

What is a Personal Chef?

A Personal Chef is a professional cooking service that provides meal planning and preparation for busy professionals and their families, as well as other customers, on a weekly or monthly basis. This service provides the person on the go with the opportunity to enjoy a nutritious home cooked meal in the comfort of his or her home. Today's hectic lifestyle doesn't mean you have to give up delicious cuisine on your own dinner table. As the Personal Chef industry grows, a diverse array of special menus are being offered. Menus include gourmet, ethnic, homestyle, bistro, inn favorites, BBQ ready, kosher, special diet, kids favorites, economy, and once-a-month cooking. Special diet menus include low fat, diabetic, vegetarian, heart-healthy, and many others.

Here is how it works...

In most cases your service begins with a personal appointment to meet the chef and discuss your food and dietary requirements. A personal chef tailors menus to your daily needs. Tell your chef what kinds of foods you like to eat and don't like or cannot eat. Personal chefs can often prepare most any style of food or cuisine to your specifications as well as preparing any favorite dishes you may have. Ingredients hand-selected by personal chefs are the finest products available.

After you tell your chef what you like, you can just sit back and relax. All of the menu planning, grocery shopping and product selection, cooking and meal preparation, meal packaging, and kitchen cleanup will be done for you.

Most services schedule a cooking day to prepare the meals in your home. Meals are personalized to your tastes and dietary requirements, then stored in your freezer with complete defrosting and heating instructions. Professional cooking equipment is provided by the chefs, who leave your kitchen clean (and smelling wonderful), and your first meal ready to serve. All you need to do is warm your customized entrée and enjoy.

The cost of a personal chef service is modest relative to the cost of equivalent meals in restaurants. Imagine coming home at the end of your busy day and having a gourmet meal ready to heat and eat, without the hassle of shopping, planning or preparing, or making a dinner reservation.

Many services also offer gourmet cooking instruction, gift certificates, many personal chefs will cater small parties as well.

Sample Menu 1

Sesame Crested Tuna with Wasabi Mayonnaise

-Sesame crusted Tuna baked and topped with a Wasabi Mayonnaise

Asparagus Bundles

- Baked asparagus with a toast wrap filled with cream and bleu cheeses.

Marinated Flank Steak

-Flank steak marinated in a soy ginger sauce, broiled and sliced thin.

Bulgar with Mushrooms

- Bulgur made with beef stock, diced mushrooms, shallots, and thyme.

Moroccan Lemon Chicken

-Pan seared chicken cutlets with a zesty Moroccan sauce.

Cumin Couscous with Sautéed Vegetables

- Moroccan spiced couscous with sautéed green and red bell pepper, red onion, and green peas.

Stuffed Shells with Sun-Dried Tomato and Basil Cream Sauce

-Large shell pasta filled with ricotta, mozzarella and Parmesan cheeses topped with a sun-dried tomato basil cream sauce.

Italian Garlic Bread

Chicken Marbella

-Sautéed Chicken in a Mediterranean-style sauce with capers, prunes, and Spanish olives.

Mixed Vegetable Curry

-Fresh vegetables cooked in a curried tomato sauce.

Sample Menu 2

Mexican Scampi

-Broiled jumbo shrimp skewers marinated in a spicy jalapeno cilantro lime oil.

Santa Fe Style Brown Rice

- Spicy brown rice mixed with corn, green chili, cilantro and onion.

Beef Madagascar

-Lean strips of beef sautéed in a rich green peppercorn sauce

Persian Vegetables

- Lightly spiced tomato sauce over green beans, carrots, garbanzo beans and onions.

Citrus-Grilled Pork Tenderloin

-Grilled pork tenderloin topped with a sweet and minty orange soy sauce.

Sesame Asparagus

-Oriental Asparagus with sesame oil, sesame seeds, and soy sauce.

Classic Chicken Divan

-Poached chicken breasts and broccoli florets topped with a parmesan cream sauce tossed with farfalle pasta.

Lentil Loaf with Mushroom Gravy

-Baked loaf made with spiced lentils, rice, onions, and bread crumbs topped with tomato slices and sesame seeds smothered with a mushroom and onion gravy.

Garlic Mashed Potatoes

-Seasoned mashed potatoes with roasted garlic.

FAQ

What areas do you serve?

We serve the entire Treasure Coast of Florida, and occasionally the Palm Beaches.

Can frozen meals taste as good as when they are freshly prepared?

New cooling and freezing techniques allow most meals to taste as fresh and delicious as the day they were prepared. However, some foods do not hold up well to freezing so we carefully plan our menus to accommodate this. Foods that are not freezer friendly can still be prepared, but must be eaten within a day or two of service.

