



Caliblini Personal Chef Service

Eat well. Eat at home.

SAMPLER MENU

Fall **2011**

Select any two main dishes, a side, and a salad

**SALADS**

Zucchini and daikon salad, lemon dressing

*Crunchy goodness. Sugar-, dairy-, and gluten-free,  
vegan, low-calorie, all vitamins.*

Baby arugula with cranberries and goat cheese, Sherry  
vinaigrette

*California classics.*

Greek salad: Bell pepper, tomato, sweet onion, cucumber,  
feta; lemon vinaigrette

*Fresh Mediterranean flavors*

Baby greens with white beans and tomato, white wine vinaigrette

*Delightful combination of texture, flavor, and color*

Cucumber salad, yogurt dressing

*Crunchy and creamy; can be made with non-fat yogurt for a zero-fat meal*

## **MAIN**

### **SEAFOOD:**

Salmon smoked in-a-bag

*I use Savu smoker bags that produce moist and tender fish with irresistible smoky aroma*

Garlic and lemon prawns

*Extra large and full of flavor*

Seared scallops

*Caramelized to perfection. Add spinach and feta cheese for extra flavors.*

Halibut with white wine sauce

*Our local halibut with the classic French sauce*

### **Grilled rainbow trout**

*One of the tastiest and the least appreciated fishes, rainbow trout is best grilled whole with the simple seasoning of lemon, rosemary, and thyme. If you don't have a grill, I'll broil the trout for you.*

### **POULTRY:**

#### **Chicken saltimbocca**

*"Jump in mouth" chicken with prosciutto, sage, and mushrooms. Leave out the optional provolone topping to make it dairy-free*

#### **Chicken cacciatore**

*Another Italian classic chicken dish. Good over pasta, or with any of my side dishes*

#### **Mediterranean lemon chicken**

*Skinless chicken legs marinated with lemon, garlic, and oregano, and roasted to golden perfection*

### Roasted game hens with rosemary and thyme

*Golden crispy skins, tender fragrant flesh. Two servings each.*

### Moroccan spicy chicken

*Tagging-inspired dish made with apricots, lemon, green peas, and North African spices*

### Turkey meatloaf

*Gluten-free meatloaf is made with quinoa flakes that give it light and fluffy texture*

### Turkey cutlets with cranberries

*Tasty low-calorie dish*

## **MEAT:**

### Beef fillet, mushroom sauce

*Pure luxury*

### Beef fajitas

*Slices of beef sirloin, marinated with lime, cumin, and chili, then seared to perfection with bell peppers and onions. Served with whole-grain flour tortillas*

**Pork medallions, red wine sauce**

*Healthy and flavorful*

**Grilled pork chops and pears**

*Sweet and savory*

**Lamb chops with goat cheese sauce**

*Oh, so good!*

**Bison burgers**

*Leaner and tastier than beef, buffalo meat is good for you. Cooked to medium to preserve it's natural juiciness*

**Meatballs in tomato-sage sauce**

*Good over a pasta, or serve with any of my side dishes*

**VEGETARIAN:**

**Spanish tortilla**

*Classic Spanish tapa egg dish filled with potatoes and seasonal vegetables. Serve hot or cold*

**Whole-wheat pasta with mushrooms, white beans,  
and arugula**

*Crimini mushrooms add deep earthy flavor*

**Roasted bell peppers stuffed with quinoa**

*Colorful and delicious. Gluten-free.*

**Quinoa pasta with squash and bell peppers**

*Gluten-free.*

**SIDES:**

Saffron risotto

Wild rice with garlic and herbs

Rice pilaf with vegetables

Green tea rice

Quinoa pilaf with mushrooms

Quinoa with cranberries and almonds

Buckwheat kasha

Roasted sweet potatoes

Roasted kabocha squash

Sautéed zucchini

Braised white cabbage

Rosemary and garlic potatoes

