



## PERSONAL CHEF SERVICE INFORMATION & MENU

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## Personal Chef Services

**Welcome To The Personal Chef Service** | It is my goal to provide you and your family with healthy, top quality meals to enjoy at your leisure. Your ingredients will be purchased at local farmer's markets, fish markets and butchers with quality and seasonality of primary importance. I welcome your feedback and will strive to exceed your expectations.

**What is a Personal Chef?** | A Personal Chef is a chef who works on a "freelance" basis preparing meals for anyone with a busy lifestyle. We help you eat a better, more balanced diet for healthier, more stress-free living. Most importantly, your meals are customized to your specific tastes, using only the foods that you enjoy.

**How The Service Works** | *There are just a few simple steps*

**STEP ONE** | We have an informal meeting to discuss your reasons for hiring a personal chef, and your requirements and expectations. We will discuss your desired frequency of service, how you like your food stored (refrigerated or frozen), and then you will be asked to complete a detailed food questionnaire so I know what your favorite foods are and how you like them prepared. We will also discuss any dietary requirements you may have. I will then design a menu for your first service and await your approval.

**STEP TWO** | Once you have made any changes and approved your menu, the next step will be payment of the service fee as we book your first cooking day. I will then shop for your ingredients on the morning of your service and arrive at your home, ingredients in tow, and proceed to prepare your meals for you. You are welcome to hang out in the kitchen for sampling, or if you prefer, have me cook while you are at work. I will leave your meals packaged and stored according to your instruction, and leave you with a menu, simple warming instruction and the aromas of freshly prepared food.

**STEP THREE** | Open your refrigerator, take out the meal you would like for the evening, warm and enjoy. To book your next cooking day, I will ask for the next appointment's service fee plus the cost of ingredients from the previous one.

**Packaging Your Meals** | Your finished dishes will be packaged as you like. Some clients prefer for me to use their own casserole dishes, as they can go directly from the refrigerator to the oven, while others prefer plastic containers. This will be discussed at our initial consultation, but whatever your choice I strive to provide an eco-friendly solution. Also, certain food items will require an appropriate container for their proper storage.



### Personal Chef Service Menu

*Each menu will be customized according to your individual tastes and preferences.  
This is just an example of our offerings to inspire you as we create your customized menus.*

#### Soups

- Amish chicken and corn soup
- Tortilla soup with chicken, cilantro and chipotle
- Creamy white bean puree with smoked bacon and tomato
- Wild and domestic mushroom soup with marsala wine and thyme
- Italian wedding soup
- Vegetable barley soup, Trentina style with cabbage, olive oil and parsley
- Vegetable soup with pesto, Genoa style
- Caramelized onion soup with gruyère croutons
- Traditional pasta e fagioli
- Southwestern black bean soup with chipotle, corn, roasted poblano and lime
- Lentil soup with hearty vegetables and garlic sausage
- Tuscan style bean soup with cabbage, prosciutto, tomatoes and rosemary
- American bounty vegetable soup
- Corn chowder with smoked bacon and cilantro
- Shrimp bisque with brandy and tarragon
- Black bean soup with chorizo, smoked cheddar and scallions
- Seafood gumbo
- Cream of broccoli soup with cheddar croutons
- Sweet potato soup with almonds, currants and maple syrup
- Minnesota wild rice soup
- Caldo Verde - potato and kale soup with ham hock
- Louisiana chicken and shrimp gumbo
- Butternut squash soup with pecans and rosemary
- Chinese hot and sour soup
- Japanese miso soup with shiitake mushrooms and tofu
- Milanese style minestrone
- Italian seafood soup with mushrooms and rice
- Curried squash soup with apples, golden raisins and coconut milk
- Thai hot and sour prawn soup - *Tom Yum Goong*
- Thai chicken soup in coconut milk - *Tom Kha Gai*
- Gaspacho
- Chilled fresh tomato soup with red peppers
- Cold cucumber soup with yogurt and dill
- Cold potato and leek soup



