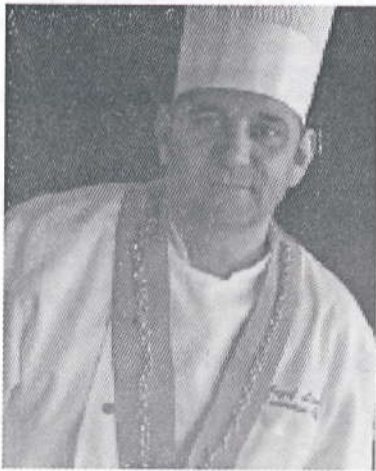


The Princess Cruises® dining experience

From elegant specialty restaurants to themed buffets on deck, our world-class chefs create freshly prepared cuisine from scratch using tantalizing ingredients to satisfy no matter the time of day or night.

Introducing the culinary celebrities of Regal Princess®

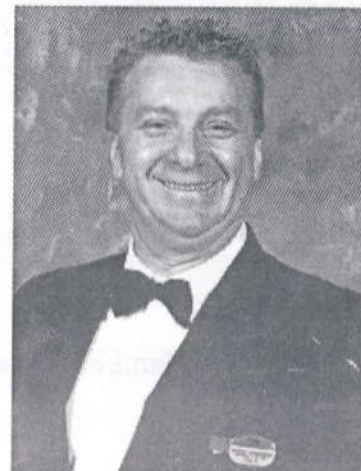


JOZEF LISNER
Executive Chef

Executive Chef Jozef hails from the Netherlands. Originally he studied Aviation Engineering, but then he decided to change course and pursue his real passion – cooking! After graduating from culinary school, Jozef gained experience in fine restaurants and hotels across Europe and the Middle East.

An avid traveler Jozef was drawn to the cruise industry and now he is happy to share his passionate philosophy of excellent cuisine with Princess Passengers.

When on vacation Jozef enjoys taking long walks on the beach, traveling and reading.



SILVIO ZAMPIERI
Maitre D'Hotel

Silvio was born and raised in the city of Adria, inland from the beautiful Adriatic Sea. Silvio began his career attending Scuola Statale Alberghiera, a specialist school for Hoteliers. At his graduation, Scuola Statale Alberghiera honored him by offering him a full-time teaching position but he opted for the real world and he turned it down, instead purchasing a delicatessen restaurant in Adria that he ran for two years. Silvio, realized it was time to move on and sold his restaurant and purchased the two old pizzerias. After a lot of hard work and a large amount of 'lira', he produced two very successful businesses. In 1988, Silvio joined Princess Cruises as a Junior Waiter on the Sky Princess and was promoted to Maitre d' Hotel in 1998. For the last eleven years, Silvio's own unique touch has added to all Princess Dining Rooms; that rare ambient atmosphere of fine dining. Silvio and his wife Laura have been blissfully married for 13 years and live in Vancouver, Canada. All of his spare time is spent with his wife and sons, Gianluca and Matteo, who both have inherited their dad's fiery red hair!

Princess Cruises Recipes

Tian of Premium Seafood and Gin-cured Salmon

Serve 6

Ingredients

2 lb Side Fresh Salmon
 2 cups Fresh Dill, Rough Chopped
 Zest and Juice from 1 Orange
 1 cup Brown Sugar
 1/2 cup Salt
 2 tablespoons Crushed Juniper Berries
 1/4 cup Gin
 Seafood Salad
 1/2 cup Scallops
 1 cup Shrimp
 1 cup Crabmeat
 1/2 cup Mussel Meat

1/2 cup
 2/3 cup
 3 tablespoons

1 1/2 cup

Dressing

1 cup
 1/2 cup
 1/2 cup
 1/4 cup

6 oz.

