



LET'S ENTERTAIN TOGETHER

Fall 2006

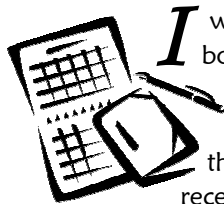


As the hot days of summer draw to a close, it is back to work, back to school and back to our busy schedules once again! Statistics show that our busy lifestyles are creating many challenges from unhealthy eating to overspending in the fast food line-ups.

For those of you who are just too busy to cook regular, nutritious meals, Dial A Chef is offering a new service - your own personal chef!



After an initial interview with Jamie and Melody, a registered dietitian, Jamie will come to your home either weekly or bi-weekly, and fill your freezer with prepared, nutritious and well-balanced entrées, soups and desserts - whatever your heart desires!



I wanted to let you in on a little secret: book early or you may end up like Mark and Janet who waited too long to book their event. They had to change their wedding date so I could cater their reception! It is never too early to book a special event, reception, dinner meeting or Christmas party!

Manners are important in society. They help us to be civil to one another. Because a person who minds their manners knows how to act in every circumstance he tends to feel comfortable in unfamiliar surroundings.

Nowhere are manners more important than at the table. Table manners prevent diners from being sloppy, offensive and boorish. They help to communicate respect to hosts and guests alike. Table manners are not hard and fast rules, rather they are helpful guidelines in our social relationships

Check out the back of this newsletter for tips on manners and etiquette to help you feel comfortable at any dining occasion!

Kitchen Tip: There is one cardinal rule while preparing your feast: CLEAN AS YOU GO! A mess can pile up quickly and believe me, it is much easier to wipe a knife and put it back where it belongs than to throw it in the sink with tons of other dishes, pots and pans. If you keep ahead of the game, you will be able to enjoy your guests and not worry about what the kitchen looks like.

Looking for an afternoon of entertainment this fall? Why not plan to invite a few friends over, open a bottle of wine and sit back and allow me to share some of my trade secrets? I can come to your home and teach you how to prepare some of your favourite foods. It is a demonstration class that culminates with a taste for everyone - a fun way to enjoy a rainy Sunday afternoon!



Autumn Fricassé

- | | |
|------------------------|---------------------|
| 4 chicken thighs | 200 g golden apples |
| 30 g butter | 2 turnips |
| 150 g button mushrooms | 2 large onions |
| 150 g diced potatoes | salt & pepper |
| 50 g cured ham | 10 cl sweet cider |

Peel and wash the golden apples, turnips, onions and potatoes. Clean and slice mushrooms. Slice remaining ingredients.



Sauté the chicken in butter. When golden brown, add and sweat the onion for 10 minutes on medium heat to slightly brown it. Add turnips, apples, potatoes, mushrooms and cured ham. After 10 minutes of cooking on medium low heat, add the cider. Add salt and pepper. Leave to simmer for 15 minutes on medium heat.

As always, I look forward to cooking for you!

Erick Le Pors

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Table Etiquette

Good basic table manners are important because they ensure that both guests and hosts are comfortable at the table. Table manners are mostly common sense. Following these will carry you through most common situations from Formal Dinners to a night of poker with the guys.

Etiquette means behaving yourself a little better than absolutely essential!

- ✓ Do not sit until everyone is ready to be seated.
- ✓ Do not put your elbows on the table or sit too far back or lounge.
- ✓ Do not talk loud or boisterously.
- ✓ Be cheerful in conduct and conversation.
- ✓ If possible, never cough or sneeze at the table.
- ✓ Do not speak with your mouth full.
- ✓ Chew quietly and try not to slurp.
- ✓ Taking small bites will help you with the two previous rules!
- ✓ Never indicate that you notice anything unpleasant in the food.
- ✓ Do not break your bread into the soup or mix with gravy. It is bad taste to mix food on the plate.
- ✓ Keep fork in the left hand and knife in the right hand.
- ✓ Never leave the table before the rest of the family or guests without asking the host or hostess to excuse you.
- ✓ Eat soup with the side of the spoon, without noise.
- ✓ If a dish is presented to you, serve yourself first and then pass it on to your right.
- ✓ Never overload the plate when serving others.
- ✓ Never make a great display when removing hair, insects or other disagreeable things from your food. Place them quietly under the edge of your plate.
- ✓ Break your bread rather than cut it.
- ✓ If you prefer, take up asparagus with the fingers. Olives and artichokes are also so eaten.
- ✓ If a course is set before you that you do not wish, do not touch it.
- ✓ When passing salt, pass the pepper as well.
- ✓ Use a napkin only for your mouth. Never use it for your nose, face or forehead.
- ✓ Eat at a leisurely pace.
- ✓ Don't reach for things but rather ask that they be passed to you.
- ✓ Compliment the cook!

Call (613) 860-2539 for information about our special promotions!



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EMERGENCY?
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Dial-A-Chef Gift Certificate!