



Here's a small sample of meals that I can tailor to your tastes – don't hesitate to contact me for other menu ideas!

### *Poultry*

Mediterranean stew with black olives, tomatoes, artichokes and capers

Chicken breast sauce chasseur (veal stock, mushrooms, tarragon, red wine)

Chicken Tajine with apricots, green olives

Mushroom duxelles stuffed breasts

Duck magret with blueberry gastrique

Turkey/veal meatballs in an herb sauce

### *Beef & veal*

Grilled bavette with devil sauce (tarragon, shallots, white wine, veal stock)

Beef bourguignon with pasta

Veal blanquette

Veal scallopini in tomato sauce

Ossubucco milanese

### *Fish*

Poached salmon with citrus cream

Trout & shrimp roll with curry and coconut milk sauce

Sole meunière

Grilled halibut with tropical fruit salsa or tomato fennel sauce

Seafood green curry

### *Pork / Lamb*

Grilled chops with rosemary and white wine

Pork tenderloin saltimbocca with espresso sauce

Rack of lamb à la Provençale

Couscous royale

### *Vegetarian*

Couscous

Curries

Lasagnes

Stews & braises

Legumes



### *Sides & veggies*

Rice pilaf: saffron, citrus, herbs...

Couscous

Risotto of all types

Ancient Grains (spelt, quinoa)

Polenta

Pasta

Potatoes: puréed, roasted, gratinéed, etc.

Vermicelli, soba noodles

Seasonal vegetables roasted, steamed

Fresh veggie purées

Ratatouille

Salads & vinaigrettes

### *Delicious extras*

Soups

Fresh bread

Desserts

Veal & chicken stocks

Condiments