Can I afford this service?

Surprisingly, a Personal Chef Service often saves a family money. The cost is usually much less than eating out every night, and you will find you don't have as much food thrown away from spoilage. Many people throw out up to a third of purchased groceries, because they didn't get time to prepare them.

What do I need to provide to have a service in my house?

We only require that you have a working stove, refrigerator, freezer, clear counters, and one empty shelf in the refrigerator and freezer. We bring all the groceries and tools needed for preparation and cleanup.

How do you package the food after it's prepared?

We use a product called Pressware. It is oven, microwave, and freezer safe. You only have to pull it out, heat up, and enjoy. We can also work with reusable containers for the more eco-conscious clients.

Do I have to be home when you come to cook?

It is not necessary for you to be there on the cook date. On the initial interview we will discuss options for service including access to your home.

What if I don't like the food?

We perform a very detailed food questionnaire on the initial interview, so only foods you like will be on the menu. We take extra care to buy only top quality ingredients, and are trained to prepare them properly. If for some reason a meal still does not appeal to you, we will provide an extra entrée on the next service date

Do you want to enjoy great tasting family meals at home...
but have no time to cook?

Are you unable to cook because of an illness, injury or new baby?

Are you tired of delivery or take-out from the grocery and deli?

Are you having trouble following a diet or doctor's orders?

Do you want to surprise someone with an extra special gift?

A Personal Chef is the answer to your dining desires!

With your own personal chef, at the end of a long hard day...

You'll dine on delicious, healthy meals

Your shopping and cooking hassles are gone

Enjoy your custom prepared meals in the comfort of your home

No longer just for the wealthy...

For about the same price as a restaurant, relax in the comfort of your own home and enjoy a meal designed just for your family (see our prices).

On the day that I cook for you, I will...

- * Shop for the freshest ingredients
- * Bring my own equipment to your kitchen
- * Prepare the meals you have selected
- * Package them according to your specifications
- * Label them with complete heating instructions
- * Leave your kitchen clean and stocked with delicious food ready for you to enjoy
- * Dinners can become the precious family time again when no one has to stress out about meal preparation

OR

- *Bring the food fully prepared from our own catering facility

Special Catered Meals- Meals for special diets

- * Dinners in the freezer for busy people
- * Meals for someone convalescing from an injury
- * Meals for anyone wanting a break from the fast food syndrome

special gifts for:

- * Proud new parents
- * An anniversary or wedding
- * To tell someone that "they are special"
- * For the person who has everything
- * Someone convalescing from a hospital stay
- * Someone having difficulty maintaining their independent living

Other Services

- * Romantic dinners for two
- * Small catered dinners and receptions
- * Cooking classes

Pricing

What is your time worth?

we will plan the menu, grocery shop, cook, package and label with heating instructions and clean up. What can you be doing with all that time?

Sample Fees

Standard Plan

5 Entrées with appropriate side dishes for 4 people (20 meals) - \$325 *
(includes groceries)

4 Entrées with appropriate side dishes for 4 people (16 meals) - \$300 *

(includes groceries)

3 Entrées with appropriate side dishes for 4 people (12 meals) - \$275 *

(includes groceries)

*This includes the cost of groceries. Additional fees may apply for certain organic or gourmet items. Prices available for other packages and for additional items such as soups, salads or dessert.

Additional Information

* Payment in full is due one week prior to the date of service (cash or check).

* Cancellation policy: Three business days' notice is required to avoid a cancellation fee of \$50.

* There is a container fee of \$25.00 per year for disposable containers.

* There may be an additional fee for nutritional analysis of menus or other special services.

* Special Discount: Refer a friend and receive 10% off your next service.

Entrées

Beef Beef Stroganoff - Mongolian Beef - Classic Meatloaf - Beef Bourguignonne - Pepper Steak - Beef Chili - Beef Carbonnade - Beef Curry & Rice - Mexican Stuffed Shells - Stir Fried Beef & Cashews on Rice - Family Swiss Steak - Sirloin Tips in Mushroom Wine Sauce - Mexican Tortilla Casserole - Mediterranean Beef Stew - Penne with Stir-Fried Beef & Red Bell Peppers - Rancho Beef Stew - Beef & Broccoli with Garlic Sauce - Beef Daube - Beef Burgundy - South American Picadillo - Bootlegger's Beef - Burmese Ginger Beef - Italian Lasagna - Russian Cabbage Rolls

