



dining in **chez vous**.

POULTRY
SEAFOOD
RED MEATS
VEGETARIAN

chef favourites.

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poultry

01 kung pao chicken with organic brown rice

Boneless, skinless chicken breast sautéed in an oriental flavoured chicken stock with broccoli florets and served with organic brown rice.

02 chicken casablanca

A one dish Mediterranean dish with chicken, carrots, potatoes, chick peas, raisins all done in a cumin, cinnamon, turmeric and nutmeg sauce.

03 duck breast with a blueberry sauce

Duck breasts slow seared to render the fat and served with a blueberry confit, brown basmati rice and steamed vegetables.

04 caramelized turkey roulade

Lean ground turkey molded around red wine braised caramelized Vidalia onions. Served with garlic mashed potatoes and steamed broccoli.

05 duck confit

Duck legs and thighs slow braised in their own juices with garlic, thyme and rosemary. Served with roasted garlic potato wedges and a vegetable medley.

06 tandoori chicken

Served with Basmati rice and seasonal vegetables.

07 apple glazed cornish game hens

½ Cornish Game hen baked in 100% apple juice concentrate. Served with jasmine scented rice and French green beans.

08 oriental orange game hens

½ Cornish Game hen basted in a sesame orange oriental BBQ sauce. Served with an oriental rice Pilaf and broccoli florets.

09 dried cherry stuffed chicken breast

Boneless, skinless chicken breast stuffed with dried cherries and simmered in a lemony chicken stock. Served with a mushroom and wild rice Pilaf and grilled asparagus.

10 honey glazed chicken

Either chicken quarters or boneless, skinless chicken breasts baked in a sauce of honey, soy, lemon and ginger. Served with basmati rice and stir fried vegetables of sugar snap peas, red pepper and carrots.



seafood

01 sweet bourbon salmon

Atlantic Salmon fillets marinated in pineapple juice, soy sauce, brown sugar and olive oil then grilled to perfection. Served with whole grain brown organic rice and oven grilled asparagus.

02 roast salmon with thai coconut sauce

Atlantic Salmon fillets marinated in freshly grated ginger, curry, low-fat coconut milk and Thai seasonings then slow roasted. Served with lime cilantro and spinach rice.

03 thai inspired shrimp

Black tiger shrimp marinated in a slightly spicy Thai marinade served with Thai red/white rice and Asian vegetables.

04 panko crusted sole

Filet of sole dredged in Japanese breadcrumbs. Pan seared and topped with a lemon/caper and white wine sauce. Served oven roasted sweet potato wedges and creamed spinach.

05 sole normandy

From France this wonderfully rich dish of steamed mussels and shrimp with rolled sole in a mussel stock, white wine and cream sauce. Served with short grain sweet brown rice and steamed asparagus.

06 roasted corn & scallop risotto

Arborio rice flavoured with white wine and roasted corn stock with fresh roasted corn kernels, seared diver scallops and freshly grated Parmesan Regianno.

07 halibut sauté

Halibut filet pan sautéed and served on top of a bed of diced carrots, celery, broccoli and Yukon gold potatoes in a chicken and ginger stock.

08 asian shrimp risotto

Arborio rice flavoured with a ginger broth with black tiger shrimp and stir fried Asian vegetables.



red meats

01 standing rib roast

Standing rib roast marinated in garlic, rosemary, thyme and olive oil served with balsamic olive oil Yukon gold wedges, broccoli and cauliflower horseradish gratin and of course au jus.

02 beef wellington

Individual beef tenderloins topped with pate and sautéed mushrooms with a strip of bacon all wrapped in puff pastry. Served with red wine braised red cabbage and steamed broccoli.

03 rack of lamb chops

Rack of lamb chops marinated in garlic, white wine and mint grilled to medium rare. Served with minted couscous and broccoli. Alternatively they may be encrusted in an olive tapenade of capers, anchovies and olives seasoned with rosemary, garlic, lemon and Dijon mustard.

04 pork tenderloin

Sautéed pork tenderloin in a creamy blue cheese sauce with red grapes served with orange glazed carrots and steamed broccoli.

04 veal osso bucco

This traditional Italian dish is made with veal shanks but can also be made with beef or lamb shanks. It is slow braised white wine, chicken stock and beef stock served with risotto primavera.

07 pork with pears in a port & mustard sauce

Pork tenderloin medallions pan braised with pears in a port and dijon sauce. Served with oven roasted garlic potato wedges and brussel sprouts.

08 hazelnut crusted pork tenderloin

Pork tenderloin stuffed with a sage infused bread stuffing with apples served with cran-apple raspberry chutney and pan-seared carrots.

09 portobello, port & top sirloin stew

Award winning recipe from the Winterlude fair last year. Big chunks of top sirloin, carrots, Portobello mushrooms, onions, celery and potatoes in a port and red wine infused sauce.

10 venison stew

Lean venison meat slowly stewed with mushrooms and pearl onions in a beef stock flavoured with a hint of black currant. Served with a Yukon gold and celery root mash and green beans.

Vegetarian

01 BBQ lentils with eggplant

Meaty chunks of eggplant simmered in a smoky tomato sauce with green lentils. Served with garden salad and a crunchy loaf.

02 vegetarian lasagna

Layers of zucchini, eggplant, red pepper and carrots with ricotta cheese, tomato sauce and noodles all topped with mozzarella cheese.

03 thai green vegetable curry

Thai green curry made from coconut milk, limes, kaffir leaves, garlic, ginger, cilantro, fish sauce and jalapenos. Fresh garden vegetables of broccoli, carrots, Asian eggplant and mushrooms are simmered in the sauce and then served with Thai jasmine rice.

04 mexican black bean quesadillas

Black beans, cream cheese, diced red and green peppers all layered between flatbread, oven baked and garnished with salsa and sour cream. Served with a Mexican black bean, corn and rice salad.

05 3-bean vegetarian chili with cashews

Red kidney, black and great northern beans in a tomato flavoured stock with beer, carrots, celery and raisins flavoured with chili powder, basil, oregano, cumin, allspice, red wine vinegar and topped with Monterey Jack cheese and cashews.

06 corn & quinoa casserole with roasted vegetables

Roasted corn and quinoa topped with roasted carrots, leeks, celery and eggplant flavoured with chili powder.

07 vegetarian quiche

Broccoli and mushrooms, cheddar and Swiss cheeses all baked together in a white wine flavoured egg mixture in a pastry shell. Served with a garden salad and fresh bread.

08 grilled stuffed portobello mushrooms on porcini couscous

Stuffed Portobello mushrooms with spinach and ricotta cheese served on top of couscous with grated sweet potato.

09 chickpeas florentine with roasted peppers

Pan sautéed onions, garlic, smoky roasted peppers add Mediterranean flavours to these chickpeas with spinach.

10 8-layer tortilla pie

Layers of black beans, white beans, and kidney beans with both cheddar and Monterey Jack cheese between flour tortillas.



“When you’re busy and live alone, getting groceries, cooking and eating healthy isn’t always that easy or fun. That’s why I have been using Dining In Chez Vous’ Personal Chef service for the past 3 years. Robyn is an amazing and knowledgeable Chef and has worked with me to create and evolve a menu that is nutritious, balanced and incredibly tasty. So now after a long day I don’t have to worry about what’s for dinner, instead I have a gourmet meal waiting for me.”

STEVEN MACAULAY | Sound Engineer & Producer