

# Arts & Culture

## Fat City diggin' on dining at home, with a little help



**Fat City Fred,  
FITZHUGH FOOD FIEND**

Last month I had the pleasure of experiencing two of the multitude of different meal services that Elizabeth Prinz offers through her personal chef company-Dinner For You. On Tuesday night Mrs. NG and Chris had us over to their house for a pre-prepared dinner made by Elizabeth. Mrs. NG had been sick so some friends decided that Dinner For You would make the recovery process a bit easier. Chef Elizabeth comes to your house for a consultation, gives you a huge list of potential meals and choices are made. She then shops for all the ingredients, comes to your house with all her equipment to create magic meals and packages all the then-cooked meals in plastic containers for freezing. Complete cooking instructions are affixed

to the lids so reheating is easy. These are main meal portions so you make any extras like rice or salads. On this night we had Mediterranean Stew with black olives and sun-dried tomatoes. Additionally Mrs. NG made a light salad and boiled potatoes to go with the stew. The stew itself was excellent and the flavours just jumped in your mouth. All agreed that the personal chef idea would fit into so many of our on the go lifestyles. Make no mistake; this is not Meals on Wheels. Dinner For You is a class act all the way.

In April, Chef Elizabeth catered the 200-person Volunteer Dinner at the Jasper Activity Centre. How do you keep that extremely high level of culinary excellence that is Chef Elizabeth's trademark when serving 200 mouths? Fairly easily, apparently as this food was absolutely stunning. Salads of Caribbean three bean, tropical coleslaw and curried potato zinged with flavour. Main dishes of Island Chicken Adobo, passion fruit-glazed ham with coconut rice and cinnamon carrots were the stars of the night. It's been a long time since I've had such a wonderful flavour burst at an event of this size. The glazed ham is probably the best I've experienced and Elizabeth, I will need that recipe. The food line moved at such a fast pace because everyone wanted to get back to their seats to try this visually appealing cuisine in what turned out to be a stunning display of mass catering on a new level.



**Don't bother saving room for dessert:** Elizabeth Prinz, mastermind of Dinner For You and also the amazing beef lettuce wrap, seen here during last year's Taste of the Town, gets our food critic's mustachioed approval. FITZHUGH FILE PHOTO.

Previously Chef Elizabeth had cooked an outstanding three-course sit down extravaganza for 18 of us. We picked the venue and she did all the rest. The list of potential services she offers is extensive and covers every event one could possibly imagine. Who hasn't dreamed of lottery wins that included no more kitchen drudgery? Maybe for just one night we could have a taste of such opulence with a dinner by Chef Elizabeth.

Congratulations to Chef Elizabeth for her work in all its forms. 🐷

**Dinner For You, Elizabeth Prinz  
Personal Chef Services  
•852-5996**

**Fat City Rating (out of a possible 5 pigs)**