Cucumber Diced
 Papaya, Diced
 Chopped Chives, Fresh
 Juice from 1 Lemon
 Plain Yogurt
 Salt and Pepper

Papaya Pulp
 Olive Oil
 Papaya Seed
 White Wine Vinegar
 Salt and Pepper
 Lemon Segments and Fresh Dill
 Salmon Caviar

Preparation

Lay the salmon side flat, skin side down in a large dish. Mixed together the chopped dill and all the zest and spread generously over the filet. Mixed the salt, brown sugar and juniper together and spread evenly over the dill and zests. Sprinkle on the juices and gin evenly. Wrap tightly and refrigerate for 36 to 48 hours to allow the salmon to cure. Prepare the salad by steaming the scallops, shrimp crab and mussels. The seafood can also be poached in a court-bouillon or sautéed. Chill the cooked seafood and cut into chunks. Mixed all of the salad ingredients together and adjust the seasoning, Chill. Place all of the dressing ingredients into a blender and puree. Adjust the seasoning. Water can be added by teaspoonful if the dressing is too thick. To assemble, rinse and marinade off the salmon side and pat dry. Thinly slice the salmon, the slices can be use as they are or they can be cut into circles with a pastry cutter. Lay a piece of a salmon to a plate. Top it with a generous portion of the seafood salad and a second piece of salmon. This can all be done in a pastry ring for presentation. Drizzle the dressing around casually and garnish with lemon segments, fresh dill and salmon caviar.

Gamberi Alla Fra Diavolo

Flambeed Shrimp In Hot & Fiery Tomato Sauce, Pearl Rice

Serve 6

Ingredients

5 lb Shrimps
 0.4 lb Basil Leaves
 0.4 lb Olive Oil
 8.8 lb Fresh Tomatoes Roma
 0.7 lb Shallots finely chopped
 0.4 lb Tomato Concentrate

0.04 lb
 1 Liter
 2.2 lb

0.1 Liter
 Garnish:
 2.5 lb
 12 each
 4 lb

Chili Flakes
 Tomato Juice
 Tinned Tomatoes
 Tabasco Sauce
 Balsamic Vinegar

Rice Pilaf, cooked
 Halved Cherry Tomatoes
 Broccoli Florets

Preparation

Clean and remove the shell from the shrimp other than the tail. De-vein the shrimps
 Marinade the shrimps in olive oil, salt and the chili flakes for at least two hours
 Place a heavy pan on the stove and add the olive oil and shallots, cook until tender
 Add in the basil leaves, with the chopped fresh tomatoes allow to cook and soften
 Add in the dried red chili and the balsamic vinegar with the sugar and reduce until a light syrup
 At this stage add in the tomato concentrate and cook for two minutes until a paste forms
 Add in the tinned tomatoes and the tomato juice. Bring to the boil and allow to simmer for about two hours
 Do not allow the sauce to catch on the bottom of the pan
 Blend with a stick blender only and then push through a fine sieve by hand
 Return the sauce to the stove and bring back to the boil and season to taste with salt and Tabasco sauce
 Blanch the broccoli in boiling salted water toss with butter salt and pepper
 Dress the plate with the rice timbale and the broccoli.
 Heat the sauce, add in the cherry tomatoes but do not stew.
 Sauté the shrimps quickly with butter and flame with brandy add the tomato sauce to the shrimps and cook for one Minute only.
 Dress 5-6 shrimps on the plate and garnish with the picked chervils and sprinkle the basil oil around the Shrimps and the plate.

Princess Cruises Recipes

Classic Ceasar Salad

Serve 6

Ingredients	0.5 lb	Parmesan Cheese, grated
2.5 l	0.16 lb	Anchovy Fillets
0.5 liters	0.6 lb	Croutons
Romaine Lettuce		Pepper, milled
Caesar Salad Dressing		

Preparation
 Peel the outer leaves from the salad if they are wilted and bruised and discard
 Peel back the leaves, wash and remove from the water allow to drain
 Wash and drain the remaining leaves, ensure to remove the stem from the salad. Also ensure to cut the salad all the way to the bottom of the lettuce, thus not wasting any lettuce at all
 Cut the salad leaves into 2cm. sizes
 Place the drained leaves into a stainless steel bowl and add in enough dressing to coat the salad itself. Toss the salad through the dressing lightly and add the croutons with some grated parmesan cheese
 Season with the pepper from the mill
 Ensure that the lettuce has been nicely tossed and well seasoned
 Arrange the lettuce into the serving dish. Place an anchovy fillet and croutons on top and garnish with a heart of the salad filled with a little dressing

