

Frequently Asked Questions

The Art of Cuisine Personal Chef Service



Time. Such a precious and elusive commodity when you're taking care of spouses and bosses, Little League and families, carpools and Muffin the cat. How do you find a way to squeeze in time for you? Frozen dinners from the grocery store can be a time saver, but they never look or taste like the picture on the package.

The Art of Cuisine, Personal Chef Service to the rescue!

Using a Personal Chef Service is a practical way to ease the burden of everyday cooking. I plan your menus (restaurants would be jealous), do the grocery shopping, prepare a week worth of meals (in your home but with our cooking utensils) and clean up after we're done. My preservative-free dinners are refrigerated or frozen until you're ready to eat them. I provide easy-to-use heating instructions and suggestions for side dishes. The only thing you have to do is set the timer. Honest.

The Art of Cuisine, Personal Chef Service is a sensible luxury. My basic service is an average of \$200 to \$425 for 8 servings to 20 servings and I do all the shopping! Service dates are available every two weeks and monthly plans.

Sure, you'll have preferences, so I will have you fill out a brief questionnaire to help me get to know your culinary tastes. Whether it's a passion for fresh seasonings or a need for dietary restrictions, I prepare all meals according to your direction. So the next time you're tempted to pick up that frozen "dinner de jour" at the store, pick up your phone

instead. Call *The Art of Cuisine*, Personal Chef Service at number below for more information or to make a reservation for a free consultation.

What is a Personal Chef?

A Personal Chef is someone who comes into your home and prepares healthy, delicious and nutritious meals based on your personal taste. They do all the planning, shopping, cooking and packaging. All the meals will be stored in your freezer and refrigerator with clear and concise labels for reheating. You enjoy the convenience of having delicious meals prepared in your home.

How much does the service cost?

The cost for each service depends upon: the number of people to be served, whether they are heavy eaters or light, and any special dietary requirements that need to be addressed. Average meal prices range from as low as \$19-25 per plate up to \$100 per plate (adult servings). My prices include the cost of groceries and disposable food containers. A final cost would be determined once I've completed an initial consultation.

What area do you cover?

I serve the greater El Dorado Hills area as well as a 15-mile radius outside this area. Service outside these areas will be considered on a case-by-case basis and may include additional charges.

What menus do you offer?

This is a purely customized service, in which I develop the menus based upon your personal taste and dietary needs. I have thousands of recipes to choose from to ensure you will get a variety of cuisines.



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Are the meals frozen?

The majority of your meals will be stored in your freezer. Typically your menu will consist of the first couple of night's meals to be fresh and eaten within three to five days, and any fish meals to be eaten that night. The balance of the meals will be stored in your freezer.

Do I have to supply any cookware or containers?

I will provide all the necessary cookware tools and utensils needed to prepare all the meals. The storage containers I use will be supplied and most can go from the freezer to either the oven or microwave.

I also offer the following services:

Intimate dinners, small event catering, interactive cooking classes, as well as gift certificates.

Although everyone's needs vary, a "typical" scenario goes something like this:

1. A food survey is completed to find out your food likes, dislikes and food-related health issues.
2. Based on the results of the survey a menu is created.
3. Example menu consists of 5 entrees with appropriate side dishes. Each meal is divided into different containers, and packaged for the refrigerator or freezer -- for a total of 9 or 10 meals for 2 adults.
4. After designing the menu, purchasing the groceries for the approved menu, all of the meals are prepared -- with cooking tools brought to your home. The meals are then packaged for the refrigerator and freezer with

re-heating directions. The dishes are done, dinner is ready, and you'll have good food prepared to your specifications, ready for you to enjoy when you want to; or when you have time. In 2 or 3 weeks different meals are prepared for you.

5. Do the grocery shopping that day. Go to your kitchen, unload the groceries and prepare the chosen meals
One fresh meal for that night's dinner will be in the fridge and the remainder meals will be in the freezer or fridge to be used at a later time
6. Re-heating instructions will be clearly marked on all containers
7. And the best part, Chef Linda cleans the kitchen and puts all the pots, etc. away
8. So you can come home to a stocked fridge and a home-cooked meal that night.

The service works best when it's used on a regular basis; but one-time use can be arranged. Three week's notice is required to begin the service. With a deposit and a service contract is signed.

Family pricing is also available.

The Art of Cuisine Personal Chef Service

**Personal Chef
Linda Galyean**

Certified Chef & Instructor

Serving the greater
El Dorado Hills,
Folsom and Sacramento Area

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