## Entrees

### Beef

- Seared skirt steak with caramelized shallots, fork-smashed potatoes and watercress
- Flat iron steak with pancetta, caramelized onions and balsamic-peppercorn sauce
- Braised beef Bourguignon with pearl onions and mushrooms in red wine
- Bracciole – thin medallions of beef rolled with parsley, garlic, breadcrumbs and parmesan cheese, simmered in tomato sauce and served with pasta
- Beef empanadas with Aztec seasonings in flaky lard pastry
- Steak pizzaiola with tomatoes, peppers, onions and roasted garlic
- Classic roast beef with carrots, potatoes and onions, natural gravy
- Seared ribeye or sirloin with roasted garlic herb butter
- Delmonico steak Fiorentina with sea salt, olive oil and rosemary
- Medallions of beef with garlic olivada
- Beef medallions filled with pesto, with a basil pomodoro sauce
- Sautéed beef medallions with artichokes, black olives, tomatoes and mint
- Beef kabobs Calabrese style with mozzarella and sausage
- Masaman beef curry – an example of India's influence on Thai cooking
- Classic braised beef pot pie under tender hand-made pastry
- Stilton sirloin burgers with onion jam
- Beef goulash
- Classic American beef stew
- Thai grilled beef with lemongrass, ginger, red chili, kaffir lime and mint
- Classic American pot roast
- Steak Diane with a peppercorn, brandy and mustard sauce
- Grilled Southwestern marinated beef medallions with chimichurri
- Poached beef medallions with lemon, parsley and almond gremolada
- Braised beef short ribs in red wine with tomato, thyme and potato puree
- Sautéed ground beef patties with mushrooms in red wine sauce
- Classic beef stroganoff with egg noodles
- Vietnamese lemongrass burgers with scallions, garlic, soy and cilantro
- Hanoi style pho noodles with braised beef, cinnamon, cloves, star anise and lime
- Bacheofe – Alsatian meat stew with beef, lamb and pork braised in Reisling with thyme, bay, onions, potatoes and parsley
- Beef fillets in pasilla chile sauce with avocado salsa and queso fresco
- London broil teriyaki style with stir-fried vegetables
- Chipotle and smoked paprika -rubbed flank steak with tomatillo salsa verde and tortillas
- Beef fajitas with peppers, onions, mushrooms, pico de gallo and tortillas



## Poultry

- Honey-glazed chicken with yellow curry couscous, saffron, dates, caramelized carrots
- Chicken in a hunter's sauce of bacon, mushrooms, pearl onions and tomato
- Chicken breasts stuffed with prosciutto and fontina in pomodoro sauce
- Tuscan style chicken grilled under a brick, with panzanella bread salad
- Turkey, bacon and sage kabobs with mushroom ragout
- Roast Cornish hen with figs and pomegranates in marsala sauce
- Sautéed breasts of chicken with wild mushrooms, pancetta, white wine and parsley
- New Orleans chicken etouffee
- Chicken in Thai peanut sauce
- Pancetta-wrapped chicken roulades with sage and wilted radicchio in balsamic
- Roast pheasant with a cranberry-peppercorn sauce
- Cornish hens stuffed with wild rice and dried apricots, wild mushroom sauce
- Chicken in Thai red curry with mushrooms, peppers and royal basil
- Grilled chicken breasts with black beans, salsa cru, and lime sour cream
- Turkey mole poblano with brown rice
- Chicken enchiladas with monterey jack cheese
- Coq au Vin - classic dish of chicken braised in red wine with pearl onions, bacon and mushrooms
- Sautéed turkey medallions with citrus, roasted corn, avocado and smoked paprika
- Chicken Provençal with garlic, olives, white wine, tomato and basil
- Seared duck breast with dried cherry agrodolce
- Chinatown Peking duck with mu shu pancakes, hoisin, cucumber and cilantro
- Whole roasted chicken with natural gravy
- Chinatown soy sauce chicken with Peking pancakes
- Southern buttermilk fried chicken
- Vietnamese chicken meatballs in lettuce wraps
- Moroccan chicken tagine cooked with sweet tomato jam with saffron, cinnamon, sesame seeds and dark honey
- Chicken with a Basque pipèrade of peppers, onions, tomato and espelette pepper
- Arroz con pollo - bone-in chicken baked in Spanish rice with garlic, green peppers, tomatoes and paprika
- Poblano peppers stuffed with ground chicken, queso fresco and almonds, baked in tomato enchilada sauce, served with pico de gallo
- Blanquette of chicken in white wine sauce
- Broiled chicken with roasted vegetables and sherry wine gravy
- Chicken or turkey breasts roasted with traditional sausage dressing



## Pork

- Pork tenderloin California with avocado, serrano chilies and monterey jack cheese
- Pork loin stuffed with sundried fruits and apples, apple cider sauce
- Pork cutlets with apricots, currants and pine nuts
- Tenderloin of pork with green peppercorns and pineapple
- Pork chops Calabrese with sweet and hot peppers, balsamic vinegar, fresh oregano and roasted garlic
- Pork medallions in golden raisin agrodolce with bitter greens
- Pork loin tonkatsu – simple Japanese dish of breaded pork cutlets with a spiced tomato dipping sauce
- Tamarind glazed ribs with chayote and mango slaw
- Carnitas – braised marinated pork with refried beans and avocado salsa
- Cassoulet – French white bean stew with garlic sausage, duck, vegetables and pork with crispy breadcrumbs-the classic recipe of André Daguin
- Roast pork loin with rosemary, garlic and grain mustard, natural jus
- Ham steaks with mushrooms, white wine, cream and parsley
- BBQ pork spare ribs
- Stir-fried chili pork with cashews
- Alsatian choucroute with braised pork ribs, bratwurst, ham and potatoes cooked in sauerkraut

