

Enjoy the services of a

Personal Chef... and solve the "dinner dilemma"!

with

The Traveling Chef
GOURMET DINNER SERVICE

What does a personal chef do?

I'll shop, cook, package and deliver fresh or frozen entrees, made to order.

check out pictures of an order on the internet! I'm at www.lizztwozee.blogspot.com

How much will it cost?

I charge you for groceries, and my time to cook them. A small order of 12 entrees (3 selections to serve 4) is \$210.00, and a large order of 20 entrees (5 selections to serve 4) is \$330.00. If you need more or less, we'll talk about special pricing, no worries! Your order is custom made.

How fast can I get my order?

Delivery takes about a week, and is included, wherever you live in the Milwaukee/Racine area. I'll come right to your location, meet you and place your order in the refrigerator/freezer.

If you don't see your favorite dish on my list, please call me. There are infinite options. I can even custom-plan a menu for you if you have specific dietary requirements.

Call me today!

Please choose 3 or 5 selections to serve 4 (12 or 20 total meals). Since your order is custom-made, delivery takes about a week. ☎ **262-770-0251.**

Poultry

Chicken Pot Pie

Gotta have it—tender herbed crust, lots of chicken and veggies in a rich creamy sauce. Better than Stouffer's, any day of the week (can I say that?).

Mushroom & Gorgonzola Stuffed Chicken Breast

White meat chicken, browned and simmered with a savory stuffing of earthy, rich flavors.

Northern Italian Stuffed Chicken Breasts

Prosciutto, fontina cheese and sage hide in a chicken breast wrapper. Simmered with a cream sauce.

Deviled Chicken Thighs

Honey, curry and mustard glazed chicken. A sweet, addictive sauce, and moist dark meat.

♥ Bourbon Chicken

Bourbon, sweet and soy make a fantastic deep mahogany sauce for baked chicken. Very rich in flavor.

♥ Kath's Famous Chickpea Chicken

Chicken slowly simmered with mediterranean flavors: chickpeas, lemon, coriander and cinnamon. Exotic!

♥ Chicken in Balsamic Vinegar and Tomato

A tart, savory glaze covers chicken pieces, simmered in tomato, vinegar and a touch of rosemary.

♥ Chicken Chili

An irresistible melange of white beans, chile peppers, chunks of chicken, tomato, and a rich garlicky sauce with homemade chicken stock.

♣♥ Chicken and Peppers

A very lowfat sautéed chicken, with wine, stock and three color sweet peppers. Best fresh.

Dilled Chicken in Riesling

A creamy dill sauce coats chicken braised in fruity riesling wine, stirred with fresh dill.

♥ Chicken with Dried Fruit and Wine

From the Silver Palate: baked chicken, marinated in red wine, garlic, brown sugar, olives, and prunes. A winning combination.

♥ Shredded Mexican Chicken

Chili pepper sauce and moist chicken meat, simmered to melting tenderness, ready to pile on a bun or in a taco.

Chicken Stuffed with Zucchini, Goat Cheese and Red Pepper

Another rich one—creamy goat cheese and veggie pals get tucked under the skin of the chicken breast before roasting. Crispy skin, juicy meat, decadent taste.

♥ Turkey Scallop Rolls with Prosciutto & Sage

Tender, thin slices of turkey breast, stuffed with prosciutto and a sage leaf, then simmered in white wine.

♥ Oven-Roasted Herbed Turkey Breast

A whole breast is coated with chopped herbs and garlic, roasted and glazed with a white wine reduction sauce.

Beef

Beef Burgundy

The classic flavors of beef, bacon and burgundy wine, with lots of chunky carrot and mushrooms.

London Beef Pie in Shortcrust Pastry

The London Piman's finest. Celery and beef in a rich broth, baked with a flaky crust. Very 19th Century.

Greek Beef Stew

A lightly sweet caramelized onion and tomato flavor graces tender chunks of beef. Great over egg noodles.

