

# Your Personal Chef

BY Chef Brian



We are in a changing of the seasons now; summer is almost over and Las Vegas had some very hot days and nights too.... My Personal Chef Catering Service has had its best summer in years. I have been so busy with such a variety of different clientele, it has been a challenge to say the least; yet, I love a good challenge. This season, I applied many different marketing techniques to attract new clients and some of them really worked well. Yes, internet marketing is good, but word-of-mouth and "client-testimonials" is better! The exposure I received from writing these "My Personal Chef" articles, in the wonderful *Fork & Pour* magazine has been great; Mike Fryer, his brother George and the staff are all professionals and I feel they deserve awards for the quality, pertinent, monthly information they convey. I am one of those chefs who will go out of his way to help people and give acknowledgments and Kudos where they are deserved. I truly love *Fork & Pour* magazine and I am proud to be a monthly contributor.

Another source, and perhaps this season's big winner in bringing me some fantastic clients, is my good friends over at *Nannies & Housekeepers U.S.A.* I extend a very special "thank you" to the owner, Lexi Capp, and her staff, especially Rita; these ladies are true professionals and wonderful people. The clients to whom they introduced me all had other staff which was placed by *Nannies & Housekeepers U.S.A.* Some staff included personal assistants, housekeepers, and nannies; these employees had all been employed with these clients for a very long time and are all top-notch, sweet, hard-working women. I am very impressed with this company; Lexi and her staff provide such amazingly qualified people. If you ever need great household support staff, *Nannies & Housekeepers U.S.A.* is the place to go; they take the time to be personally involved with each client. The staff they can provide you with will go through extensive background checks, and their company's vetting process is unprecedented in the industry. They are the best! Visit their website for more information at [www.nahusa.com](http://www.nahusa.com).

Over the past two months, I have received from readers more requests for vegetarian recipes and menus than any other request. So, I am dedicating this article to *GOURMET VEGETARIAN MENUS*. Aside from amazing foods, many of my clients call me for health reasons and would like to eat more healthful cuisine. Since we don't need to eat meat every day, I almost always recommend eating salads and creative international meatless meals. This style is one of my specialties. I love to eat healthy and I know raw vegetables provide essential digestive enzymes and nutrients. A doctor may prescribe "medications;" I write prescriptions for delicious healthy menus. If you have any questions or would like menu consulting, please feel free to write me at [chefbrian310@yahoo.com](mailto:chefbrian310@yahoo.com).

## Gourmet Vegetarian

**Appetizer:** Crispy Spring Rolls with 3 sauces  
(Sweet Chile, Plum and Lemongrass Ponzu)  
**Entrée:** Braised Tofu and Wild Mushrooms  
**Starch:** Ginger Fried Rice  
**Vegetable:** Lemon Glazed Broccoli

**Appetizer:** Grilled Portobello Caesar Salad  
with garlic polenta croutons  
**Entrée:** Braised Tofu Sausage Cutlets with red  
& green coconut curry sauce  
**Starch:** Brown Rice with barley & scallion  
timbales  
**Vegetable:** *Tiny Shroom Sauté* – Marsala-style  
sauté of straw mushrooms, tiniest crimini,  
enokis, & mini morrels

**Appetizer:** Antipasti Salad of Grilled  
Vegetables Balsamico  
**Entrée:** Eggplant, Polenta & Tofu-Herb-  
Cheese Lasagna (Pasticciata)  
**Starch:** Escarole & Cannellini Bean Sauté  
**Vegetable:** Zucchini & Artichoke Sauté

**Appetizer:** Garden Island Salad with papaya  
vinaigrette  
**Entrée:** Teriyaki-style Grilled Pineapple &  
Portobello Skewers  
**Starch:** Aloha Coconut Rice  
**Vegetable:** Blistered Chinese Long Beans with  
sesame-ginger soy

**Appetizer:** Spanokopita with tepenade relish  
**Entrée:** Crispy stuffed Eggplant  
**Starch:** Creamy-style Polenta  
**Vegetable:** Julienne Vegetables Ragout (carrot,  
leek, celery, sundried tomatoes, yellow  
crookneck & green zucchini)

**Appetizer:** Mini Falafels on Pita with hummus  
and apricot-ginger chutney  
**Entrée:** Braised Tofu Cutlets with yellow curry  
& vegetables  
**Starch:** Saffron Taboule (cous cous)  
**Vegetable:** Bartha - Roasted Eggplant &  
Tomatoes

**Appetizer 1:** Spinach, Artichoke & Herb  
Fondue with gourmet crackers & artisan  
breads  
**Appetizer 2:** Vegetable Crudités with roasted  
garlic hummus and herb yogurt dip (kind of  
like ranch dressing, but with yogurt)  
**Entrée:** Hand-formed, Baked Veggie-Soy  
"Burgers & Hot Dogs" - *Sandwich Bar*  
Mixed Fresh-baked Buns & Rolls  
Sliced Grilled Tomatoes & Thin-Sliced Red  
Onion  
Butter Lettuce Cups  
Assorted Aiolis  
**Starches:** Baked Potato Bar (Hot)  
Shredded Cheeses  
Ratatouille with sundried tomatoes  
Vegetarian Chile  
½ Cobs of Hot-buttered Corn  
Whipped Curry Butter

**Vegetables:** Salad Bar (Cold)  
Mixed Spring Lettuces with fresh chopped herbs  
Red & Yellow Cherry Tomatoes  
Black Bean & Corn Salad with cilantro-lime  
vinaigrette  
Sour Cream  
Green Onions



If you have any questions or  
would like a quote, consulting or  
recipes please write me at  
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Please also view my website at  
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