



Personal Chef Services

Menu Samplings!

These are just a *few* choices...
plus, I'll do your family favorites too!

I'm a Southern Country gal and can whip up
just about anything your palate desires.
However, you will find much of my menu is of the *Southern
Persuasion*

because that's what I know and love... and do best!
I specialize in creating Southern favorites
but lightening them up when possible, and if requested.
Some of my inspirations comes from Southern Living,
the legendary Edna Lewis, Patti LaBelle, Mama Dip and Paula
Deen... along with my late grandmas!

**Because I believe it is important to support our
local economy and wish to offer
the freshest foods available,
I find and buy as many ingredients as possible from
sustainable farms and eco-friendly growers.
There are many passionate farmers in this area
and Angel In Your Kitchen
supports them whenever feasible!**

FISH & SEAFOOD

FISH & SEAFOOD CAKES...

Wendy's Crab Cakes

Angel In Your Kitchen Dish Signature Dish!

With just the right blend of minced veggies and seasonings, this gets rave reviews and is a client favorite! Served with Wendy's homemade Tarter Sauce or Wendy's Seafood Butter

Latin Spiced Shrimp Cakes

A unique blend of spices mixed with shrimp and sweet potatoes, crispy coated with Panko bread crumbs With Wendy's Tarter Sauce or Cilantro Butter

Catfish Cakes

*Similar to crab cakes, but prepared with catfish instead!
Served with Wendy's homemade Tarter Sauce!*

Mama Dip's Old-Fashioned Salmon Patty Cakes

Good old Soul Food!

SHELLFISH

Seafood Bisque Casserole

Angel In Your Kitchen Dish Signature Dish!

...a creamy blend of shrimp, crab and scallops...baked until golden brown and bubbly over Angel Hair pasta or crispy phyllo pastry cups!

Fried Coconut Shrimp

...an Island favorite, served with my delicious Jalapeno Pepper Sauce!

Barbecued Shrimp over Cornbread

Don't you want some of this right NOW?

Shrimp Newburg a la Wendy

Not your traditional Newburg...my version will tickle your taste buds with tiny bits of fresh country ham!

Scallops wrapped in Bacon

...with my own special sweet sauce! Great as appetizer or entree.

Spicy Bloody Mary Scampi Shrimp

A Chef Wendy Original... great warm or cold!

Crab Stuffed Chicken Breasts

Two favorites in one entree...a yummy stuffing!

Oyster Bisque on Toasted Cornbread

Just what it says... cornbread with or without a bit of Jalapeno ~ you tell me!

Baked Seafood au Gratin

A combo of shrimp, scallops, crab and fish...or your choice of seafood, baked in a casserole and topped with cheese sauce.

Wendy's Own Shrimp Salad

A cool refreshing salad with eggs, peppers, celery and (DUKE's) mayo dressing!

FISH/COMBO

Baked Flounder with Shrimp Gravy

...or your favorite fish with a creamy, delicate shrimp sauce

Crab Stuffed Flounder

These filets rolled with a filling so light and creamy, you can't believe they're LoFat! Served with Wendy's homemade Cocktail Sauce!

Cheesy Broiled Flounder

Topped with cheese, green onion and a blend of seasonings!

Flounder Cordon Bleu

*This fillet is rolled with delicious ham and Swiss tucked inside...
Topped with a creamy Parmesan sauce!*

Crunchy Bacon Crusted Fish

Roughy fillet, topped with bacon and Panko crumbs, baked until nice and crispy

Balsamic Glazed Tuna Steaks

Seared to your liking, topped with a nice Asian inspired glaze

Honey Pecan Salmon Filets

...with a bit of Dijon mustard to "hold" the pecan on the fish!

Caramelized Maple-Garlic Glazed Salmon

...broiled to perfection!

A few other fish dishes:

*Flounder Florentine, Flounder with Hollandaise Shrimp Sauce,
Pecan Crusted Salmon, Teriyaki Glazed Salmon*

SEAFOOD/FISH FOR THE GRILL

Orange Roughy Margarita

*Marinated with just the right blend of top shelf tequila and Triple Sec,
these filets are served with a fresh jalapeno salsa on the side!*

Grilled Salmon with Mustard-Molasses Glaze

Everything is ready for you to fire up the grill...

Bourbon Sauce Glazed Prosciutto Wrapped Shrimp

*These shrimp are nestled in thin strips of this Italian Country ham and grilled while being
basted with Jack Daniel's BBQ Sauce*

Grilled Bourbon Salmon

Of you like salmon, you'll love this...marinated in pineapple, soy, brown sugar and Kentucky Bourbon.

BBQ Lemon Shrimp Kabobs

Marinated in white wine, garlic, parsley and green onion!

Honey Salmon

Fresh honey and a menagerie of seasonings make this delicious marinade!

Grilled Seafood Kabobs

A combo of shrimp, scallops and mushrooms with honey, mustard and BBQ glaze!

CHICKEN & POULTRY

Apple Bacon Stuffed Chicken Breasts

...just in time for the fall ~ with cranberries too!

Chef Wendy's Chicken Cordon Bleu

Angel In Your Kitchen Signature Dish!

A client favorite...Chicken breasts, wrapped around bacon, ham and Swiss cheese - breaded and lightly pan-fried until golden brown....with my own special Béarnaise Sauce!