Beef Braised in Champagne

Savory braised beef brisket served with a rich vegetable reduction sauce. The champagne makes it festive!

Beef Stew with Curry and Lemongrass

A surprising Thai flavor, that really works with beef.

Meat Loaf with Spinach & Red Pepper Stuffing

A tunnel of savory seasoned veggies makes its way through this beef and breadcrumb loaf.

Swedish Beef with Lingonberries & Horseradish

The spiciness of the horseradish is simmered away. Bittersweet lingonberries and cream finish the sauce.

Persian Meat Balls with Cumin Tomato Sauce

Bulgur wheat replaces bread in this hearty dish. Chopped herbs add a fresh note, and the tomato sauce finishes.

Shepherd's Pie

White and sweet potatoes form the crust for this beef pie, baked with vegetables.

Veggie Turkey/Beef Meatloaf

Sauteed aromatic veggies populate this meatloaf, made with ground turkey and beef, for a lighter flavor.

Mexican Torta

Mexican flavors in a "lasagne": tortillas, ground beef, tomato sauce and lots of cheese. Kids love this.

Flank Steak with Cumin and Cilantro

A savory mexican-flavored, spicy green marinade caramelizes over a tender grilled steak, sliced thinly.

Sunday Braised Beef

The best pot roast on the planet! Just a touch of soy sauce makes this beef tender and flavorful.

REAL Beef Chili Con Carne

No beans in this authentic spicy recipe for chili lovers.

Pork

Spinach & Feta Stuffed Pork Chops

An unbeatable combination inspired by the Greeks!

Spicy Thai Pork Stir Fry

Ground pork is sautéed with oyster sauce, fish sauce, kaffir lime, and other authentic Thai spices for a light flavor. How spicy do you like it? Let me know.

Medallions of Pork in Cream Sauce

Savory pork tenderloin in Julia's cream and herbs.

Dry-Rub Ribs

Ancho chile powder, cumin and paprika make a spicy rub for slow-roasted ribs. Served with dipping sauce.

Redcurrant-glazed Pork Chops

Bistro fare—Double thick chops glazed with tangy redcurrant jelly, garlic and shallot.

Pork Fricassee

Tender chunks of pork nestle close to carrot in a creamy sauce. Great over noodles or mashed spuds.

Pork Loin with Fennel and Tomato Sauce

A slightly sweet, fennel-tomato glaze cooks slowly on a boneless loin of pork, buttery tender. Lots of sauce!

Tangerine-Glazed Pork Loin

A whole pork loin is glazed with garlic, thyme, tangerine rind (orange if it's out of season) and juice, and slow baked to perfection.

♥ A "lower-fat" selection; but with no compromise on taste! This symbol indicates no high-fat dairy products, and a minimum of oils are used, while sometimes balanced with high fiber ingredients.

♣ Order these dishes for your refrigerator. They contain ingredients that do not freeze well.

The Traveling Chef ORDER FORM

Name _____

Address _____

Phone (in case I get lost driving!) _____

Please deliver on this date: _____

Each dish on the menu serves four diners. Please choose either 3 or 5 selections to serve 4. If you need a different configuration, call me for pricing. Thanks!

dish name	servings

Lizz Fabel



The Traveling Chef
GOURMET DINNER SERVICE

8815 Rodney Lane, Racine, WI 53406


FAX to 414-277-7784, or order by cell phone!

 **262-770-0251**

Seafood


- **London Fish Pie**
- A rich tomato-based cream sauce surrounds flaky codfish.
- Mashed potatoes coat the top.
-  **Mediterranean Snapper**
- Snapper baked with tomato, feta cheese and olive.
-  **Codfish Provençal**
- Codfish swims in a rich sauce of veggies, with flavors of basil, garlic and tomato, kissed with a little orange.


-  **Pesto-Crusted Orange Roughy**
- Basil-flavored pesto coats fish filets dredged in bread crumbs.


-  **Baked Fish with Pecan Curry Topping**
- Zippy curry and ground pecans toast in the oven with butter and seasonings, then coat baked fish.

