

## Early Spring Menu 2017

### **Beef, Pork and Lamb Entrees**

#### **\*Hearty Meatballs with Tomato Sauce**

\$11.50 per serving

Meatballs of ground beef, pork and veal are sautéed followed by simmering in a homemade tomato sauce. Served with freshly grated Parmesan cheese.

#### **\*Beef Shepherd's Pie**

\$9.50 per serving

Comfort food at its best. Ground beef is simmered with onions, carrots, and mushrooms in a flavorful sauce, and topped with Mashed Potatoes with scallions.

#### **\*Pork Marsala**

\$17.00 per serving

Pork tenderloin medallions sautéed and served in a Marsala sauce that offers a fine balance of sweetness from Marsala wine, savoriness from cremini mushrooms and chicken broth.

### **Chicken Entrees**

#### **\*Indonesian Ginger Chicken**

\$11.50 per serving

A chicken is marinated overnight in a honey-ginger-garlic-soy sauce before roasting until the meat is tender, juicy and the skin is bronzed. Served with the rich dark brown sauce.

#### **\*Chicken Piccata**

\$12.75 per serving

Chicken breast fillets, floured and lightly browned, are simmered quickly in a sauce of chicken broth, lemon juice, shallots, capers, parsley and extra-virgin olive oil.

#### **\*Savory Fare Chicken Pot Pie**

\$10.95 each

Each individual pot pie is comfort food at its best. Full of chicken and vegetables in a flavorful sauce topped with homemade pastry

#### **\*Buttermilk Roast Chicken**

\$10.50 per serving

A soak in buttermilk followed by some time in a hot oven work wonders for chicken, the skin turns bronze and the subtle flavor of buttermilk and rosemary permeate the moist tender meat.

### **Seafood Entrees**

#### **Lemon Poached Halibut or Cod en Papillote**

\$19.00 – Halibut; \$17.50 – Cod per serving

Cooking fresh fish in a foil packet in your own oven keeps it moist and creates a flavorful broth seasoned with lemon, oregano and tomatoes. Simple flavors and beautiful.

#### **\*Salmon Cake**

\$11.45 per serving

A salmon cake that tastes first and foremost of salmon, with a moist, delicate texture. Lightly seasoned with lemon, scallion, shallot and mustard. Served with Tartar Sauce.

#### **Garlicky Shrimp Kebabs**

\$17.95 per serving

Shrimp skewered with lemon and scallions is lightly basted with Garlic Seafood Butter and ready for broiling in your oven.

### **Pasta, Egg, Cheese and Vegetarian Entrees**

#### **Roasted Vegetable Frittata**

\$7.50 per serving

This frittata is filled with roasted zucchini, peppers, and red onion and topped with grated Gruyère cheese. Beautiful and surprisingly flavorful.

#### **\*Ricotta and Egg Gnocchi with Olives, Capers and Tomato Sauce**

\$10.45 per serving

These larger than usual smooth, pillows of gnocchi are cloaked in a very flavorful tomato sauce.

#### **Portabella Mushroom With Creamy Spinach-Artichoke Filling**

\$11.95 per serving

Roasted Portabella mushrooms are filled with a mixture of spinach, artichoke hearts, cream cheese, mayonnaise, and thyme then topped with a panko-Parmesan bread-crumbs mixture.

#### **\*Mini Macaroni and Cheese**

\$6.50 per serving (2 cupcake size)

Homemade macaroni and cheese prepared with sharp cheddar, and Gruyère cheeses and topped with cheese toasted fresh breadcrumbs.

**\* This dish freezes well. It may be delivered frozen.**

**A complete list of ingredients for each dish is available upon request.**

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### **Side Dishes**

#### **\*Savory Fare Mashed Potatoes**

\$3.50 per serving; With scallions \$3.75/serving  
A lower calorie yet still rich tasting mashed potato with either red potatoes or Yukon Golds. The potatoes are mashed with low-fat sour cream, 2% milk, butter, salt and pepper.

#### **Rotini or Brown Rice with Butter**

\$3.50 per serving

#### **\*Rice Pilaf**

\$3.50 per serving  
Rice and shallots are simmered in chicken broth with seasonings

#### **\*Noodles with Carrots and Poppy Seeds**

\$3.00 per serving  
Egg noodles are tossed with carrots and poppy seeds

### **Vegetable Dishes**

#### **Swiss Chard with Olives, Raisins and Pine Nuts**

\$6.95 per serving  
This Provençal treatment with golden raisins, garlic and olives gives sweetness, tang and salt to these cooked greens.

#### **Green Beans with Almonds**

\$4.50 per serving  
Fresh cooked green beans are sautéed with garlic and toasted, finely chopped almonds.

#### **Roasted Cauliflower**

\$4.50 per serving  
Roasted cauliflower with extra-virgin olive oil, salt and pepper mellows and sweetens the flavor

#### **Pan-Roasted Carrots**

\$4.50 per serving  
Carrots are slowly sautéed in extra-virgin olive oil until golden brown and tender

### **Soups**

#### **\*Chicken Soup**

\$6.75 per 12 oz. serving  
Roasted chicken, celery, and carrots simmered in a homemade chicken broth.

#### **Tarascan Bean and Tomato Soup**

\$7.25 per 12 oz. serving  
This soup is from the Tarascan Indians who live in the highlands of Michoacan, Mexico. Pinto beans, onion, garlic, and roasted tomatoes are puréed and simmered until the flavors meld together. Garnished with queso fresco, and tortilla strips

### **Salads**

#### **Arugula, Romaine and Radicchio Salad with Red Onion And Balsamic Vinaigrette**

\$3.95 per serving

#### **Green Salad with Mushrooms and Olives**

\$3.95 per serving  
A simple salad of romaine, button mushrooms, cherry tomatoes, kalamata olives and red onion with cider vinaigrette

#### **Quinoa Salad with Mango, Dried Cherries and Pecans**

\$6.50 per serving  
Fluffy quinoa is tossed with fresh mango, dried cherries, toasted pecans, feta cheese and Champagne-honey vinaigrette.

#### **Caribbean Citrus Salad**

\$5.00 per serving  
Oranges, grapefruits, and avocado are seasoned with fresh lime juice, cilantro leaves and a touch of chili powder .

### **Sweet Treats**

#### **Thick and Chewy Chocolate Chip Cookies**

\$1.75 for each 2-cookie serving

#### **Fudgy, Chewy Brownies**

\$2.75 per serving

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