Chicken Cordon Bleu Lasagna

Chicken, ham and lots of cheese layered and baked to perfection!

Cabbage Rolls with Turkey Stuffing

A blend of seasoned turkey and rice, stuffed inside steamed cabbage leaves and topped with bacon...another client favorite!

Buttermilk Oven Fried Chicken

Crispy!

Cheerwine® Barbecued Chicken

If you like Cheerwine, you'll enjoy the sweetness of this chicken... great on beef too.

Chicken Pecan Mounds

If you like stuffing, you'll love this dish! A cooking class favorite.

Maple Mustard Chicken Drumsticks with Sticky Sauce

Awesome! And a 3rd prize winner in the 44th National Chicken Cooking Contest! The chicken is marinated in a mixture of Dijon and dry mustard and maple syrup... "battered" with Japanese Breadcrumbs and baked until fork tender!

Bourbon Chicken

This is only done with dark meat... not too good with white meat!

Sage Sausage Patties

*These are made with ground turkey, and a menagerie of herbs and spices!
Great with my Cheesy Apples!*

Chef Wendy's Pan Seared Chicken w/fresh Rosemary & Dijon Gravy **Angel In Your Kitchen Signature Dish!**

Your favorite chicken pieces, pan seared... dressed in a creamy sherry sauce with garlic, rosemary and mustard!

Chicken in a Spiced Peach Sauce

This is a nice fall-spiced chicken dish.

Molasses Glazed Chicken Thighs

Yummy baked in the oven or grilled!

Glazed Roasted Chicken

You can have this herb-roasted or Oriental roasted

Cajun Oven Fried Chicken

If Cajun is your style, you'll enjoy this Cooking Light recipe

Pimento Cheese Stuffed Fried Chicken

These boneless, skinless breasts are pan-fried with Panko bread crumbs and stuffed with Pimento Cheese

POULTRY FOR THE GRILL

Sticky Garlic Chicken Skewers

Marinating and ready for you to throw on your hot grill... ready in minutes!

Grilled Ginger Glazed Chicken

Fresh ginger with a bit of honey and Dijon mustard makes these breasts yummy. Nice to have on hand to slice for topping a salad.

Grilled Herb Chicken

Another selection that is good to have on hand for topping your freshly made salads.

Spicy Chicken Fajita Kabobs with Jicama Relish

Ready to grill and slide right into warm tortillas!

Grilled Glazed Turkey Burgers

YUMMM... these burgers have bits of dried cherries (or apricots-your choice) hidden inside and coated with a mustard-preserve glaze. Great as an entree OR on buns with all the trimmings!

Apple Honey Grilled Chicken

Basted with a delectable sauce of apple jelly, honey and cinnamon...

BEEF

STEAKS

Maple-Mustard-Glazed Balsamic Steaks w/Blue Cheese-Pecan Confetti

*So many yummy things pull together to make these awesome steaks...
your choice of cut*

Herb-Coated Beef Tenderloin Steaks with Mushroom Gravy

Rubbed with fresh thyme, rosemary and garlic

Beef Tenderloin Steaks with Pepper Jelly Sauce

Sweet Meat!

Rubbed Filet Mignon with Caramelized Vidalia Onion Butter

Tender fillets, quick seared and topped with delicious sauce of red wine, shallots and seasonings!

Filet Mignons with Creamy Horseradish Gravy

Quick seared filets, slow roasted with mushrooms in spicy horseradish sauce!

Blue Cheese-Walnut Stuffed Beef Filets

Need I say more? These are absolutely fab!

Beef Tenderloin with Creamy Horseradish Sauce

Another tempting filet choice!

OTHER BEEF

Alabama Meat Loaf

A blend of beef and pork with a bit of ham... seasonings and a touch of maple

K&W Cafeteria Copycat Baked Spaghetti

This is Sis' favorite so I had to figure out how to make this... and it's darn close!

Marmalade-Glazed Burgers

This one has a hint of the Orient with water chestnuts and a bit of soy sauce

Sloppy Joe Shepherd's Pie

Loved by kids and grown ups too!

Tex-Mex Salisbury Steak

If you're looking for something a bit spicy, try these!

Beef Stroganoff

So good, and you'll never know it's a low fat version, but can do the "real thing" too!

Beef Tips in Wine Sauce

*This slow cooker dish includes tender beef, with onions, mushrooms,
and celery seasoned with a robust red wine!*

Salisbury Steak with Mushrooms and Madeira

Seasoned sirloin burgers...then topped with a delectable sauce with butter, mushrooms, wine and bacon!

Braised Cube Steak w/Orange

This dish offers a "twist" to traditional cube steak with a hint of orange!

Skillet Sauerbraten

Tender beef, pan seared then simmered in sauce of allspice, gingersnap cookies and vinegar!

French Dip

Everyone loves a classic French Dip!! Slow simmered in your crock pot, this delicious beef is ready for stuffing into fresh rolls and dipping into the seasoned sauce created by the slow roasting

BEEF FOR THE GRILL

Marinated Flank Steak

Marinate of soy sauce, red wine vinegar, Worcestershire and Dijon! For you to grill and slice for an entree, or as fajitas or to top a fresh summer salad!

Molasses Grilled Rib-Eyes

This molasses marinade infuses tons of rich flavor into these steaks.