Vegetarian & One-Dish Entrées

-  **Black Bean Chili** (veg)
- A nutlike flavor from black beans makes this chili unique.

-  **Flageolet Bean, Leek and Mushroom Pot Pie** (veg)
- Béchamel sauce coats a savory mix of veggies and French shell beans, covered with a buttery crust. Decadent!

-  **Chicken Enchiladas Fantasticas**
- Tender chicken, spicy tomato sauce and cheeses in a hearty corn tortilla bake. As spicy as you like, or not at all!


-  **Zucchini Pie** (veg)
- Egg and breadcrumb hold together the savory mix of zucchini, garlic, herbs and seasonings, baked in a pie.


- **Stuffed Manicotti** (veg)
- A fresh spinach and ricotta stuffing for manicotti noodles, sauced with my special marinara sauce. Simple and delicious!

- **Pasta in Fresh Pesto** (veg)
- Fruity olive oil, fresh basil, pine nut and garlic sauce dress up penne. I provide the uncooked pasta, and cheese garnish; you just boil water, and sauce away!

- **Pasta in Wild Mushroom Sauce** (veg)
- Two kinds of wild mushrooms and button mushrooms in cream. I provide the uncooked pasta.


- **Pasta in Bolognese Meat Sauce**
- Red sauce made with aromatic vegetables and ground beef. I provide the uncooked pasta.

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-  **Layered Vegetable Torta** (veg)
- An infinite combination of savory roasted vegetables and cheeses. Tell me your favorites, and I'll make it up!

- **Baked Pasta**
- A family favorite—pasta shapes with ground beef and sausage, layered with rich tomato sauce and cheese.


-  **Spinach and Pasta Cheese Gratinée** (veg)
- A filling ricotta cheese casserole with spinach and pasta right inside. Parmesan on top for zing.

-  **Egg, Bacon and Leek Pie**
- A savory quiche for brunch; this one has bacon and leek instead of cheese.

- **Wild Rice with Sausage, Leek and Corn**
- Mild polish sausage combines with wild and white rice, veggies and seasonings. Very hearty.


-  **Mushroom-Spinach Quiche** (veg)
- A whole wheat crust (or white, if you prefer), holds veggies in an egg custard tart, laced with cheese.

- **Mushroom Lasagne with Parmesan Cheese Sauce** (veg)
- A classic lasagne with a white cheese sauce and sautéed mushrooms.


-  **Design your own Quiche** (veg)
- Tell me your favorite veggies and cheeses, and I'll make it up! Be creative!


- **Chicken Pasta with Broccoli Casserole**
- Creamy sauce, pasta shapes and roast chicken toss with broccoli, mushrooms and lots of parmesan. Very homey and comforting!

- **Black Bean Lasagne** (veg)
- A southwestern sauce with tomato, cumin, chile peppers (just a few!) sauces this rich lasagne with black beans, corn, noodles and lots of cheese, of course.

-  **Eggplant Pie with Marinara Sauce** (veg)
- A rich, velvety pie with eggplant, breadcrumbs, fresh herbs and seasonings, baked and served with my special marinara sauce. Very fresh.

-  **Pine Nut and Spinach Tart with Goat Cheese** (veg)
- A lovely dish, studded with toasted pine nuts and fresh cheese. Other cheeses work, too!

-  **Simmered Summer Veggie Sauce with Polenta** (veg)
- Savory zucchini, tomato and green peppers are simmered, then served with cornmeal polenta on the side.

-  Order these dishes for your refrigerator. They contain ingredients that do not freeze well.



No time to cook?

Let your personal

chef

help with dinner!



If you're too pooped to cook after a hard day, maybe you should enlist my help with dinner!

Just add your quick side dishes to my slow-roasted, simmered, grilled, baked or braised entrées for a complete meal. It'll taste like you've been cooking all day!



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lizz@thetravelingchef.org

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 at "The Traveling Chef"