

For Immediate Release
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January, The Month of Fresh Starts

*If you're looking for a new beginning in everything from meal preparation, shopping, travel, new recipes and kitchen tools that are must-haves, **Flavors & More** is ready to launch the new you!*

Everyone needs a fresh start periodically and at **Flavors & More** magazine, we're making it easy for you this month. Just go to:

www.mycookingmagazine.com .

Want to be inspired by the top new kitchen trends? Do you want appealing new recipes? How about new kitchen tools to make food preparation easier and more fun? Oh, and have you thought about improving your taste memory for wines by matching their flavor characteristics to the personalities of celebrities or family members? Check out this month's **Flavors & More** and get inspired while having some fun reading lively articles that are full of news and lifestyle strategies you can use right now!

From our travel department, intrepid Doc Lawrence believes that "food and Bourbon are completely compatible." Doc, a member of the Honorable Order of Kentucky Colonels, just completed a week in Kentucky and thinks you should put that southern state on your list of vacation destinations for 2014.

"Louisville is an amazing gourmet destination with venerable restaurants linked to the Kentucky Derby juxtaposed with the new kids on the block who are creating dishes and cocktails you won't often see outside New York City," claims Doc. Come along and travel the Gourmet Highway with Doc and enjoy the delights of the Bluegrass State.

Chef Judi Gallagher has 10 foods she's going to eat more of in 2014 and suggests you do the same. On that list are pea shoots and also octopus. Wait until you see the octopus recipe. Marsha Fottler has helpful mantras to add to your vocabulary. These modern mantras are to guide you to lose weight, exercise more, and commit to a healthier lifestyle. And Anna Dantoni has dessert recipes from an outrageous new cookbook. The tattooed author loves cupcakes and wrestling. The recipes are definitely worth making. And they're vegan too!

Wine connoisseur Sean Murphy has wine tips that include three wines to try in 2014 as well as a fascinating way to improve the way you can remember the flavors in wines you admire. For example, Audrey Hepburn is a sophisticated sauvignon blanc. See the rest of the list and learn how to add to it. This could lead to a really entertaining dinner party at your house.

Flavors & 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 & More** and you can find us at mycookingmagazine.com Read, enjoy, subscribe and post a comment. And be sure to check out our videos and our Facebook page.

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