Grilled Steak (your choice) with Blue Cheese Butter & Toasted Walnuts

*Waiting in marinade for you to throw on the grill...
and top with this wondermous butter!*

Grilled Beef Ribs w/Sweet & Sticky Sauce

These ribs are pre-cooked and ready for you to throw on the grill and baste with this delicious sauce...made with pineapple, herbs, garlic and red pepper!

Grilled Flank Steak with Bourbon Barbecue Sauce

Quick grilled steak to your liking with this real Southern sauce!

Skewered Beef Fajitas

*Tender strips of tequila-lime marinated beef, ready to grill and slide into warm grilled tortillas...
With veggie kabobs alongside to top them off!!*

Beef Marinated Steaks with Peppercorn Sauce

Your favorite steak, marinated in a combo of dark beer, brown sugar, garlic, ginger and mustard... topped with a creamy peppercorn sauce!

Southwestern Style Salisbury Steak with Lime Pickled Red Onions

If you like the flavor of the Southwest, try these awesome grilled burgers! The finest ground beef blended with Jack cheese, cilantro, chilies and tequila... Topped with a delicious red onion sauce!

PORK SELECTIONS

TENDERLOIN

Herb Roasted Pork Tenderloin

Nothing fancy here, just good old roasted meat seasoned with a garden of herbs

Apple-Stuffed Pork Tenderloin with Praline Glaze

Oven-roasted while basted with a bourbon/mustard/maple sauce

Pork Tenderloin with Balsamic Bourbon Sauce

A creamy sauce with a hint of thyme!

Pork Tenderloin in Savory Cherry Port Sauce

The "sweet" and "tart" of dried cherries bloom with the Port wine

Caramelized Pork Tenderloin Slices

This is one of my personal favorites! But you gotta like molasses...these tender loin slices are in a sauce of molasses, OJ, brown sugar and garlic.

Cinnamon Apple Pork Tenderloin

*Oven roasted tenderloin alongside fresh apples seasoned with cinnamon...
Apple juice makes a great glaze with the slow cooked apples!*

Pork Tenderloin w/Chipotle-Marmalade Sauce

Tenderloin, roasted to perfection.... Then topped with a sweet and spicy sauce!

Pecan Stuffed Pork Tenderloin wrapped in Bacon

OK, this is not on the "low fat" list... pork wrapped in pork?! YUMMMM

Country Fried Pork Tenderloin in Sage Gravy

Pork medallions, pan fried and served with sage seasoned gravy!

Barbecued Pork Tenderloin

*Best on grill, but can be done inside...
good old BBQ sauce with just a kick of peppa!*

Molasses Pork Tenderloin with Sweet Onion-Red Wine Sauce

Oh mama, this is for sure some lip-lick'n meat

PORK CHOPS

Apple Rum Pork Chops

Center Cut Chops... married with dark rum and Granny Smith's, slowly roasted to tender juiciness.

Apple Cherry Glazed Pork Chops

Sweet and a bit tart... a little balsamic vinegar here too

Pork Chops in Mushroom Gravy

A real "comforting" dish for a cold night! Sautéed chops, then slowly baked to perfection in an onion, green pepper and mushroom gravy...perfect with creamy potatoes!

Candied Apple Pork Chops

You won't find these "candied apples" at the State Fair!

Center cut thick chops in an Apple schnapps, cinnamon and brown sugar sauce.

Pork Chops in Balsamic Cherry Sauce

Dried Michigan cherries with Balsamic Vinegar make for a unique and yummie sauce!

Cider Pork Chops

These bone-in center cut chops will make you lick your lips.

Pork Chops with Maple Mustard Glaze

...seasoned with fresh sage and thyme

Farm-Style Pork Chops

These are left on cheffing day in your crock pot for supper... a little bit of soy, tomato, orange marmalade and garlic make just the right blend of yumminess

Pork Chops with fresh sage and Sweet Potatoes

Apples and apple cider make a dee-lish "gravy" for this dish

Southern Italian Pork Chops

...a menagerie of onions, mushrooms and peppers give these tomato-sauced chops tons of flavor

Stuffed Pork Chops

...chops stuffed with bunches of flavor!

Chicken Fried Chops & Gravy with Dressing

*These chops are so tender they'll melt in your mouth!
...a delicious slow cooker treat to come home to.*

Sweet Spiced Cajun Chops

Looking to tickle the tongue? The delicious chops have lots of spices, jalapeno jelly and salsa!

Mexican Pork Chops

A South of the Border pork meal...with peppers, onions, corn and tomatoes seasoned with tangy salsa!

Pork Chops with Lemon Pecan Sauce

If you like the taste of lemon, you'll enjoy this dish. Seasoned with lemon pepper and pan seared, the chops are topped with a light lemony sauce with toasted pecans.

Spicy Brown Mustard Pork Chops

For you mustard lovers, this is a must-try dish

Skillet Pork Chops with Sweet Balsamic Peaches

Goodness gracious, you will not go wrong here!

Chicken Cutlets in Orange-Dijon-Rosemary Sauce

These flavors are just perfect for pork.

OTHER PORK

Country Ham with Grits Stuffing

Oh my... this creamy buttery stuffing has oysters too!

