

FREQUENTLY ASKED QUESTIONS

What is a personal chef ?

A personal chef is the answer to today's changes of our lives that are always busier. People have less time for grocery shopping and cooking...and for eating.

A personal chef will take care of you and takes over the chores in the kitchen, from grocery shopping all the way to cleaning it, without forgetting to prepare healthy, balanced and delicious meals based on your requirements.

What are the benefits of hiring a personal chef ?

This service will save you valuable time, you won't need to worry about planning your meals, grocery shopping, wasting hours in the kitchen, cooking and cleaning. You will be able to enjoy precious time for yourself, your family and hobbies.

How does a personal chef work ?

The personal chef will come to your house on a pre-assigned date to prepare the meals you order. He will shop on the same date and bring the freshest ingredients.

Your meals will be prepared from scratch, at your place, labelled with complete heating instructions and stored in the freezer or refrigerator for your convenience. You just need to reheat the meals and enjoy them.

Can we afford your service ?

This is a personal decision. A personal chef provides a very special and tailored service to save you valuable time for more important priorities. This time has a cost and many people do not take it into consideration.

Based on surveys, an average family spends between 10-12 hours a week for shopping, cooking and eating.

We always make a trial first for 1-2 weeks and see how you feel with someone cooking for you. This is the best way to decide if a personal chef is the way to go for you, financially and personally.

How will you know what our family needs are ?

Before hiring us, we set up an initial free consultation. We will discuss your likes and dislikes, special diet needs and allergies. Based on your feedback, we will prepare a menu for the period of time you want us to cook for you.

Can you work with special diets ?

Yes, we will adapt our meals to your restrictions, by working with alternative ingredients. We will always look for solutions to meet your expectations.

Do you prepare vegetarian meals ?

Absolutely. We have a variety of vegetarians meals and we can also adapt a meat based dishes by substituting it with tofu, seitan, tempeh and grain mixes.

LET'S CIAO !

PERSONAL CHEF SERVICE

Do kids eat this food ?

Kids eat the same as their parents, but sometimes tend to be picky and don't even want to try it.

The secret is to make the dish appealing enough by naming the dish with special names. We can also sneak food they do not like, so they can start eating it without even realizing it. Dinner has to be a fun moment for kids.

Is it true that you cook in my kitchen / office kitchen ?

This is correct. We bring our own equipment and work in your kitchen. We will provide you with a truly "homemade" meal. We will use your stove and will need space in your refrigerator and freezer to store the meals. And, of course, once we are done, we leave your kitchen spotless.

How does the food storage work ?

We will store them in your freezer or refrigerator for your convenience and label them. There will be a container fee at the beginning of your service. You save the cleaned empty container clean for the next cooking date.

Can you buy the rest of the groceries and other household items ?

If you provide us with a list before your service day, we will take care of the rest of your grocery shopping and place them in your refrigerator and pantry.

Do I have to have a complete week of meals prepared?

Absolutely not. Let's Ciao will prepare the number of meals you request, whether it be 2 or 5 or more. However, remember that whether the chef prepares two or five meals, the amount of time spent cooking is not significantly different and the chef must still consult, travel, shop, cook, store and clean. Hence, for less than 4 hours of work, Let's Ciao charges a surcharge of 10%.

Can I split the meals with another family or have meals doubled?

Of course. If the chef is in your home preparing meals and you would like recipes doubled to share with another family (with the same needs) or more of one meal made for an evening with more family members, just let the chef know and he can adjust to your needs.

Can the chef prepare any other meals for my family?

Absolutely! If you would also like snacks, lunches, or breakfasts prepared, whether they are prepared fresh that day or for later in the week, consult with the chef your needs and it can be arranged.

What is total kitchen management?

As the chef will already be shopping for the ingredients to your meals, why not have the chef pick up other ingredients you are low on? The chef will take inventory of your kitchen and replace the ingredients that you need- olive oil, salt, milk, etc. according to your preferences. Also, if other household items are needed, the chef can pick these up at the store as well, to save you unnecessary trips to the supermarket.

LET'S CIAO !

PERSONAL CHEF SERVICE

Do I have to book a complete week of meals every week? What about if I am on vacation?

Again, the chef recommends that you first have a trial with him for one to two weeks not only to see if a personal chef is for you, but also to adjust the meals to your needs (portion size, how you prefer meat cooked, frequency, etc). If you notice that you are only using 3 of the meals a week for example, then you can adjust the frequency with the chef. Also, if you are going on holiday, just let the chef know and he will not cook for you that week. Further, if one family member is away for a period of time, meal portions can be reduced.

Why have a personal chef at the office?

If your office has a kitchen, a personal chef can cook lunch for the entire staff. This option can save time for lunch runs, or hours lost to travel and waiting in lines. Also, a personal chef can cook weekly/monthly/quarterly meals for meetings or special guests.