

For Immediate Release

January 9, 2012

Jim Galiano, Internet Media/Marketing Director. 941-807-5050

**MyCookingMagazine.com**

## **Starting out the New Year right – Flavors And More has the stories, strategies, quick tips and encouragement you need**

At **Flavors And More** this month we're all about practical strategies for making your life at table and in the kitchen more enjoyable, more efficient and more manageable. It's the month for resolutions and we've got plenty.

Chef Judi Gallagher (who is also a successful restaurant consultant) reveals the top food trends of 2012 and selects her five top kitchen tools for 2012. She includes some meatball recipes in the trend story because the meatball is a huge trend this year.

Editor Marsha Fottler has tips for de-cluttering your kitchen and making it more efficient. They're so simple, you'll want to start today. Marsha also muses that 2012 might be the year you write your very own cookbook. She reports on a friend who did and just how easy the process is today thanks to software packages designed to make the talented home cook a published author.

Our resident design expert Steven V. Philips, grumpy as ever, has had it with over-ornamented plates, silverware that is too big and unbalanced and all the other things in the kitchen and dining room that could be improved with simple design changes. It's the homeowner who makes the decisions on what to buy and use and Steven has plenty of advice (practical) for homeowners who aim for better living through design. It doesn't take a lot of money, he says, just sense.

Travel/spirits/food writer Doc Lawrence alerts us a year early to the big "Florida 500" celebration and talks about the Spanish wines and foods that will be highlighted as the whole country celebrates the discovery of Florida by Juan Ponce de Leon, five centuries ago. Remember how he was looking for the fountain of youth? People still are in Florida ... and they're finding it. Doc tells all.

Food memoirist Alec Harding lets his mind drift back to his days in South Africa to talk about the dubious pleasures of dining in the dark as he reveals in his own subtle ways pertinent features about the culture of the country.

Anna Dantoni has a book review of a new tome on homemade gourmet gifts that you can astound your friends with. The presentations are to die for and they are absolutely doable. And she includes a recipe from the 100 in the book.

**Flavors And More** is a monthly online cooking magazine dedicated to the pleasures of the table realized through recipes, libations, travel, books, gardens, entertaining and insightful features that celebrate food and all those who gather together to share meals and memories. When you have an appetite for a bountiful buffet of useful stories by an award-winning staff, we have what it takes to satisfy that hunger. We are **Flavors And More** and you can find us at [flavorsandmore.com](http://flavorsandmore.com). Read, enjoy, subscribe and post a comment.

# # #