

# Static Menu

(Low Histamine- Low Fat)

**Allergies-** Cashew, pistachio, pink peppercorn -  
life-threatening anaphylactic allergy



## Client's Starters & Sides Meals

**Hourly Rate** -Our hourly rate is \$95/hr with a minimum of 0.3 hr per item to cover shopping, recipe and nutritional writing personalization.

### Kabocha Squash and Fennel Soup

- A deeply flavorful fall soup featuring roasted kabocha squash, caramelized fennel, onion, and aromatic herbs blended with farro, chickpeas, and a touch of cream. The result is a rich, velvety soup with layers of sweetness, nuttiness, and spice—perfectly comforting for cool-weather days.

### Mulligatawny Soup

- A classic Anglo-Indian soup layered with comforting flavors of curry-spiced chicken, tender vegetables, apple, and basmati rice. Finished with a touch of cream and fresh cilantro, this rich, aromatic soup delivers warmth, texture, and a perfect balance of savory and subtly sweet notes.

### Yellow Eye Bean Soup

- A rustic, hearty soup made with creamy Rancho Gordo yellow eye beans simmered with leeks, carrots, celery, garlic, and rosemary in a fragrant tomato broth. Finished with fresh parsley and a drizzle of olive oil, this comforting bowl celebrates simple ingredients and rich, earthy flavor—perfect with warm crusty bread

### The Best Minestrone Soup

- A hearty Italian soup brimming with beans, pasta, and vibrant seasonal vegetables in a rich tomato and herb broth. Comforting, nourishing, and perfect for any time of year.

### Tzimmes

- A sweet and comforting Jewish side dish of roasted carrots, sweet potatoes, and prunes baked in honey, orange juice, and warm spices. A festive classic bursting with natural sweetness.

### Warm Lentil and Potato Salad

- A rustic French-style salad with tender lentils and fingerling potatoes tossed in a garlicky Dijon vinaigrette with capers, cornichons, and herbs. Earthy, tangy, and delicious served warm or chilled.

### Zucchini Quesadillas

- Golden, crispy quesadillas filled with caramelized zucchini, garlic, chili flakes, and melted Monterey Jack cheese. Finished with lime, avocado, and fresh cilantro for a fresh, summery bite.

## **Family Spaghetti Sauce**

- 5 hour simmered beef in rich and hearty tomato sauce, loaded with fresh italian herbs and spices for a classic comforting bite.

## **Chicken Soup with Orzo and Spring Vegetables**

- A fresh, vibrant, and light recipe featuring leeks, asparagus, and fresh shelling peas, cooked with tender orzo pasta and rich chicken broth.

## **Beef Brisket**

- Trimmed beef brisket seared on all sides then slow cooked over a bed of sweet onions until tender. Served with caramelized pan onions and jus.

## **Potato Kugel**

- Grated Yukon potatoes and sweet onion combined with matzo meal, egg and spices, finished with sweet paprika, oven baked until golden.

## **Client's Favorite Meals**

**Food Cost + 1 Meal x # of portions**

## **Easy Fried Rice**

- A classic takeout favorite made fresh with day-old jasmine rice stir-fried to golden perfection with onion, carrot, scallion, peas, and egg. Finished with a touch of soy and toasted sesame oil for authentic flavor. Add your choice of chicken, tofu, or another protein for a hearty, satisfying meal.

## **Easy Stir-Fried Chicken**

- Tender marinated chicken breast wok-seared with fresh broccoli, carrots, snow peas, and scallions in a light soy-ginger sauce. Balanced, flavorful, and ready in minutes—served best over steamed rice for a wholesome, satisfying meal.

## **French Lentil Soup with Leeks and Lemon- Reduce Sodium**

- A comforting yet vibrant soup featuring tender French green lentils simmered with leeks, kale, carrots, celery, and thyme. Finished with a bright touch of fresh lemon juice and zest, this hearty bowl strikes the perfect balance of earthy and citrusy flavors, ideal with a drizzle of olive oil and crusty bread.

## **Galinhada Mineira (Brazilian Chicken & Rice)**

- A beloved dish from Minas Gerais, Brazil—tender chicken thighs and drumsticks are simmered with rice, onions, carrots, garlic, and aromatic annatto for a rich golden hue. Finished with scallions, peas, and corn, this comforting one-pot meal captures the warmth and flavor of Brazilian home cooking.

## **Hungarian Goulash**

- A rich and hearty beef stew slow-simmered with sweet Hungarian paprika, onions, carrots, bell peppers, and tender potatoes. The beef chuck becomes melt-in-your-mouth tender in a deeply

spiced, savory broth, finished with a splash of vinegar and fresh parsley for balance and brightness.