Chicken

Apricot Glazed Chicken - Coq Au Vin - Parmesan Chicken - Roasted Chicken & Vegetables - Sesame Chicken - Garden Stuffed Potatoes with Chicken - Apple Prosciutto Chicken - Chicken Enchilada Casserole - Basque Stew - Chicken & Pasta Pomodora - Chicken Relleno - Chicken Provencal - Teriyaki Chicken - Braised Chicken w/ Rosemary & Garlic - Tequila Lime Chicken - Amaretto Chicken - Chicken Moussaka - Chicken Tetrazzini - Chicken Della Robia - Tuscan Chicken Rolls - Citrus Tarragon Chicken - Spicy Peanut Chicken and Vegetables - Banana Curried Chicken over Rice - Buffalo Chicken Lasagna - Chicken & Broccoli Pasta Dijon - Chicken Cacciatore - Chicken Florentine - Lemon Chicken with Spinach & Tomato - Georgia Captain Chicken - Madras Chicken - Greek Chicken -

Chicken w/ Sweet & Sour Melon Sauce - Chicken Marengo - Bow Ties with Chicken & Cranberries - Hawaiian Chicken - Chicken Vesuvio - Chicken Florentine - Tangy Chicken Breasts w/ Citrus Sage Sauce - Rosemary Chicken w/ Asparagus and Lemon Rice - Chipotle Tamale Pie - Tangy Oven Fried BBQ Chicken - Chicken Diablo - Turkey Jambalaya - Honey Nut Baked Chicken - Spinach Ricotta Chicken Breasts - Hearty Chicken & Shrimp Jambalaya - Festive Turkey Stuffed Peppers -

Pork

Pork Waldorf - Moroccan Pork - Mexicali Pork Chops w/ Black Beans - Mandarin Pork Stir-Fry - Sesame Pork Salad - Pork w/ Creamy Garlic Sauce - Moroccan Pork Tangine - Thai-Style Pork Kebabs - Ham & Swiss Casserole - German Pork Chops - Pork Chops Coriander w/ Cumin Spice Rub - Roquefort Stuffed Pork Chop - Pork Tenderloin w/ Chipotle Marmalade Sauce - Pork Medallions in Red Wine Sauce - Pork Chop w/ Sweet & Sour Cider Glaze - Housin Braised Pork w/ Mushrooms - Scalloped Pork Chop - Sweet & Sour Pork - Pork Stuffed Eggplant - Orange Glazed Pork Chop - Polynesian Pork Centennial - Sage Parmesan Crusted Pork Chop - Pork Moussaka - Greek Style Pork Stew - Mandarin Magic Pork - Pork Chops w/ Black Beans - Oaxacan Pork Mole' - Oriental Pork Stir-Fry -

Seafood

Fillet of Flounder Divan - Angel Hair with Sesame Shrimp - Orange Roughly w/ Tarragon Sauce - Cajun Catfish - Sole Romesco - Sole Veronique - Stir-Fried Shrimp & Pea Pods - Sole Gratine' - Angel Hair Pasta w/ Basil & Shrimp - Shrimp Marinara - Seafood Lasagna - Shrimp Stuffed Potato - Fish Fillet on Couscous with Peas - Red Roasted Pepper & Scallop Fettuccini - Crab Cakes & Curry Sauce - Martha's Vineyard Fish Stew Back to Top Pasta Spinach Stuffed Shells - Linguine w/ Paprikash Sauce - Sweet Ricotta & Fusilli - Bakes Mostaccioli - Four Cheese Spinach Lasagna - Linguine & Vegetables in Wine Sauce - Rotini w/ Vegetables - Couscous w/ Leeks, Corn & Olives - Stuffed Manicotti - Pasta Stir Fry - Spaghetti & Meatballs ala Damato - Fettuccini Alfredo Primavera - Macaroni & Cheese - Sausage & Vegetable with Rigatoni - Pronto Pasta

Meatless

Spinach & Mushroom Quiche - Vegetarian Lasagna - Stuffed Eggplant - Garden Harvest Stuffed Peppers - Garden Stuffed Potatoes - Fresh Vegetables over Couscous - Tex-Mex Barley Bake - Mixed Curry Vegetables - Curried Vegetables and Pasta - Broccoli Bianca - Zucchini, Tomato & Cheese Fritata - Spaghetti Squash Primavera - Vegetables w/ Spicy Peanut Sauce over Brown Rice - Mediterranean Vegetable Stew - Meatless Loaf - Fiesta Burrito Bake - Roasted Pepper Tamale Pie w/ Salsa Colorado

Elegant Entrées

(additional charge or \$5.00 - \$6.00 per serving)