Sausage Burritos

Tortillas filled with Italian Sausage, peppers and onions, beans, salsa and Parmesan cheese... topped with Mozzarella and baked!

Praline Ham

These thick ham slices are topped with a blend of maple, sugar and butter... Topped off with toasted pecans! Can also be prepared for you to grill.

Sautéed Country Ham and Shrimp

Served with some good bread for sop'n up this good sauce!

Honey Roasted Pork Loin

Not quite as tender a cut as tenderloin but delicious in it's own right! Slow Roasted and basted with a Honey Mustard Glaze.

Whiskey Sausage

This slow cooked sausage in a BBQ type sauce will make you hungry the minute you step into your home...slow cooked for cheffing day dinner!

Sausage Stuffed Baked Apples

I use low fat sausage for this hearty meal.

PORK FOR THE GRILL

Grilled Teriyaki Pork Chops

A made from scratch marinade seeps into the chops and are ready for you to thaw and throw on the grill!

Grilled Maple Chipotle Pork Chops on Smoked Gouda Grits

The name says it all...a CLIENT FAV!!!!

Spiced Pork Tenderloin with Mustard Sauce

Pork tenderloin ready to grill...with a delicious sauce of Dijon mustard, plum sauce and balsamic vinegar!

Lime Marinated Pork Chops

Cumin, red pepper and fresh lime juice make these a great choice for the grill!

Grilled Pork Steaks with Dried Plum Barbecue Sauce

...THIS is a winner!

Garlic Herb Grilled Pork Tenderloin

Seasoned with garlic, fresh rosemary and thyme...this is grill ready!

Ham Steaks with Horseradish Baste

For a quick meal on the grill, cook these ham steaks and brush with a great brown sugar/horseradish basting sauce!

Honey Pork Fillets

The secret ingredients for this marinade is a combination of honey and Worcestershire sauce!

Sparkling Grilled Ham

So why the name? The marinade starts with sparkling white grape juice... with a touch of OJ then fragranced with lots of herbs and spices!

VEGETARIAN

Patti LaBelle's Over The Rainbow Macaroni and Cheese

This stuff is the BEST with FIVE kinds of cheese!

Black Bean Quesadillas

...seasoned black bean puree, topped with goat & cottage cheeses, then topped with fresh spinach, red onion and salsa..and baked with mozzarella!

Portabella Eggplant Stew

This crock pot dish is so filling... you won't miss the meat in this chunky stew

Shepherdless Pie

A medley of veggies and beans, topped with a "crust" of mashed potatoes

Vegetarian Cabbage Rolls

tender cabbage leaves, filled with seasoned brown rice, veggies and toasted sunflower seed... Topped with a tomato sauce and slowly baked!

Cheesy "UN"Beef and Macaroni

Meatless "crumbles" make this a vegetarian comfort food meal

Vegetarian Stuffed Peppers

A garden of veggies with almonds and a kick of spice with rice make these a hearty meal.

Baked Shells in Tomato Sauce

Cooked paste is mixed with tofu, mushrooms and tomato sauce... Then baked with mozzarella and Parmesan!

Veggie Pot Pie

A hearty classical favorite with fresh veggies, topped with a crust, and baked to golden perfection!

Portabella Mushroom Burgers

These golden fried burgers are a real treat with mashed potatoes and a salad!

Vegetarian West African Soup

If you like nuts, sweet potatoes and tomatoes, this is for you!

Mexican Lasagna

...a slightly different version with corn, black beans and lotsa spices!

Black Bean Spaghetti

Served over your choice of pasta!

Chunky Vegetarian Chili

What goes with a big old chunk of fresh made cornbread?

A Big Bowl of homemade chili...that's what! You'll never realize there's no MEAT in this chili.

MISCELLANEOUS MEATS

**I don't get many requests for these meats
but am happy to make them for you upon request:**

*Liver * Gizzards * Veal * Lamb*

CHOWDERS/BISQUES **SOUPS/STEW/CHILIES**

Seafood Bisques

*Your choice of shrimp, crab, scallop, oyster or combination...
A nice addition, if you'd like, is spinach.*

Oyster Stew

Chock full of oysters and veggies, seasoned with bacon and cornbread for dip'n

Asian Sweet Potato Chowder

*(Can be made 100% vegetarian)
The melding of coconut milk, cilantro, fresh ginger and sesame give these taters a twist!*

Clam Chowder

Your preference... New England or Manhattan... both yummy!

Punk'n & Corn Chowder

Vegetarian, but great with ham added if you are a meat eater!

Baked Tater Soup

If you love a good old stuffed potato, you will LOVE this soup!

Cheeseburger Soup

A real crowd pleaser... great to have on hand for "drop in" folks or for weekend ballgame watching gatherings at your home... very kid friendly too!

Collard Soup

Even THIS soup can be lightened up... I buy the leanest ham hock I can find to add in with the collards, celery and other surprise ingredients. You'll be surprised at how GOOD this is... cabbage can be subbed for collards.

Chicken Noodle Soup

Will cure what ails ya...

Ham and Black-Eyed Pea Soup

The name says it all... make with Country Ham, unless you prefer "city" ham

Chef Wendy's Pimento Cheese Soup

My "secret" recipe made into a warm bowl of soup! YUM-mee

Sweet Potato, Corn and Chicken Chowder

A hint of bacon and dash of basil and thyme finish off this trio of goodness

Spicy Tomato Soup... with Biscuit Croutons

My secret recipes just waiting for you to throw on these special toasted croutons!

