



LAURA L. COTTON PERSONAL CHEF SERVICE

Healthful, Affordable, Delicious Meals ~ Prepared FRESH in YOUR home!

FISH/SEAFOOD

Pecan Crusted Fish

Delicate white fish or salmon basted with honey mustard and seasoned chopped pecans/Panko breadcrumbs

Mediterranean Whitefish

Moist fish loins with a piquant sauce of tomatoes, artichoke hearts, lemon, parsley and olives

Shrimp Scampi

Succulent shrimp with diced tomatoes a lemon-garlic-parsley butter sauce

Asian Glazed Salmon

Moist salmon fillets basted with a sweet sauce infused with ginger, soy and garlic

Thai Seafood Stew

A mix of shellfish and cubes of fish in an exotic coconut broth

CHICKEN/POULTRY

Chicken Chasseur

Tender chicken breasts or thighs, sautéed with mushrooms, tomatoes and wine

Apricot Chicken

Juicy chicken breasts – seared then simmered in a tangy fruit/Dijon sauce

Chicken Piccata

Moist chicken breasts with a light crust with a lemon/caper/garlic sauce

Italian Turkey Meatloaf with Sun-Dried Tomatoes

Savory ground turkey with Italian herbs baked, then topped with a tomato reduction sauce

Southwest Chicken Tacos

Seasoned chicken seasoned with lime, garlic and cilantro, Simmered in a tomato sauce with grilled peppers and onions

PASTA/VEGETARIAN

Spinach Lasagna

Ricotta infused with chopped spinach, basil pesto and parmesan cheese layered between noodles and a classic marinara or meat sauce topped with shredded mozzarella

Curried Lentil Soup with Kale and Tomatoes

Lentils and onions simmered in a luscious broth with chopped greens and diced tomatoes

Turkey Alfredo Bake

Broccoli florets and cubed turkey with ribbons of pasta in a light cream sauce

Northern Italian Beans and Greens

Classic wilted escarole with garlic and white beans in an herb-infused broth, sausage optional

Pasta with Chicken and Sausage in a Spicy Cajun Cream Sauce

Sautéed chicken, with sweet red, yellow and orange peppers, and Andouille sausage tossed with bow-tie pasta in a bold, creamy sauce

BEEF/PORK/LAMB

Mexican Beef and Tortilla Casserole

Layers of seasoned ground beef & beans, tortillas, salsa style sauce and grated cheddar cheese

Beef Carbonnade

Cubes of fork tender beef braised in a rich onion-beer broth, served with country style noodles

Asian Beef and Broccoli Stir Fry

Soy marinated thin slices of beef stir fried with broccoli in a classic brown sauce

Pork Tenderloin with Balsamic Cranberry Glaze

Garlic and rosemary rubbed pork, roasted and basted with a tart/sweet fruit sauce

Classic Shepherd's Pie

Seasoned ground lamb, beef or turkey with mixed vegetables in a tangy tomato sauce; covered with a layer of creamy mashed potatoes