## Veal

- Sautéed veal medallions with mushrooms, prosciutto, tomato and marsala
- Breaded veal Milanese with arugula salad and shaved asiago cheese
- Sautéed veal cutlets piccata with lemon, capers and parsley
- Veal roulades with bresaola, mozzarella and herbs in white wine sauce
- Veal curry with bell peppers, apples, golden raisins, honey and cilantro
- Osso bucco – braised veal shanks in the style of Milan
- Veal (or chicken) Scaloppine alla Romana – sauteed medallions with prosciutto and sage
- Braised veal in pomodoro sauce with peppers, mushrooms, onions and basil
- Roasted veal chops with Mediterranean orzo, oven-dried tomatoes and spinach
- Breaded veal cutlet with Gruyère cheese and mushroom sauce
- Veal blanquette – delicate veal stew with pearl onions, mushrooms, carrots and parsley in a delicate white wine sauce
- Swiss-style shredded veal with white rice
- Veal chops sautéed with white wine and tarragon



## Lamb

- Grilled lamb loin, white beans, roasted eggplant, mint, confit tomatoes and fennel
- Braised lamb shanks 'Port Chartrain' with creole vegetables
- Lamb shish kebab with saffron rice
- Lamb shanks Gascogne style with red wine, tomato, herbes de Provence, anchovy
- Arabian style lamb with honey, saffron, ginger, olives, cilantro and almonds
- Irish lamb stew
- Rack of lamb with smoked paprika and Romesco sauce
- Greek style roast lamb with oregano, lemon, olive oil, kalamata olives and feta cheese
- Shepherd's pie with braised ground lamb under broiled mashed potatoes
- Moroccan lamb tagine with raisins and almonds, Tiznit style
- Roast lamb shoulder with garlic and white beans, Pyrenees style

## Seafood *\*Seafood dishes should be enjoyed the day they are prepared*

- Seared sockeye salmon with tomato jam and citrus herb salad
- Roasted black bass with orzo pilaf and aromatic vegetables 'a la Greque'
- Baked halibut casino style, with clams, breadcrumbs, bell peppers and bacon
- Baked catfish with crabmeat and cornbread crumbs
- Grilled tuna steak with curried tomato couscous and charmoula
- Poached sole on a bed of leeks with lemon and herbs
- Sautéed brook trout almandine
- Seared salmon with zucchini and red bell pepper coulis
- Poached salmon with lemon herb butter
- Cioppino - clams, crab, shrimp and swordfish in tomato broth with garlic and basil
- Bollito Misto - poached seafood medley with vegetables
- Baked filets of fish with artichokes and spinach in chicken broth, Ligurian style
- Grilled swordfish steaks with green olives, anchovy, tomatoes, garlic and chili pepper, in the style of Sicily
- 5 spice shrimp and stir-fried vegetables with tamari, ginger, scallions and pea shoots
- Steamed red snapper in a Thai chili-tomato sauce with palm sugar and tamarind
- Shrimp stuffed with crab in a Thai red curry coconut sauce with royal basil
- Roast monkfish with nicoise olives and pernod sauce
- Paella with chorizo sausage, clams, mussels, shrimp and chicken in saffron rice
- Indian shrimp vindaloo (very hot brown curry sauce) with jasmine rice
- Striped bass filets Livornese with green and black olives, capers and tomato
- Baked branzino with lemon, oregano, olive oil and scallions
- Broiled scallops with persillade breadcrumbs, olive oil and lemon
- British fish pie with hard-cooked eggs, leeks, English cheddar and potatoes



### **Pasta & Risotto**

- Butternut squash ravioli with crumbled amaretti and brown sage butter
- Rigatoni with pork sausage, roasted peppers, tomato, roasted onions and arugula
- Orrechiette, roasted vegetables, smoked cheddar and herb-walnut pesto
- Penne with roasted eggplant, mint, chili flakes, caramelized onions, fresh ricotta
- Linguine with clams, shrimp, mussels, white wine and tomatoes
- Papardelle with braised pork and wild mushroom ragu
- Spaghetti puttanesca with anchovy, tomatoes, capers, chili flakes and black olives
- Pasta with Bolognese meat sauce
- Fettucinne with pancetta, red wine, sundried tomatoes and bell pepper, in the style of Amatrice
- Pasta with fresh basil pesto sauce
- Penne primavera with seasonal vegetables
- Penne with mushrooms and tomatoes, woodsman's style
- Elbow macaroni baked with mozzarella, tomato and pancetta
- Canneloni with ricotta and spinach
- Baked tortellini with mushrooms, prosciutto and bell peppers, Valle D'Aosta style
- Lasagne
- Risotto Milanese with white wine and saffron
- Risotto with bacon, sausage and green beans
- Risotto with wild mushrooms
- Risotto with pumpkin and prosciutto
- Risotto with seared sea scallops, arugula, lemon zest, roasted peppers and asparagus
- Polenta pie with mushrooms and prosciutto
- Polenta gnocchi with gorgonzola
- Polenta pie with pork cracklings, sausage and mozzarella
- Semolina gnocchi au gratin with tomato sauce
- Baked cannelloni with wild mushrooms, spinach, fontina cheese and truffle oil