Beef Tenderloin w/ Scallion Butter - Lamb Osso Bucco - Filet Mignon with Mushroom & Madeira Sauce - Caribbean Rum Pork Roast - Veal Piccata - Dijon Lamb Noisette - Honey Mustard Glazed Swordfish - Feta Stuffed Tuna Steak - Filet Mignon w/ Mustard Port Sauce & Red Onion Confit - Veal Scaloppini w/ Two Mushrooms - Beef Tenderloin on Potato Galetes w/ Mustard

Low Fat, Low Calorie Entree

Chicken Apple Stuffed Chicken Breasts - Asian Chicken Salad - Garlic Chicken Kiev - Garden Stuffed Potato w/ Chicken - Chicken w/ Garden Vegetables & Brown Rice - Chicken & Broccoli Pasta Dijon - Chicken w/ Sweet & Sour Melon Sauce - Chicken Egg Rolls - Bow Ties w/ Chicken & Cranberries - Banana Curried Chicken - Chicken & Vegetable Casserole - Chicken & Orzo Soup - Russian Turkey Cabbage Rolls - Tequila Lime Chicken - Sesame Chicken - Baked Vegetable Turkey Loaf - Chicken Marsala - Oven Fried Chicken - Curried Chicken & Couscous - Coconut Curry Chicken - Shiitake & Chicken Tetrazzini Casserole - Swiss Chard & Turkey Au Gratin - Chickpea & Citrus Chicken Salad - Santa Fe Chicken - Teriyaki Chicken - Chicken Marengo -

Beef

Beef in Creamy Mushroom Sauce - Layered Beef Salad - Beef Barley Soup - Japanese Steak Salad w/ Sesame Dressing - Beef & Broccoli w/ Garlic Sauce

Pork

Wild Rice & Almond Stuffed Pork Chops - Mexicali Pork Chops w/ Black Bean Salsa - Greek Style Pork Stew over Noodles - Polynesian Pork Centennial - Pork Scaloppini in Lime Sauce - Oriental Pork Stir-Fry -

Seafood

Crustless Tuna Casserole - Cajun Seafood & Noodles - Cajun Oven Fried Catfish - Stir-Fried Shrimp & Pea Pods - Calypso Shrimp - Flounder Florentine - Angel Hair Pasta w/ Basil & Shrimp - Garlic Shrimp over Rice -

Meatless

Chili Baked potato - Zucchini & Spinach Bake - Hearty Bean & Macaroni Stew - Lower Fat Italian Lasagna - Baked Ziti & Bean Casserole - Spinach & Cheese Manicotti - Penne in Marinara - Sun Dried Tomatoes & Pasta w/ Cheese - Vegetable Manicotti - African Vegetable Stew - Moroccan Bulgur Mix - Angel Hair Pasta w/ Basil & Vegetables - Creamy Quinoa Primavera - Vegetarian Shepherd's Stew - Baked Eggplant w/ Two Cheeses - Broccoli & Cheese Calzone - Bow Ties w/ Spinach & Cranberries - Double Spinach Fettuccini - Lentil Stew -

LOWER Fat

Vegetable Pizza - Cheddar, Egg & Rice Bake - Cajun Bean Patties w/ Tomato Basil Sauce

Side Dish Selections

Vegetable Garden Stuffed Potato - Zucchini & Spinach Bake - Glazed Carrots - Grecian Green Beans - Herbed Brussels Sprouts & Carrots - Creamy Dilly Peas - Spicy Cauliflower - Brown Sugar Baked Beans - Couscous w/ Leeks, Corn & Olives - Spicy Red Beans & Rice - Ratatouille - Squash with Apples - Orzo w/ Feta, Green Beans & Tomatoes - Walnut Green Beans - Sauteed Broccoli, Cauliflower & Red Onion - Herbed Broccoli - Green Beans Provencal - Tarragon-Orange Carrots - Green Beans & Red Pepper w/ Almonds - Orange Glazed Squash w/ Sesame - Cauliflower Piquante - Vegetables w/ Linguine in Wine Sauce - Curried Acorn Squash - Lemon Rosemary Green Beans - Succotash - Broccoli & Cauliflower w/ Lemon, Chive & Mustard Butter - Kale w/ Sauteed Apple & Onion - Broccoli w/ Lemon & Red Pepper Flakes - Winter Squash w/ Browned Butter & Rosemary - Buttery Peas Carrots - Tomato Zucchini Casserole Steamed choice of Vegetables- Sauteed Green Beans, Red Peppers & Garlic - Broccoli w/ Creamy Lemon Sauce - Sassy Zucchini & Salsa - Green Bean Casserole - Green Pea & Rice Almondine - Gingered Acorn Squash - Carrots in Butter Wine Sauce - Steamed Spinach w/ Garlic & Red Onion Noodle,

