

# Chefs Marshall and Tasha Peters: Giving, living and feeling lucky!



Leigh Cort  
Table Talk

Preparing dinner for yourself or for someone you care for, creating a dinner party for friends or a romantic dinner for two... takes more time than just putting plates on the table. There are hours involved in planning the entree,

shopping, multi-steps in preparation, cooking and finally enjoying a well-balanced delicious meal. When Chef Marshall Peters and his dynamic wife Chef Tasha met two decades ago during their early restaurant years as corporate managers for Ruby Tuesday — they couldn't have imagined that their paths would lead them to creating "By Design Catering" — and BDC Meals — as they have become recognized in St. Johns County, Florida.

"We can't believe how many people we have been able to serve through BDC Meals," Marshall Peters said. "We're really caregivers — nurturing our clients by offering them ready-to-eat entrees that also gives them the gift of time. When our clients sit down to a meal, we know that they haven't had to spend time doing anything except relaxing, eating dinner and getting on with life! But most important — we cherish our client who is an immunocompromised patient, or a recovering cancer patient, or someone's elderly parent who just can't take great care of themselves any longer. There are times when Tasha and I get off the phone after hearing "why" they are ordering meals and we just cry. We're amazed how our little ready to eat meal company can be a blessing for so many."

A graduate of Johnson & Wales University, Chef Marshall began as a personal chef that set the bar for their company today — especially when they were bringing meals to the Jacksonville Jaguars; they also needed nutritionally balanced food that helped them function better as athletes. This is when the Peters started refining their culinary talents by researching the anatomy and physiology of how food is a masterful combination of delicious taste and meaningful balance of healthy ingredients. Imagine a chef whose mission is to create something that gives comfort in your soul like when his mother reached his through his stomach. He doesn't just do one style of cooking — he enjoys trying to do it all.

Chef Tasha Peters brings her own lively style to the table — since 2009 when she launched HER first business 'Big Mouth Catering' — while watching a TV show called "Recipe for Success" on the Food Network. She knew that taking charge of her own destiny depended on doing something she loved. The lightbulb went on when she realized that she could put families back around the dinner table, considering how much we all dine out.



Chefs Tasha and Marshall Peters, owners of By Design Catering, have created tasty ready-to-eat meals for customers to enjoy at home.

Creating meals for busy people leading busy lives — brought her talents to the forefront of BDC Meals.

Marshall and Tasha take the stress out of meal preparation by allowing clients to pre-order meals each week that cater to dietary preferences and restrictions. BDC Meals cooks, cools, packages, labels and then delivers ready-to-eat entrees to St. Johns County residents every Sunday. The Peters do NOT deliver ingredients in a box that require preparation and cooking! With new menus offered weekly, many meals can be customized for those who go meat-free without sacrificing taste!

It seemed very simple; so, I placed my weekly order and left a large cooler at the front door to experience their Sunday delivery service without needing to be at home. The delivery was made on time late afternoon as promised. I couldn't wait to open the heavy-duty insulated delivery bags and select which dishes were going to be enjoyed at dinner. They were perfectly presented in attractive microwaveable containers with clear tops so I could see how attractive they would be when I plated them at the table.

Whether ordering the 3- or 5- meal weekly choices, the portions are generous and balanced, with the 'Clean' option including calories on each label. Each

week's menu offers a matching SIMILAR version of each dish but pares back the calories by eliminating carbs, sauces, cheeses, etc.

With a strong emphasis on cuisine that Chef Marshall proudly creates evoking 'comfort', the weekly menus offer variety and the ability to try something new each time you receive the BDC email newsletter. Options are consistently varied — imagine Lemon Butter Flank Steak with Smashed Potatoes, Balsamic Chicken with Rice and Roasted Brussel Sprouts, Pork Carnitas Fajitas with Yellow Rice and Sofrito Beans, Spinach & Artichoke Chicken Pasta. These two chefs are dedicated to making all of the meals with love, preparing restaurant quality food for a margin of the price.

I appreciated that there is NO commitment week-to-week, since a busy lifestyle makes BDC Meals feel like a special gift when you open your frig on that night when you just can't imagine having spaghetti or canned chili one more time! This week, I'm planning to order three meals that will compliment dining on the patio under the stars: Shrimp, Chicken and Sausage Jambalaya — Swiss & Mushroom Burger with Southern Potato Salad AND Parmesan Walnut Pork Medallions with Mashed Potatoes!



Photos provided by Leigh Cort

Steak Power Salad



Spinach and artichoke chicken with vegetables

How can their kitchen handle two high-energy dynamic chefs? When Tasha and Marshall met, it was like fireworks in the restaurant industry. Today they're creating raving fans with their BDC meals — and we can only imagine what the coming year is going to bring. Could it be true when Tasha refers to him as a "...giant piece of apple pie?" Obviously, she means that EVERYONE loves him and loves his food!

The Peters are a family who love the community in which they live. When they think of 'giving' they believe in "You reap what you sow". Giving is a huge part of their lives, not just a donation but giving of themselves in time and service. When people ask, they give.. and do it through servitude to others. THEY GIVE WHEN NO ONE'S LOOKING! Marshall prides himself on his positive energy, gleaned from how great he feels his life is together with Tasha and their place in St. Johns County. They balance each other — and thrive from their respectful shared energies. They feel blessed to be so close, so comfortable working with each other and still get along. They are best friends and couldn't imagine doing this or anything else without each other!

I can't wait until I receive my next delivery, now that I know Chef Marshall and Chef Tasha Peters are impassioned with working in the food industry on their own terms. They've created a life by their own design. They write the story and feel lucky — Now we're lucky to meet them and enjoy their By Design Meals!

Go to [www.BDCMeals.com](http://www.BDCMeals.com) for more information.