Tiramisu

Serve 16	1 cup	Kahlúa or Coffee Liqueur
Ingredients		
<u>LADYFINGER CAKE</u>	<u>FILLING</u>	
2 2/3 cups	1 1/2 lb	Cream Cheese
2 2/3 cups	OR	Mascarpone
4	1 1/2 lb	Granulated Sugar
OR	1 1/2 cups	Marsala Wine
7 ounces	3/4 cup	California Fresh Eggs
16	9 large	
OR	OR	
11 1/2 oz	6 1/2 oz	Liquid or Frozen Egg Yolks
AND	0.3 lb	Cocoa Powder
18 1/2 oz		
Liquid or Frozen Egg Whites		

Preparation

For the Ladyfinger Cake:
 Beat egg whites until soft peaks form.
 Fold in confectioners' sugar and then beat until mixture is stiff.
 Beat egg yolks with whole eggs until thick and lemon colored.
 Fold yolks into white mixture.
 Fold flour into white/yolk mixture.
 Spread thinly (about 1/4-inch deep) over the surface of a well greased full size sheet pan.
 Bake at 375 degrees F. for 12-14 minutes or until surface is lightly browned.
 Turn out of pan and allow to cool.
 Cut into even quarters. Brush with coffee liqueur just before assembling.

For Filling:
 Whip egg yolks, sugar and Marsala wine until fluffy.
 Add cream cheese or Mascarpone in small pieces, beating continuously until mixture is thick and smooth.
 Chill until consistency of icing.

Assembly:
 Spread cheese mixture about 1/4 inches thick over surface of first cake layer. Repeat this procedure and end with the cheese mixture on top. Dust heavily with cocoa powder. Allow to cool down in the fridge for two hours.

Tasty tidbits

Under the supervision of the Executive Chef and Maître D'Hôtel, the following crew members prepare and serve all of the tasty cuisine onboard Regal Princess:

From the galley

Executive Sous Chef	x 1
Chef de Cuisine	x 1
Chef Assistant	x 1
Sous Chefs	x 5
Chef de Partie	x 24
Demi Chef de Partie	x 39
First Commis	x 33
Second Commis	x 42
Chief Butcher Chef	x 1
Butcher	x 10
Chief Baker	x 1
Baker	x 7
Chief Pizza Baker	x 1
Pizza Bakers	x 7
Chef de Partie Pantryman	x 2
Demi Chef de Partie Pantryman	x 3
Second Commis Pantryman	x 6
Chief Pastry Chef	x 1
Chef de Partie Pastry	x 3
Demi Chef de Partie Pastry	x 9
First Commis Pastry	x 3
Second Commis Pastry	x 5
Ice Carver	x 2
Galley Supervisor	x 1
Asst. Galley Supervisor	x 1
1st Dishwasher	x 9
Dishwasher	x 66
F&B Store Keeper	x 1
Asst. F&B Store keeper	x 6

From the dining room

Maître d'Hôtel	x 1
Asst. Maître d'Hôtel	x 1
Head Waiters	x 8
Head Waiter Internal Service	x 1
F&B Supervisors	x 13
Waiters	x 116
Junior Waiters	x 47
Buffet Steward	x 102
Asst. Buffet Steward	x 37

This adds up to a grand total of 460 crew members dedicated to providing you with an unforgettable onboard dining experience.

It has been a pleasure having you onboard with us and we look forward to sailing with you again soon.

Until then we wish you a Buon Appetito!

The flavors you crave

Every day, our dedicated team of chefs carefully prepares the authentic, flavorful food served in each of our elegant dining venues onboard.

Each dish is skillfully made from scratch, from our signature pastas to our homemade pizza to the bread and rolls that are baked fresh three times daily.

Whether you're tasting a crisp tossed salad or cutting into a juicy, tender steak, you can rest assured that every great-tasting meal has been created using only the freshest and highest quality ingredients, delivering mouthwatering flavors to your taste buds whenever you desire.