"Southern" French Onion Soup

My twist on a classic...

Mexican Onion Soup

Another twist just as good but different... can be made with or without chicken!

Pot Liquor Soup

Believe it or not, very low fat! I use lean ham for making the liquor that seasons the collards and potatoes just right. Heck, you'll find some black-eyed peas in this too. Real Southern Comfort food... cornbread side a MUST!

Steak Soup

Chunks of steak, slow cooked in your crock pot for supper on chef'n day... loaded with all kinds of veggies. A real hearty soup for chilly nights. Cheese biscuits on the side...

"Witch's Brew" Chicken Soup

This SL recipe has chunks of chicken and veggies, some beans and seasoned with chilies... with toppings for you to add like cheese, onions, sour cream and bacon!

Chef Wendy's Mushroom Madness Soup

If you like mushrooms, you must have this! I never know what mushrooms I'll use until I see what is available on cheffing day. But I guarantee you'll be happy! For you meat eaters, let me know, cause some steak added to this makes it even better!

Old Fashioned Brunswick Stew

Slow Cooked with Chicken, Pork and veggies...a true Southern Favorite!

Chicken Enchilada Soup

*Olé! Take a trip to the Southwest with this hearty, low-fat soup!
Loaded with spices and chicken, this is a real treat!*

Creamy Pork and Apple Stew

A delicious blend of apples and raisins, slow simmered and served over rice!

African Vegetable Stew

A combination of Garbanzo beans, rice, raisins, tomatoes, collards and yams seasoned with garlic and Tabasco sauce. Can also be prepared with pork!

Fifteen Bean Soup

LOADED with the protein of all sorts of beans! Can be prepared with or without a hint of pork seasoning...or diced ham can be added too!

Cajun Soup

Slow simmered soup featuring chicken, smoked sausage, great Cajun seasonings along with tomatoes, chilies peppers and rice!

Taco Soup

*All your favorite taco ingredients slowly simmered in a thick and cheesy soup... Pinto & Kidney beans, hominy, creamed corn, tomatoes, chilies and secret ingredient!
Can eat as a soup with my jalapeno cornbread, or as a dip with chips!*

Bourbon Chili

Three food groups... beef, beans and bourbon!

Wendy's Chunky Chewy Chili

You won't find a heartier chili than this one! So meaty, with smoked sausage, beef, sausage, chunky vegetables...and secret seasonings! A stick to your ribs meal.

Southern Style Gumbo

Slow simmered traditional gumbo with crabmeat!

Chef Wendy's White Chili

This chili, created by Chef Wendy features chicken, green chilies, white beans, white corn and lots of Southwest spices! Served with Jalapeno Cornbread, of course!

Loaded Baked Potato Soup

About as comforting as it gets!

QUICHES/PIES **COBLERS/BOWLS**

Southern Biscuit Bowls... filled with your choice of:

Chicken or Beef Pot Pie

Beef or Chicken Chili

*Chicken a la King * Creamed Chicken*

Any of my chowders or bisques

Shrimp Pie

I got the recipe for this yummy dish way down in New Orleans! And oh so good.

Bacon Swiss Pie

Crispy fried bacon, mixed with Swiss cheese and onions...Browned with a biscuit topping!

Chicken Cobbler

*Ummm... chicken, roasted red peppers, mushrooms and parmesan cheese ~
"cobbled" with sourdough bread*

Tex-Mex Chicken Cobbler

with a taste of the Southwest

Sausage-Mushroom Quiche

*This great quiche is rich with cream and Parmesan
and good for supper or breakfast!*

OR... and kind of Quiche your taste buds desire!

Moravian Chicken Pie

A "native" dish of the North Carolina Piedmont!

Sour Cream and Chicken Quiche

Sautéed chicken with all sorts of veggies and lotsa cheeses too!

Autumn Vegetable Cobbler

All kinds of veggies, with a Cornbread Crust... meat can be added if you'd like!

Leaving the Southland for a Culinary Trip around the Globe...

SOUTH OF THE BORDER

Chicken Enchiladas

Rich and creamy, but low in fat...can't beat that combination.

Pulled Pork Fajitas

*Slow Cooked to tender perfection...Ready to roll in tortillas and top with
sour cream and cheese!*

Beef Taco or Enchilada Filling

*This ground beef (or turkey) filling is great to have on hand for all sorts of summer meals! Use
for tacos, taco salads, nachos or enchiladas! The Kids LOVE this one...I will leave taco shells or
taco salad shells and/or nacho chips and all the toppings for you!*

Tex Mex Chipotle Sloppy Joes

Great on buns, over cornbread or as a stuffing for baked potatoes!

Chile Rellenos Pie

Do you like Chile Rellenos? Well if so, you'll LOVE this version in a pie!

Mini Mexican Meat Loaves

*If you are a meat loaf fan and like spicy foods too,
you'll be sure to want this dish*

Mexican Lasagna

If you like Mexican cuisine, you'll love this lasagna from South of the Border! Ready to roll in tortillas and top with sour cream and cheese!

Mexican Stroganoff

So you like stroganoff...how about a kicked up version with some tangy spices to tickle your tongue?