### **Indian Spiced Meatballs in Curry Sauce**

- Tender pork or lamb meatballs infused with aromatic Indian spices—ginger, cumin, coriander, cinnamon, and cloves—simmered in a rich tomato curry with garlic, onions, and fresh cilantro. Finished with a swirl of cream and served best with fragrant basmati rice or warm naan for a comforting, flavorful meal.

### **Japanese Chicken Kare Raisu (Curry Rice)**

- A comforting Japanese classic featuring tender chicken simmered with potatoes, carrots, and onions in a rich, house-made curry sauce infused with toasted spices, dashi, and a touch of grated apple for natural sweetness. Served over warm short-grain rice for the perfect balance of savory, aromatic, and subtly sweet flavors.

### **Jumbo Shells with Spinach and Ricotta**

- Tender jumbo pasta shells stuffed with a creamy blend of ricotta, Parmesan, and fresh spinach, baked in a rich tomato sauce until perfectly bubbly. A comforting, classic Italian-inspired dish that's elegant enough for guests yet cozy enough for a weeknight dinner.

### **Keema Matar (Lamb Curry with Peas)**

- A richly spiced North Indian-style curry made with tender ground lamb simmered with onions, garlic, ginger, and aromatic spices like cumin, coriander, and cardamom. Finished with fresh peas, tomato, and cilantro, this hearty dish is best enjoyed with warm naan or steamed basmati rice.

### **Lamb Kheema Samosas**

- Crisp, golden pastries filled with aromatic spiced ground lamb, peas, ginger, and cilantro. Each handmade samosa features a flaky caraway-seed pastry wrapped around the savory kheema filling, fried until perfectly puffed and served hot with mint, tamarind, or chili chutney. A classic South Asian street-food favorite made from scratch.

### **Pozole Verde de Pollo (Green Mexican Hominy & Chicken Soup)**

- A vibrant, hearty Mexican soup made with tender shredded chicken simmered in a rich green broth of tomatillos, roasted peppers, pumpkin seeds, and fresh cilantro. Finished with hominy and traditional toppings like radish, avocado, and onion, this one-pot comfort dish delivers bright, earthy, and deeply satisfying flavors.

### **Sheet-Pan Skirt Steak Fajitas**

- Tender, marinated skirt steak broiled to a perfect char and served with roasted tri-color bell peppers and onions. Bright with lime, soy, and smoky chili spices, this one-pan favorite is finished with warm tortillas and classic toppings for a bold, crowd-pleasing meal.

### **Spaghetti with Turkey Meatballs**

- Tender turkey meatballs simmered in a fragrant tomato sauce with garlic, oregano, and thyme, served over al dente spaghetti. A lighter take on a classic Italian favorite — hearty, flavorful, and comforting.

### **Stir-Fried Green Beans and Five-Spice Dry Tofu**

- Crispy five-spice tofu and blistered green beans wok-tossed with ginger, scallions, and a splash of chili and soy. A quick, vibrant plant-based stir-fry with bold flavor and perfect texture

### **Stuffed Red Peppers**

- Sweet red peppers baked and filled with a savory mixture of seasoned beef or lamb, rice, paprika, garlic, and herbs. Finished with a drizzle of olive oil and lemon for a bright, Mediterranean-inspired touch.

### **Teriyaki Tofu**

- Golden-crisp tofu glazed in a glossy, homemade teriyaki sauce with ginger, garlic, soy, and sesame. Sweet, savory, and satisfying — a wholesome takeout-style dish made fresh at home.

## **Chef Inspired Meals**

**Food Cost + 1 Meal x # of portions**

### **Lemon Herb Chicken with Roasted Root Vegetables**

- Fresh chicken breast marinated in olive oil, thyme, and parsley, roasted until tender and served with caramelized carrots, parsnips, and golden potatoes. Brightened with a squeeze of lemon for a clean, vibrant finish.

### **Creamy Butternut Squash Risotto**

- A comforting risotto made with arborio rice, roasted butternut squash, and a touch of fresh sage. Finished with a drizzle of olive oil for a rich, velvety texture with a dash of heavy cream.

### **Indian-Spiced Turkey and Spinach Curry**

- Lean ground turkey gently simmered with turmeric, coriander, and a touch of ginger in a mild coconut-based sauce. Paired with fluffy basmati rice for a warming yet low-histamine-friendly curry.

### **Braised Chicken with Fennel and Carrots**

- Pan-seared chicken breast braised in fresh broth with fennel, carrots, and herbs until perfectly tender. Balanced and aromatic, capturing the essence of French home-style comfort.

### **French Country Lentil Stew**

- A rustic, protein-packed stew of green lentils, carrots, celery, and leeks simmered in a light vegetable broth with fresh herbs. Finished with a hint of rosemary and olive oil for a cozy, nourishing meal.

**Don't See What You Want!**

**Other options available upon request!**