

Fall Menu
Fine Dining Solutions
The Epicurean Solution to DC Metro Chef Services
Phone: 703-869-1242
Fax: 703-997-7372
Website: www.finediningsolutions.com

Soup

Butternut Squash Purée
with Nutmeg Crème Fraiche

Crème of Fennel-Anise Soup
with Pernod "Just Whipped" Crème

"Stilled" Tomato Soup
with Mosaic of Herbs & Spices

Traditional Minestrone
with Garlic Toasted Croutons

Roasted Pumpkin Bisque
with Cinnamon-Nutmeg

Lobster Bisque
with Tarragon-Lemon Crème Fraiche

Orange-Carrot Soup
*with Cilantro Spiced Carrot Fritter
Garnish*

Beef

Beef Rib Eye for Two
*with Red Wine Butter, Duck Confit Purple Potatoes & Balsamic
Marinated Portabella Mushrooms*

Peppercorn Crusted Beef Tenderloin
*with Kumquat Marmalade, Mashed Potatoes, Braised Endive &
Orange-Bay Leaf Jus*

Carbonnade of Veal topped
with Baby Carrots, Pearl Onions & Fava Beans

Balsamic Braised Beef Short Ribs
*with Horseradish Mashed Potatoes, Roasted Carrot Slivers &
Ratatouille Garnish*

Veal Scaloppine atop Fresh Fettuccine
with Green Beans & Chive Pan Sauce

Roasted Herb Crusted Beef Tenderloin Slices
*over Torchio, White Bean, Broccolini & Deconstructed Pesto
Ragout*

Pan Seared Sirloin
*with Mushroom-Potato Cake, Broccoli & Red Wine-Caramelized
Onion Butter*

Salad

Honey Roasted Baby Root Veggies
tossed
with Mixed Greens

Herb Confit Veggie Tower Lobster
Salad
*with Fennel, Blood Oranges, Spanish
Onion & Lemon-Basil*

Aioli Poached Pear Salad
*with Boston Butter Lettuce, Gorgonzola
Dolce & Hazelnuts*

Appetizers

Smoked Trout on Granny Smith
Apples
with Sprigs of Watercress

Vidalia Pissaladiere

Avocado Brushetta
*with Roasted Yellow Peppers, Candied
Cranberries & OJ*

Gorgonzola-Mascarpone & Walnut
Terrine
with Radicchio & Balsamic Reduction

Baby Root Veggie Stuffed Beets
with White Truffle Emulsion

Assorted Herb-Mushroom Strudel
with Sherry Vinaigrette

Fish

Espresso Dusted Tuna
*with Sweet Ginger Carrot Puree, Braised Baby Bok Choy &
Bittersweet Chocolate Sauce*

Bacon Wrapped Monkfish
*with Wild Mushroom & Parmesan Potato Gnocchi with Herb-
White Wine Sauce*

Potato Crusted Salmon on Swiss Chard
*with Champagne-Saffron Reduction Seared Sea Scallops on
Brussels Sprouts & Bacon*

Cod "Pot Roast"
*with Roasted Fingerlings, Grape Tomatoes & Lemony-Herb
Sauce*

Halibut en Papillote
with Olives, Tomatoes & Roasted Baby Red Potatoes

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Lamb

Tamarind Rubbed Boneless Lamb Loin
Green Bean Almondine, Cardamom-Clove Spiced Carrots & Mango Chutney

Herb Crusted Rack of Lamb
with Saffron Risotto, Tomato & Fennel Confit & Kalamata Olive Jus

Lamb Loin
over Whole Wheat Couscous & Braised Cipolini with Tomatoes & Cumin

Spicy Lamb Stew
with Parsnips & Figs

Garlic Herb Broiled Lamb Chops
with Orecchiette with Garbanzos, Tomatoes, Feta & Mint

Butterflied Leg of Lamb
with Orange & Thyme Wild Rice Cakes & Rainbow Chard

Poultry

Coq Au Vin
with Traditional Rice Pilaf & Bonne Femme Garnish

Currant Stuffed Chicken Breast
with Pear & Potato Purée, Glazed Carrots & Cranberry-Balsamic Pan Sauce

Roasted Quail
with Braised Chestnuts, Grapes & Cognac Reduction Sauce

Red Wine Braised Duck Confit
with Braised Lentils, Mushroom, Pearl Onion & Bacon Sauté & Red Wine Reduction

Porcini Stuffed Game Hen
Braised Cipolini, Glazed Turnips & Porcini Herb Jus

Pork

Gremolata Crusted Pork Tenderloin
with Poblano-Potato Gratin & Corn-Red Pepper Sauté

Kumquat Stuffed Pork Tenderloin
with Thyme Scented Acorn Squash, Roasted Zucchini & Herb Jus

Herb Crusted Pork Chops over "Quick" Cassoulet
Oven Dried Tomatoes & Herb Pan Sauce

Boneless Pork Chops
atop Cherry Kissed Barley, Grilled Apples & Cinnamon Jus

Pasta

Sweet Potato Gnocchi
with Apple Cider-Sage Butter Sauce

Mini Veal Meat Balls & Spaghetti
with Roasted Fennel-Tomato Sauce

Butternut Squash & Hazelnut Lasagne
with Gruyère, Parmesan & Caramelized Shallots

Paella Risotto
with Shrimp, Calamari & Mussels

Vegetarian

Wild Rice Stuffed Yellow Squash

Brown Rice Salad
with Apricots & Pistachios

Chinese Mushroom & Broccoli Stir Fry
with Edamame Fried Rice

Red Lentil Curry with Peas

Winter Tabbouleh

Tofu & Broccoli Sambal

Braised Bean, Leek & Collard Green
over Braised Carrots & Parsnips

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Dessert

Chai Infused Pots de Crème

Apple Charlotte
with Vanilla Bean Ice Cream

Individual Chocolate Soufflés
with Raspberry Sauce

Slivered Poached Pear-Blue
Cheese Tart

Candied Pistachio Tuilles

Carrot Ginger Brulée

Apple Gelée

White Chocolate Mousse

Cinnamon-Sugar Apple Brandy
Soufflé

Caramel Dipped Apples
with Sprinkles

Red Wine Poached Pears
with Explorateur

"French Toast"
Inspired Bread Pudding

Frozen Treats

Pear & Muscat Granita

Cabernet-Shallot Sorbet

Caramel Cappuccino Ice Cream

Fine Dining Solutions is licensed, insured, food safety management certified.

Chef Shanna Follansbee member in good standing of the Women Chefs' & Restaurateurs' (WCR – www.womenchefs.org), the American Personal Chef Association (APCA – www.personalchef.com) as well as a member of the APCA Mid-Atlantic Chapter and a volunteer local exchange coordinator for WCR. Chef Shanna teaches cooking classes at several locations including the beautiful HADCO (www.hadco.net) kitchen (Dulles, VA) for The Cooking Experience (www.cookingexperience.com), Sur La Table (www.surlatable.com) Pentagon City and the culinary school L'Academie de Cuisine (www.lacademie.com) in Bethesda and Gaithersburg, MD.

All pictures on this site are actual dishes Chef Shanna Follansbee has prepared for clients.

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