Fiesta Turkey Pot Pie

Loaded with beans, corn, turkey, tomatoes and lotsa spices!

ISLAND HOPPING LATIN & SOUTH AMERICAN

Braised Bourbon Chicken

This Caribbean dish features hints of allspice and bourbon, with tender raisins and oranges!

Cuban Stuffed Peppers

Onion, beef, tomatoes with a dash of cumin

Caribbean Jerk Pork Chops

Marinated for you in all the exciting flavors of the Caribbean, these chops are ready for your grill with basting sauce.

Barbecue Baked Catfish

If you like Jerk and you like catfish, try this!

Caribbean Swiss Steak

NOT your usual Swiss steak, this one is full of the tropics with pineapple and onions... Seasoned with allspice, mustard, ginger and lime!

Island Beef Stew

A delicious meal in a pot...an unusual beef stew with the tastes of molasses and ginger with a scattering of raisins amongst traditional stew veggies! Really is delish!

Havana Moon Chili

Now talk about a hearty chili...this one melds the flavors of balsamic vinegar, raisins, and all the traditional Caribbean spices simmered into beef AND pork, with almonds and olives thrown in! Served over black beans and rice!

Arroz con Pollo

A favorite dish in Cuba...spicy sautéed chicken, with peppers, onion and garlic in a rich beer-tomato based sauce finished with rice and green onions!

Caribbean Ginger Turkey

These turkey breast fillets are soaked in a tasty marinade of sherry, fresh ginger, apricot jam and a few other tasty ingredients!

THE ORIENT EXPRESS

Chef Wendy's Chinese Egg Rolls

Angel In Your Kitchen Signature Dish

*I'll do all the work and all you have to do is quick fry! I've been told I make THE BEST egg roll filling...I'll prepare the egg rolls, quick freeze and bag for you...thaw and deep fry!
Great for parties too! Served with Duck Sauce...*

Stir Fry Shrimp

If you like an Oriental flair, you'll enjoy this meal in itself... Served over rice!

Lo Mein...with Beef, Chicken or Shrimp

With your choice of meat, this Oriental classic is great!...black mushrooms, bamboo shoots and cabbage in a delicious sauce!

Beef or Chicken Yakitori

You will love these Japanese kabobs, ready for you to throw on the grill!

Shrimp, Scallop, Steak or Chicken Teriyaki

An all time favorite!

Lettuce Wraps

*Do you order these when you're out?
Well now you can enjoy them at home in your leisure outfit!*

Sesame Chicken

Who doesn't love sesame??

Firecracker Shrimp

Almost like those found in a famous chain restaurant, but better!

Spicy Mongolian Beef

This Chinese dish features sweet marinated beef and sliced scallions.

Beef & Broccoli Stir Fry

*Along with the broccoli, this stir fry also includes onion,
water chestnuts and peppers!*

Sea Bass with Oriental Sauce (of fish of choice)

For you fish lovers, this soy/ginger/garlic sauce is "light" but heavy with flavor!

Thai Lemon Beef

...with some crushed red pepper thrown in too!

Beef & Snow Peas

This tender sherry marinated beef is stirred with Snow Peas and sweet onions!

Shrimp Pad Thai

Spicy and Peanuttty!

Sweet & Sour Pork

An old Oriental favorite! Wokked to perfection with peppers, scallions and carrots, served over rice!

Caramel Shrimp

A client shared recipe...stir fried in a rich, sweet sauce and served over rice!

Chicken in a Black Bean Sauce

Another stir fry in a rich sauce with lots of veggies!

EUROPE & THE ISLES OF THE MEDITERRANEAN

Turkey Cutlet Parmesan

A delightful low fat version!

Eggplant Parmesan

Slow baked and loaded with cheeses

Mediterranean Lasagna

Meatless but full of chunks of artichoke, roasted peppers, leek and other goodies

Greek Style Shrimp Scampi

*If you are faint at heart when it comes to garlic, better skip this one! Lots of tomatoes and garlic, topped with feta cheese **over** pasta and baked until cheese is melted!*

Lebanese Chicken

Chicken is marinated in lemon juice, seasoned with cumin and red pepper, along with fresh garlic and thyme...then slow roasted until brown and tender! Can also be left for grilling.

Chicken Marsala

I can even make a low fat version if preferred

Hungarian Pork Chops

This will remind you of stroganoff...just a little different and made with pork chops!

Pesto Pasta with Chicken

This is great for the warm months ahead! And if you like the taste of fresh basil, try this!

Greek Chicken w/capers and raisins in Feta Sauce

Just like it says!

Hungarian Chicken Paprikas

A traditional dish full of flavor

German Style Stuffed Pork Chops

*Pork tenderloin is marinated with raisins, beer and vinegar!
Then, filled with a pumpernickel, orange and garlic filling and the raisins and slow baked!*

COMFORT FOODS & ALL TIME FAVORITES

MEAT LOAF

Basic

...made with ground beef and pork but not very spicy!

Low-Fat Cranberry

...a WW recipe made w/ground turkey & ham!

Bacon-Mushroom-Swiss

...as good as it gets!

Mexican

...rich & flavorful, like a taco loaf

Smoked Cheddar-Jalapeno Ranch

...bacon, sirloin, pork, peppers and smoked cheddar cheese!

