

Amanda Skow

PERSONAL CHEF SERVICE

Menu

Main Dishes

BEEF

Meatloaf

My most popular main dish

Meatloaf is made with ground beef and ground pork. Served with scalloped potatoes or mashed potatoes and a vegetable.

Beef Stroganoff

Chuck steak in a sour-cream sauce with onions and mushrooms, served over egg noodles. Served with a vegetable.

Chipotle Chili

Ground beef in tomato base with onions, garlic, homemade chili powder, chipotle chiles, and beans. Served with sour cream and shredded cheddar cheese

Pot Roast

Slow cooked chuck roast with onions, potatoes, and carrots. Served with homemade gravy and a vegetable.

CHICKEN

Sweet-and-Sour Apricot Chicken

Pieces of chicken breast sautéed with onions, red and yellow bell peppers, and dried apricots, in a sweet-and-sour apricot sauce. Served with brown rice.

Chicken Cordon Bleu

Classic French dish: flattened chicken breast, topped with Black Forest ham and

Swiss cheese, seasoned, rolled, and baked. Served with brown or white rice and a vegetable.

Chicken Parmesan

Sautéed chicken breast baked with marinara sauce, parmesan cheese, and mozzarella cheese. Served over spaghetti or whole wheat spaghetti and a vegetable.

Chicken Alfredo

Bite-size chicken breast pieces in white sauce, served over fettucine with a vegetable.

Chicken Chili Verde

Chicken breasts slow cooked in salsa verde, then shredded. Serve with sour cream and lime wedges over brown rice or on corn tortillas, with cabbage slaw on the side.

Baked Chicken Thighs

Seasoned with salt and granulated garlic. Served with brown or white rice and a vegetable on the side.

Mulligatawny Soup

Creamy Chicken Soup with onions, garlic, ginger, Granny Smith apples, and curry powder, a legacy of the British Empire in South India.

Main Dishes Continued

Creamy Chicken-and-Mushroom Soup

A Julia Child classic. Creamy soup with chicken, onions, and mushrooms. Served with rice or potatoes and a vegetable on the side. If comfort food is what you want, this is it.

PORK

Cashew Pork

Diced pork loin, bamboo shoots, diced carrots, and peas in Chinese sauce. Served with brown or white rice.

Braised Pork Shoulder

Slow cooked with onions, gold potatoes, carrots, and herbs. Served with homemade gravy.

Vegetables and Fruits

When ordering a main dish that is served with a vegetable, choose from the following options, or request your favorite vegetable.

Cooked Seasonal Vegetables

- Acorn Squash
- Carrots
- Beets
- Broccoli
- Brussels Sprouts (par cooked, tossed with olive oil and seasonings, then broiled)
- Cauliflower
- Sautéed Swiss Chard or Collard Greens

Ratatouille

French stew. Zucchini, red bell peppers, eggplant, onions, garlic, and tomatoes. Garbanzo beans can be added for extra fiber.

Italian Side Salad

Lettuce and cabbage sliced into thin ribbons, sprouts, roasted red peppers, and artichoke hearts, sprinkled with pine nuts and sliced black olives. Served with your choice of homemade dressings: Green Goddess Dressing, Creamy Italian Dressing, or vinaigrette.

Fruit Salad

Pieces of apple, orange, melon, and fresh berries. Dressed in honey-lime glaze.

Kids' Menu

Baked Macaroni and Cheese

Rotelle or whole-wheat rotelle with cheddar-cheese sauce, baked.

Shells and Ham

Pasta shells or whole-wheat pasta shells in white sauce and cubed ham.

Breakfast

Spinach Casserole

My standby, made with cheddar cheese, cottage cheese, cage-free eggs, and spinach. This will satisfy your craving for something cheesy.

Scotch Eggs

Cage-free eggs, steamed until the yolk is soft but not runny, surrounded by sausage, and baked. They're calorie dense and nutrient dense, great for breakfast on the road.

Breakfast Bars

Almond butter, whey protein powder, flaxseed meal, shredded coconut, and optional mini chocolate chips, sweetened with allulose or sugar. These bars have a moist-brownie texture.

*"Don't rush me, sonny.
You rush a miracle man,
you get rotten miracles."*

*Billy Crystal as Miracle Max
"The Princess Bride"*

Lunch

Workaday Salads

A meal in a large food container. Salad, 4 ounces of salad dressing, and a napkin and fork wrapped in plastic wrap. Reach into the fridge and pull out your lunch—easy!

Italian Roast Beef Salad

Lettuce and cabbage sliced into thin ribbons, sprouts, Italian roast beef, ribbons of parmesan cheese, artichoke hearts, and roasted red peppers, sprinkled with pine nuts and sliced black olives. Served with your choice of homemade dressings: Green Goddess Dressing, Creamy Italian Dressing, or vinaigrette.

California Turkey Salad

Spinach sliced into a thin ribbons, sprouts, smoked turkey, smoked gouda cheese, fresh strawberries, and grapefruit pieces, sprinkled with slivered almonds. Served with homemade Creamy Poppyseed Dressing.

Chef Salad

Spinach and cabbage sliced into a thin ribbons, sprouts, red bell pepper, bite-size pieces of ham, turkey, hard-boiled egg, and provolone cheese, sprinkled with homemade bacon pieces. Served with your choice of homemade dressings: Green Goddess dressing, creamy Italian dressing, or vinaigrette.

*"If you have a garden and a library,
you have everything you need."*

Cicero

Desserts

Sweetened with allulose (zero-calorie, natural sweetener endorsed by my naturopath) or sugar.

Homemade Ice Cream, 1 quart

My most popular dish

Vanilla Bean

Dark Chocolate

Strawberries and Cream

Cheesecake

New York style (baked dry) with your choice of sauce: raspberry, strawberry, blueberry, or chocolate

Custard

With your choice of berry sauce. See above.

Devil's Food Cake

Two-layer cake frosted with ganache (dark chocolate melted with cream) and your choice of filling: raspberry, orange, chocolate, or peppermint. A dense cake.

Flourless Chocolate Cake

One-layer cake topped with ganache (dark chocolate melted with cream). A dense cake.

Scotch Shortbread

Dry, crumbly texture, buttery flavor. Good with homemade ice cream.

*"A party without a cake
is just a meeting."*

Julia Child

Service

Knife sharpening

Sharpening, honing, and stropping of all straight blades.
Up to 8 knives counts as one dish.