### **Vegetarian**

- Provençal vegetable crostata with roasted vegetables in a savory olive oil pastry
- Butternut squash ravioli with crumbled amaretti and fried sage
- Spring vegetables in herbed crepes with ricotta and bell pepper sauce
- Thai 'whole earth' vegetarian noodles
- Quinoa with butternut squash, roasted shallots, golden raisins and swiss chard
- Moroccan vegetable tagine with chick peas and couscous
- Vegetable lasagna with braised greens, roasted peppers, mushrooms and béchamel
- Red curry with tofu, eggplant, peppers, mushrooms, Thai basil, kaffir lime leaves
- Citrus and maple-glazed tempeh with almond-ginger brown rice

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### Salads

- Watermelon salad with ricotta salata, balsamic, honey and mint with arugula
- Baby lettuces with roasted garlic, goat cheese, smoked bacon, balsamic vinaigrette
- Arugula, honey-roasted apples, dried cherries, candied walnuts, cider vinaigrette
- Grilled asparagus with mint, oil-cured olives, pine nuts and preserved lemon
- Romaine salad with sourdough croutons and parmesan-peppercorn vinaigrette
- Romaine salad with balsamic vinaigrette, kalamata olives, red onion and feta cheese
- Steakhouse iceberg wedge with buttermilk ranch, gorgonzola and bacon
- Greek salad with baby lettuces, feta, red onion, peperoncini, lemon, oregano
- Italian antipasto with roasted peppers, olives, marinated artichokes, provolone, sundried tomatoes, sopresatta and mozzarella
- Baby lettuces with shiitake mushrooms, clementines, toasted almonds, sesame vinaigrette and shredded carrots
- Spinach salad with hard-cooked egg, mushrooms, bacon and sherry vinaigrette
- Grilled vegetable salad, balsamic vinegar, virgin olive oil, roasted garlic and herbs
- Freshly made dressings
  - Buttermilk ranch with garden herbs
  - Classic Dijon vinaigrette
  - Sesame vinaigrette with Chinese 5 spice and tamari
  - Honey cider vinaigrette
  - Georgia peanut dressing
  - Creamy lemon garlic vinaigrette
  - Walnut orange vinaigrette with garden herbs

### Side Dishes

- Wild rice pilaf
- Jasmine or basmati rice
- Pan seared Japanese sushi rice cakes with sesame
- Brown rice pilaf
- Roasted baby Yukon gold potatoes
- Roasted garlic mashed potatoes
- Idaho potatoes roasted with garlic and rosemary
- Potato pancakes
- Lemon herb couscous
- French green lentils
- Southwestern black beans
- Canelinni beans with virgin olive oil and garlic
- Macaroni gratin with aged Vermont cheddar
- Green beans in herb butter



#### Side Dishes continued...

- Stir-fried green beans with cashews
- Asparagus with caramelized shallots
- Roasted cauliflower with brown butter
- Roasted red pepper and rosemary polenta
- Sautéed wild and domestic mushrooms
- Grilled portobello mushrooms
- Ratatouille
- Lemon and garlic spinach
- Roasted butternut squash
- Butternut squash and carrot purée with yellow curry
- Spaghetti squash with braised tomatoes
- Glazed baby carrots
- Roasted Autumn root vegetables with hearty herbs
- Parsnip and celeriac purée
- Baked plum tomatoes with herbed parmesan breadcrumbs
- Sautéed broccoli rabe with roasted garlic
- Roasted bell peppers with olive oil and balsamic
- Vegetable stir-fry with ginger, soy and sesame
- Broccoli with lemon butter

#### Desserts

- White or dark Chocolate mousse
- Lemon mousse
- Apple tart
- Rice pudding with golden raisins and cinnamon
- Caramel custard flan
- Chocolate truffle tart with whipped cream
- Homemade cookies - chocolate chip, oatmeal, 7 layer bars.....
- Chocolate walnut brownies
- Apple, banana and pear streudel with raisins and cinnamon
- Frozen Grand Marnier soufflé
- Apple pie
- Pumpkin pie
- Panna cotta
- Tiramisu
- Bread pudding
- Poached apples or pears in dried fruit syrup