Italian

...loaded with spinach and mozzarella with Marinara Sauce!

Apple

...made with herbed stuffing, apples and a touch of horseradish!

Bar-be-cued Beef Loaves

...spicy with a BBQ glaze topping!

Chipotle

...peppers, onions and flavored with smoky chipotle peppers

POT PIES

Barbecued Chicken Pot Pie

*...soooo Good! From "Cooking Light" magazine a casserole of
seasoned chicken with cornbread crust! ...*

Chicken or Beef Pot Pie

Regular or Weight Watchers versions of old favorites!

Pork Barbecue Pot Pie with Cheesy Grits Crust

Another SL favorite!

Sloppy Joe Pot Pie

An old time favorite in a little different version...also, a KID favorite!

Shepherd's Pie

Real cold weather comfort food...beef with vegetables, topped and baked with creamy mashed potatoes!

Lobster Pot Pie

A medley of veggies...and chunks of lobster meat, Seasoned with just the right touch of tarragon and topped with a puff pastry crust!

Tuna Pot Pie

Lotsa veggies, blended with tuna and baked with a crispy crust!

PASTAS

Lasagna

... varieties include LF, Vegetarian, Beef/Pork or Seafood! An all-time favorite...especially for the little ones!

Antipasto Lasagna

full of pepperoni, roasted peppers, olives, cheese... OHH la la!

Hearty Spaghetti Sauce (or w/meatballs) over Pasta

Can be made with or without meat!

Baked Spaghetti with Meat Sauce

*A variation of the old favorite...
except made with sausage instead of hamburger!*

Cincinnati Chili

This Cincy native dish is a "different" chili...seasoned with the usual with the addition of allspice, cinnamon along with a little vinegar and Worcestershire! Served over spaghetti noodles and is awesome!

Spaghetti Carbonara

*Angel Hair topped with a creamy egg and bacon sauce
(regular and low fat versions)*

Creamy Macaroni & Cheese Bake

*Not for those watching cholesterol or fat grams...this hearty non-meat dish is a crowd pleaser!
I can also make this with ham if you prefer some meat! Another KID pleaser...*

Penne with Shrimp & Bacon

This combo also includes green peas, and is all combined with a creamy ricotta cheese mix!

POT ROASTS

Wendy's BUTT!

Bar-Be-Qued Pork Roast...Slow roasted and full of Southern flavor!

Old Fashioned Pot Roast

The robust combination of seasonings with a touch of red wine makes this classic a favorite for the "meat and potatoes" lovers!

Italian Pot Roast

...slow roasted with all the best Italian seasonings!

My Mama's Pot Roast & Gravy

...an old family favorite with onion soup, cream of mushroom soup, and extra! Mushrooms!

Pumpnickel Pot Roast

This is a delicious roast, with pearl onions and kraut, slow roasted in a sauce of dark beer, caraway seed and stone ground mustard...served over noodles!

Bloody Mary Pot Roast

...slow roasted with peppers, onions, and spicy Bloody Mary mix! This is Great!

Tangy Rump Roast

This roast is a little different...slow cooked in an onion and cranberry sauce...and SO good over noodles or smashed potatoes! A "Wendy" favorite!

Barbecued Beef Roast

...a personal favorite!

Glazed Corned Beef

This slow roasted treat is a treat, and delicious with a side of creamy horseradish smashed potatoes!

CHICKEN, RIBS, AND OTHER FINGER LICK'N GOODIES...

Some Fine Barbecued Chicken

An old favorite prepared with your favorite cuts!

Spicy Beef Ribs OR Slow Roasted Pork Spareribs

These ribs are "sauced" and oven roasted until tender and juicy! Bib needed...

Beer Sauced Bar-Be-Cued Ribs

With soy sauce, honey, mustard, ginger and garlic!

Maple-Barbecued Oven Spare Ribs

These basted slow cooked ribs are with a sweet & tangy sauce.

Best Ever Slow Cooked Bar-be-cued Beef!

These beef roast is slow roasted until tender and juicy! Use as is for an entree, or make sandwiches or in fajitas!

Bone Suck'n Beef or Pork Ribs

Slow roasted, melt in your mouth ribs...with NC's own... Bone Suckin' Sauce!TM

MORE SOUTHERN COMFORT FOODS...

Southern Chicken Pastry

A real classic! Best when eaten on cheffing day... not that great warmed over.

Oven Fried Catfish

Fresh fillets, oven baked with a spicy crispy coating!

Crispy Buttermilk Baked Chicken

A healthy version of an old Southern favorite!

Country Fried Steak in Paradise

...from the Paradise Café in KY...traditional country fried sirloin steak!

Chicken Fried Steak and Cream Gravy

Seasoned and battered a little differently than "country fried," just as good!

Cheeseburger Pie

An American classic in a Pie! (And a kid's favorite too.)

Braised Sirloin Tips

Slowly simmered until tender, these tips are in a rich sauce and are great over noodles!

GRAZING MENU

Sometimes you might not want a big meal and just need some things on hand for grazing. Here are a few suggestions for you. Please request any favorites of your own.

Freshly made Salsa

I'll pick up the chips for you too!

