

Imagine.....

Coming Home from work –

You're tired and hungry –

And in just a few minutes, you are enjoying a delicious, nutritious, healthy dinner. The best part is, you didn't have to shop, cook, or clean up! It was all done by your very own Personal Chef!

The Art of Cuisine Personal Chef Service is a unique service providing you affordable meals that are customized and prepared just for you in your home. **Save Time...** There is no planning, shopping, cooking, or cleaning up. It's all done by your Personal Chef Linda. **Do you need extra time in your schedule?** Eat Healthy....The freshest and best ingredients are always used and never any preservatives. **A Great Value!**

About Personal Chef Linda Galyean

Chef Linda has loved food and cooking since she was a little girl living in the greater Sacramento area and has been providing various food services since 1996. Though she's recognized by co-workers, friends, and family for her award-winning cakes, and has a passion for cooking and for creating new recipes, Linda also has a passion for art and music. Linda is a Certified Personal USPCA Chef, Certified Culinary Inspirations Instructor, a Graduate of the Culinary Business Academy and has studied at the California Culinary Academy in San Francisco. She has recently won a Cooking Club of America recipe contest for a recipe that she created, called the "Chocolate Dream Cake", which is published in a Cooking Club of America cookbook called *Ideas for Entertaining*. You will find additional recipes from Linda published in her very own cookbook that she has written. Additional places you will find her recipes are on both Southern Living's website (Southernliving.com), and Bon Appetite's and Gourmet's website (Epicurious.com). Not only does Linda grow her own vegetables and herbs, but she also supports other Northern California food growers, emphasizing the healthful benefits of wholesome cooking: "think globally, eat locally."

A Unique Healthy Eating Alternative

What's for Dinner? Ask today's busy households and you'll hear answers such as fast food or frozen pizza. Your schedule doesn't leave room for a lot of extras. In

fact, how are you supposed to find time just to prepare a delicious, well-balanced dinner? Or even to buy groceries? That's why we offer:

- ☞ Customized Menus
- ☞ Meal Preparation in Your Home
- ☞ The Freshest Vegetables
- ☞ The Freshest Fish
- ☞ Complete Grocery Shopping
- ☞ A Variety of Healthy Menus
- ☞ Top Quality Meats
- ☞ The Freshest Herbs & Seasonings

Now close your eyes and imagine coming home from a busy day. Within a short time you've filled your home with heavenly aromas and added the finishing touches on a wonderful dinner. Sit down and enjoy!

Dinner at Home...

Back to the basics.

***Your family can enjoy a meal
with quality time at the dinner table.***

Customized Menus

Our goal is to make each meal the very best you have ever tasted! In order to accomplish this, we must know about your preferences and your dietary needs. We have the ability to prepare gourmet meals to your specifications, as well as preparing favorite recipes you may have. When you hire the USPCA, the chef will come to your home, conduct an interview, and complete a detailed questionnaire. We use the results of the interview and the questionnaire to develop your menus. Each menu lists entrees and some side dishes for a two week period and is presented to you for your approval prior to your scheduled cooking day.

Member United States Personal Chef Association



The Art of Cuisine

Personal Chef Service

Certified Chef & Instructor

**Personal Chef
Linda Galyean**

**Serving the greater
El Dorado Hills,
Folsom and Sacramento Area**

*Have the luxury of spending more time with
your family, while enjoying healthy, freshly
prepared food in your own home*

(916) 934-9230

www.TheArtofCuisine.com

Email: ArtofCuisine1@yahoo.com

Serv Safe Certified in Food Safety

Meal Preparation in Your Home

Once you have approved your menu, we will schedule a day to cook in your home. We arrive with all of the utensils we need to complete your meals. We cook the food in your home, then package and refrigerate or freeze each item, and leave thawing and reheating instructions. By following these instructions, your meals will taste like they were just prepared! We leave your kitchen clean and your home smelling wonderful. You simply reheat the meals and enjoy the free time, the clean kitchen, and the fabulous food.

A Variety of Healthy Menus

We have the ability to cook not only to your tastes, but also according to your dietary requirements. So, if you need a low fat meal and you don't eat red meat, don't worry. You may want to try the turkey and black bean chili, or maybe you would prefer the lime and cilantro marinated shrimp. If neither of these entrees appeals to you, there are many more you can try. In fact, over 300 entrees are available, which means you won't see the same meal twice in a 6-month period, unless you request a repeat of favorites.

Complete Grocery Shopping

On your scheduled cooking day, we will shop for the groceries needed for the meals on your menu. We will purchase all of the items needed, and the cost of these groceries will be incorporated into the charge for the two week service.

The Freshest Vegetables

On your scheduled cooking day, we will select the freshest vegetables available for your meals. If at all possible, we will use produce that was harvested that day

The Freshest Fish

We will select the freshest fish available for your meals. All of the fish will be purchased the day we cook for you. If fish is available that was flown in on your cooking day, we will select that fish, even if we drive to three markets to get the very best!

Top Quality Meats

The meats we select are of the finest quality available. The cuts are the most tender, and all are purchased the day we cook for you. No frozen meat here! We offer beef, veal, lamb, pork, turkey, and chicken entrees.

The Freshest Herbs & Seasonings

The herbs used in your meals are fresh and harvested that day if possible. If the herb is not in season, we will purchase dried herbs and crush them when we use them. We grind our seasonings fresh each day and only as much as we need. These practices prevent the flavorful oils from evaporating while the herbs and spices sit on a shelf waiting for use.

The Solution

The Art of Cuisine is ready to provide you with this affordable, time saving service, which solves your "What's for Dinner?" problem. Call now for a no-obligation, free consultation.

Interactive Dinner Parties

Now more than ever before, we all lead very busy lives. The pressures of the job, family, and world events combine to make our days stressful, and we have so many things we want to do, yet so little time to accomplish them. It can be a frustrating, daunting task just to have some fun. **Imagine....** Having the Food Network at your house! It's a chance for you to treat your friends to a culinary adventure - a complete gourmet meal, where they actually participate in the preparation! Imagine having a chef like Emeril Lagasse over for dinner! Well, Instructor Chef Linda is just as entertaining and definitely more affordable.

You will receive all the tools necessary to host an engaging, educational, and entertaining experience. Instructor Chef Linda will work with you to develop a complete menu based on the food preferences of you and your guests. Your Chef will also act as a mentor to your guests, teaching them techniques, trivia, and "tricks of the trade."

Welcome to a Culinary Experience...where the art of cooking is brought to life!

If you're looking for a new, fresh approach to entertaining your friends and family, a great alternative for a child's birthday party, or even a special gift for the "food lover" in your life, The Art of Cuisine has the solution!

The heart and soul of great food lies in the passion and skill of the preparer, Chef Linda. Whether it's an Interactive Dinner Party or a private, In-Home Cooking Class, you and your guests can learn, participate, enjoy or just watch as a professional Chef becomes your personal guide to a whole new world of exciting and fun culinary adventures.

Cookbook for Sale

Chef Linda has written a cookbook called ***The Art of Cuisine***. Please see her website for details or call.

Certified Chef Linda Galyean

Phone (916) 934-9230

artofcuisine1@yahoo.com

Serv Safe Certified



Food Protection Manager



Chef Linda