

Meats

A good guideline is to always have meat as part of the meal.



As a rule of thumb, stay away from organs, e.g., liver, lungs, stomach, testicles, kidneys, etc.

Preparations

You can never go wrong with grilled or BBQed. Methods appropriate to the cut of meat are acceptable.

John is a fan of “spicy” while Kathryn is not.

Lamb

John enjoys a good lamb chop or rack once in a while (hold the tzatziki), but Kathryn is not a fan.

Pork

Pork is a staple in the Portuguese diet and always welcome. Typically enjoyed:

- Sausage
- Chops
- Ribs
- Hams
- Pulled/BBQ

Beef

Moo. Typically enjoyed:

- Steaks
- Ribs
- Hamburgers
- Corned/Brisket

John also enjoys veal.

Unknown

Whatever they are, they are still tasty:

- Hot Dogs
- Ethnic sausages (except blood)
- Scotch Egg

Fowl

You can't go wrong with chicken or turkey.

We enjoy:

- Breast/Legs/Thighs/Wings
- Boned or Boneless
- Eggs

John also enjoys duck.

“Exotic”

John has enjoyed a few goat and rabbit stews, oxtail, and venison, and is more willing to try new game. Kathryn is not always psyched about such, but she recently enjoyed a venison carpaccio.

Seafood



You can't live in New England and not enjoy seafood.

Chowders

John enjoys New England chowder and white fish chowder. Kathryn will try it all.

Fish

John enjoys a wide variety of white fish. The “meatier” fish (swordfish and mahi mahi) are preferred, as well as halibut, haddock, and cod.

Kathryn's palate is a little more “adventurous,” also liking tuna and salmon.

Neither likes sushi.

Shellfish

John mostly enjoys scallops, but with the proper sauces/flavorings will eat mussels and little necks. Please, no lobster or shrimp.

Kathryn does not enjoy mussels or clams (unless fried or in cakes/chowder). She does enjoy scallops, shrimp, and crab. She'll eat grilled oysters but not raw. Also, please no lobster.

Cheeses



John prefers what he considers “traditional” cheeses:

- American
- Italian
 - Mozzarella
 - Parmigiana Reggiano*
 - Provolone
 - Romano
- Cheddar
- Jacks
- Dutch
 - Old Amsterdam
 - Gouda
 - Edam

Kathryn is more willing to try most, with her favorite being creamy Goat cheeses.

*We may eat like peasants, but please no less than 36 month aging.

Condiments



Kathryn enjoys only ketchup on her burgers. John also enjoys BBQ and hot sauces on almost anything.

Never suggest nor serve a **mayo-based** product, including but not limited to:

- Tartar sauce
- Potato/Chicken/Tuna Salad

Kathryn will enjoy a honey mustard from time to time, but yellow mustard is also never enjoyed (unless mixed into preparation sauces and hidden from the Amarals.)

Side Dishes



Vegetables

Kathryn enjoys cooked vegetables. Avoid:

- Squeaky green beans
- Undercooked asparagus
- Undercooked broccoli
- Peppers of any color or kind
- Chunky/raw tomatoes

John will not eat vegetables unless transformed into sauces or soups. Roasted carrots are also acceptable, but err on the side of over cooking. Texture and chlorophyll are his biggest hurdles.

Neither likes pickles. Also avoid mushrooms.

Starches

We enjoy potatoes, corn, and rice. Do not be offended if John picks around potato skins or items mixed into rice dishes.

Desserts



Kathryn does not enjoy fruit either as a dessert or within a dessert. John will eat properly cooked apple and banana (not necessarily together) preparations and loves strawberries.

John and Kathryn like custards, but neither enjoys flan.

Kathryn enjoys legumes and nuts of many varieties. John likes cashews.

You can never go wrong with **chocolate cake or nut-less brownies.**

Ice Cream

Kathryn loves most ice creams except coffee.

John enjoys vanilla, sweet cream, chocolate, fruit, and mint-based ice creams. Please, no nuts or peanut butter toppings for John.

Drinks

Alcoholic: John prefers cider or harder alcohol. For wine, John prefers white over red, Sancerre and fruitier wines over dry. Kathryn loves it all.

Non-Alcoholic: John prefers soft drinks or flavored water (non-carbonated) like Fruit2O or SoBe Lifewater. Kathryn has no preference.

Coffee/Tea: None for John. Kathryn enjoys cappuccino and teas.

A

Culinary

Guide

to Hosting

The Amarals