Tomato-Basil Crostini

Made fresh for you on cheffing day... diced tomatoes with a little basil, balsamic vinegar and toasted bread

Wendy's Own Chilled Layered Crab Dip

Great on crackers or with celery dippers

Low Fat Fall Apple Dip

Those freshly picked NC apples are just around the corner... a healthy snack!

Carolina Caviar

...this black-eyed pea "dip" is nice to have on hand to eat with your favorite dip'n chips

Spicy Marinated Shrimp

Perfect for a light supper with one of the dips above

Country Ham & Blue Cheese Biscuits

These are freezable too!

Wendy's Secret Recipe Pimento Cheese

Perfect for crackers or celery... made full strength OR low fat!

Wendy's Stuffed Mushrooms

...ready to pop in the microwave and as good as candy!

Guacamole

Rich and creamy and ready for dip'n

Artichoke Dip

...ready for you to pop into the oven to heat 'n eat!

Wendy's Shrimp Butter

Soooo good on crackers, stirred into grits or spooned into a baked tater!

THE BREAKFAST BASKET

Here are a few morning-time goodies to choose from...

Apple Cheddar Quiche

...add some bacon if you'd like!

Bran Muffin Mix

Makes micro muffins QUICK! Batter keeps in fridge up to 6 weeks, but it won't stay around that long.

Breakfast Casserole

Can be done in single servings for you to bake... bacon, peppers, onions, cheese and hash browns all in one dish

Apple Cheddar Muffins

Just perfect for a quick morning snack

Country Apple Biscuits

Made, baked and served in same pan! Cinnamon, apples, brown sugar and pecans, glazed of course!

Heat and Go Breakfast Burritos

Filled with what YOU like...eggs, cheese, bacon/sausage/ham, veggies, etc.

Apple Cheese Crisp

...a yummy dish perfect for crisp mornings

SALADS

(Additional fee)

Dried Cherry Salad

Greens sprinkled with dried cherries, blue cheese, red onions, toasted pine nuts and Tarragon dressing

Cranberry Apple Salad

Granny Smith's along with dried berries, a bit of onion and sprinkling of walnuts

Kentucky Derby Museum Cornbread Salad...Chef Wendy's Version!

Angel In Your Kitchen Signature Salad

A favorite salad! Made with cornbread, with spring onion, radish, tomatoes, peppers and a creamy secret dressing!

Spinach and Mushroom

This delightful salad is topped with eggs, bacon, croutons and fresh mushrooms... Bacon dressing is prepared and left for you to heat and toss into salad!

Wendy's Egg Salad

Nice to have on hand for lunch or grazing

Fresh Fruit Salad with Poppy Seed Dressing

...grapes, apples, celery and pineapple

BLT Salad

*This is a summertime treat in a bowl you can have year-round!
A mayo based dressing over layered greens, tomatoes, bacon and croutons!*

Italian Pasta Salad

Chef's choice pasta with parmesan, olives, peppers and other goodies!

Baked Potato Salad

Best when the chill is removed... all the goodies you'd find in a stuffed tater!

Carrot Raisin Salad with Orange-Nutmeg Dressing

Gets better as it sits... has a bit of pineapple too!

Broccoli Raisin Salad

with a bit of bacon too!

Tuscan White Bean Salad

The flavors of Italy... artichoke, basil, roasted peppers

Black Bean Salad

Ole! A combo of black beans, corn, onion, jalapeno, bell pepper, pimentos, tomatoes and fresh cilantro...in a spicy dressing!

Caribbean Sweet Potato Salad

This salad has white and sweet potatoes, corn, cucumber, onion and peanuts... Dressed with an oil and vinegar/mustard sauce!

DESSERTS

(Additional fee)

Wendy's Pig Pickin' Cake

My favorite cake...pineapple layers smothered in whipped cream & puddin' laced with crushed pineapple and mandarin oranges! A summertime favorite... light & creamy and perfect after any meal!

Gingerbread with Warm Lemon Sauce

...a personal favorite!

Not Yo' Mama's Banana Pudding

...a Paula Deen delectable!

Ginger Pear Crisp

Caramel Apple Crisp

Chocolate Éclair Cake

Cherries In The Snow

With cream cheese, whipped cream, angel food cake and of course...cherries!

Sour Cream Coconut Cake or Chocolate Mound Cake

oooooh!...Choose your preferred variation on this sweet treat!

Honey Bun Cake

Tastes just like it sounds, and great for breakfast with coffee too!

Frozen Tiramisu

...all the tastes of this delicious dessert, but a frozen version!

Angus Barn Sour Cream Pound Cake

Delicious by itself, or toasted for breakfast!

Fruit Crisp or Cobbler

This dessert can be prepared with your favorite fruit!

Apple Raisin, Apple Cheese, Apple, Pear, Mango, Peach...you name it, you got it!

PIES...PIES...PIES! (2 per order unless indicated by *)

Mama Perry's Coconut Pie... YUM!

Derby ...a chocolate-pecan pie!

Pecan...a Southern Tradition!

Lemon Tarts

Sweet Potato...top with whipped cream!

Buttermilk Chess...a light vanilla flavored pie!

Chocolate Chess...another very Southern treat!

Lemon Chess

**Cheerwine®*

I also have a variety of Ice Cream Pies for you!

**Frozen Chocolate Cream Pie*

**Chocolate & Peanut Butter Pie*

STILL Didn't see what you want?

Just let me know what it is...and you've got it!

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