**

This recipe for seared shrimp on fresh corn cream shows that you can take a few seasonal ingredients, put them together simply and produce a pretty special dish. Although the name of the dish says "creamy", there is no cream in my recipe. The creaminess comes from the corn itself.

Recommended pairing: Tomato, Squash and Feta Gratin

Wild Card

Chicken and Andouille Chicken Sausage Gumbo (F) (DF,NF,SF)

The rich base to this gumbo is truly a thing of beauty and comes from having a wonderful brown roux that is spiced before adding any liquid to the mix.


Recommended pairing: Cauliflower Mac n Cheese

Something Simple I

Tuna Nicoise Salad (GF,NF,SF) **PC**

Of all main-course salads, the Niçoise is my all-time favorite, with its fresh butter-lettuce foundation; its carefully cooked, beautifully green beans; its colorful contrast of halved hard-boiled eggs, ripe red tomatoes, and black olives; all fortified by grilled Ahi Tuna. It's a perfect luncheon dish, to my mind, winter, summer, spring, and fall — an inspired combination that pleases everyone.

Recommended pairing: Italian Vegetable Fagioli



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SIDES

Dessert Corner

Vanilla Bean Cheesecake with Salted Caramel Sauce (F) (GF,NF,SF)

Simply delicious... Need I say more?

Pacific Jasmine Rice (F) (GF,DF)

We call it Pacific rice because we use the goodness of the flank steak marinade with fragrant and fluffy tender jasmine rice.

Grilled Corn with Truffle Parmesan Butter (F) (GF,NF,SF)

This fancier approach to a traditional corn on the cob will have you clamoring for more.

Hasselback Potatoes (F) (GF,NF,SF)

The Hasselback potato is clearly the most impressive spud to ever call itself a side dish. It's also like having all of your potato dreams come true at once: these potatoes have the crispy edges of your favorite french fries, but with middles as creamy as mashed potatoes — plus the added bonus of being, essentially, wholesome baked potatoes in clever disguise.

Tomato, Squash and Feta Gratin (GF,NF,SF)

This is a beautiful dish and a great way to use different seasonal varieties of tomatoes and squash. It is also one of those recipes which taste even better the next day!

Cauliflower Mac n Cheese (F) (GF,NF,SF)

We turn to cauliflower for all of our low-carb needs... including mac 'n cheese! But seriously, when slathered in a cheesy cream sauce, how could you even miss the pasta?

Italian Vegetable Fagioli (F) (DF,NF,SF)

I made this dish as more of a simple soup for a friend one week. I figured it would be good, but as it turns out, it's simply exceptional! Cook your beans from dried, it makes all the difference, but a shortcut of canned beans works in a pinch!

(F) = You can freeze if needed. Meals will last 5-6 days and they do not need to be frozen

Symbol Guide:

GF: GlutenFree

DF= Dairy Free

NF= Nut Free

SF= Soy Free

PC= Par Cooked. In order to preserve the integrity of the dish, some items may come par cooked