Pasta, Potato, Rice, Bean Buttered Noodles

Parmesan Potato Pave - Cuban Black Beans & Rice - Orange Sweet Potatoes w/ Oatmeal Cookie Topping - Potatoes Jackson - Spanish Rice - Potato & Mushroom Gratin - Cumin Potatoes - Orzo w/ Feta, Green Beans & Tomatoes - Baked Sweet Potato Fries - Glazed Sweet Potatoes - Delmonico Potatoes - Steamed Jasmine Rice - Garlic Mashed Potatoes - Macaroni & Cheese - Classic Mashed Potatoes Vegetable Rice Pilaf - Roasted Sweet Potatoes w/ Honey Glaze - Tarragon Rice Pilaf - Baby Potatoes w/ Parsley & Lemon Butter - Chinese Fried Rice - Au Gratin Potatoes - Cranberry Sweet

Potatoes - Penne in Marinara Sauce - Japanese Steamed Rice - Hashbrown Casserole - Kobbari Annamu (coconut rice) - Oriental Rice Pilaf - Rice Con Queso - Savory Black-Eyed Peas - White Rice & White Bean Medley - Buttery Noodles - Pisto de Vegetables - Rice con Queso - Spanish Potatoes - Fusilli w/ Roasted Pepper & Onion - Hashbrown Casserole - Coconut Rice - Oriental Rice Pilaf - Wild Rice & White Bean Medley - Spirited Sweet Potato Casserole - Potato Gnocchi - Penne w/ Cabbage, Tomato & Blue Cheese

Soups

Russian Vichyssoise - Corn Chowder w/ Red Pepper - Cajun Gumbo - Spicy African Chickpea & Sweet Potato Stew - Albondigas - Vegetable - Cheddar Tomato - Mushroom Barley - Spicy Black Bean - Minestrone - French Onion - Chunky Chicken Noodle - Pasta Fagioli - Chilled Zucchini

Salads

Fresh Mixed Greens w/ Raspberry Vinaigrette - Waldorf - Asian Chicken - Vegetables Vinaigrette - Carrot - Chicken & Almond w/ Grapes - Tomato Jack - American Potato - Vinaigrette Chicken & Spinach - Curried Chicken Rice - Cumin Potato - Cole Slaw

Desserts

Key Lime Cheesecake - Bavarian Apple Torte - Raspberry Crowned Chocolate Almond Torte - Orange Glazed Poppy Seed Torte - Chocolate Marble Cheesecake - Carrot Cake w/ Cream Cheese Frosting - Chocolate Caramel Pecan Cheesecake - Layered Frozen Mousse Torte - Black Bottom Cheesecake Cups - Chocolate Walnut Fudge - White Chocolate Bread Pudding - Fresh Berry Creme Brulee

Lunch Menu

Classic BLT - Tuna Salad Pita Pocket - Chicken And Tomato Wrap - Chicken Salad w/ Grapes and Almonds - Sesame Pork Salad - Mediterranean Pasta Salad - Chicken Fajita Salad - Grilled Cheese & Tomato Sandwich - The Californian - Tuna Salad Sandwich - Hearty Pizza Hero - Goat Cheese & Chicken Quesadilla w/ Roasted Red Pepper Sauce - Curried Chicken Rice Salad - Pasta Salad w/ Mozzarella, Sun-Dried Tomatoes & Olives - Tropical Salad - Cobb Salad - Tomato Jack & Chicken Salad - Vinaigrette Chicken & Spinach Salad - Japanese Salad w/ Sesame Dressing - Chef Salad

BBQ Ready Items

Pork & Pineapple Kebabs w/ Sweet & Sour Sauce - Vegetarian Sausages - Bacon & Scallop Skewers - Honey Glazed Pork Chop - Classic BBQ Chicken Breast - Beer Simmered Brats or Italian Sausage - Grilled Fish w/ Orange Fennel Salsa - Indian Charred Chicken w/ Cucumber Raita - Grilled Shrimp w/ Roasted Garlic-Herb Sauce - Dijon & Tarragon Chicken - Sesame Chicken Brochette w/ Cranberry Sauce - Grilled Mozzarella Cheeseburgers w/ Dried Tomato & Arugula Pesto - Ham & Peach Kebabs w/ Marinated Mustard Glaze - Grilled 6-Spice Chicken