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WEEKNIGHT DINNERS AT HOME

The simple pleasure of eating dinner at home is one of the first casualties of a busy lifestyle. Chef JoAnna can help you reclaim that precious moment of sitting down to dinner after a long day at work, whether you work at an office, a studio, on the road, or even from home. I'm always willing to adjust menus to suit your preferences or your budget.

Most people like the idea of having freshly-prepared food sitting in the fridge, ready to eat, simply needing to be reheated. I will coordinate menus that allow me to cook for you just once per week, and yet create four different dinners. Here's an idea of how it would work for a once-a-week session: (Varying according to your preference, of course).

Monday:	Roast Chicken, Glazed Carrots, Mashed Potatoes
Tuesday:	Spaghetti and Meatballs, Salad, Zucchini
Wednesday:	Roast Chicken, English Peas, Rice Pilaf
Thursday:	Hot Meatball Sandwiches, Green Salad

Here are some menu suggestions, most of them can be adjusted for restricted diets (low-carb, low-fat, vegetarian, or allergies) My culinary repertoire is extensive, but I'm always willing to try something new for you.

Chicken

- **Chicken Parmagiana** with Linguini, Steamed Broccoli
- **Coq au Vin** with Carrots, Mushrooms and Red Potatoes
- **Sesame Orange Chicken** with Asian Veggies & Rice
- **Honey Pecan Chicken** with Wild Rice and Sauté of Julienned Seasonal Vegetables
- **Balsamic-Glazed Chicken Breasts**, with Summer Squash and Baked Potatoes
- **Roasted Rosemary Chicken** with Roasted Root Vegetables and Mashed Potatoes

Beef

- **Boeuf Bourguignonne**, served with Egg Noodles
- **Shepherd's Pie**: Ground Beef topped with Veggies and Mashed Potatoes
- **Beef Chili**, served with Cornbread & Honey Butter
- **Beef Broccoli Stir Fry** with Steamed or Fried Rice
- **Pot Roast** with Carrots, Parsnips, Potatoes, and Turnips
- **Beef Stroganoff**, with Egg Noodles and Pearl Onions
- **Stuffed Green Peppers**: Beef, Rice and Tomatoes

Pork

- **Barbecue Pork Sandwiches**, with Cole Slaw & Pickles
- **Sausage & Peppers** over Penne Pasta with Tomato Sauce
- **Pork Chops** with Green Beans and Garlic Mashed Potatoes, with Gravy
- Madame Morier's **Roast Pork**, made with Madiera, served with Baby Carrots
- **Bratwurst and Sauerkraut** with Baked Apples and Red Potatoes
- **Roast Pork Tenderloin**, stuffed with Apples and Dried Fruit, with Mashed Potatoes and Gravy

Fish

- **Trout "à la Meunière"**, served in a Lemon-Butter Sauce, with Green Beans and Red Potatoes
- **Poached Salmon**, served with Hollandaise Sauce, Asparagus and Rice
- **Pad Thai with Shrimp**, a flavorful combination of Rice Noodles, Veggies and Sprouts
- **Trout Amandine**: Coated with a layer of Toasted Almonds, served with Carrots and Rice Pilaf
- **Shrimp Scampi**, served with Spaghetti and Steamed Broccoli
- **Fish Tacos**, just like you expect, with the freshest Fish, Shredded Cabbage and Creamy Dressing

Vegetarian

- **Pinto Pot Pie**: a hearty Bean and Vegetable Stew, topped with a Poppy Seed Biscuit Crust
- **Indian Chickpea Casserole (Chhole)**: Spices, Tomatoes, Onions and Mint served with Creamy Yogurt
- **Sweet & Sour Tofu** served with Onions, Pineapple and Green Bell Peppers, over Calrose Rice
- **Ratatouille**: Tomatoes, Eggplant, Zucchini and Red Bell Peppers, served with French Bread
- **Sweet Potato and Japanese Eggplant Curry** with Coconut Milk and Lemongrass, served with Brown Rice
- **Broccoli-Tofu Divan**: a casserole-style dish with a creamy mustard sauce, served with Brown Rice
- **Three-Mushroom Risotto**, served with the Season's Best Steamed Vegetables
- **Greek Spinach Pie**, also known as Spanakopita, made with lemon juice and olive oil for a healthier pastry
- **Indian Feast**: Curry Cauliflower, Lentil Dal, and Peas & Potatoes, over Basmati