

For Immediate Release  
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**January, a Month of New Beginnings at Flavors & More**  
***diet tips, kitchen trends, home entertaining, new cookbooks plus culinary news***  
***and recipes you can use right now***

January is a month of new beginnings, a time to start fresh with resolutions and a plan of action for great restaurant cities you want to visit, for diets you aim to conquer, for recipes you want to try, for new books you want to read or maybe this is the year you tackle a kitchen renovation. No matter what your new plans are, here at **Flavors and More** magazine we have the January strategies to get you started and keep you going.

Anna Dantoni has your best weight-loss tips for 2013, while chef Judi Gallagher has the restaurant trends for the year that might support or thwart your calorie-counting strategy. Marsha Fottler has the trends 2013 you'll want to know about if you plan to update your kitchen. Additionally, Doc Lawrence, nationally acclaimed culinary travel writer, is sold on the new cookbook *Mastering the Art of Southern Cooking*. You'll want to read all about it.

How about a potluck dinner this month? Chef Judi Gallagher explain the how and why of organizing a great one. And, Sharon Pritchard, our writer of all things European has a fabulous culinary project for you – making Quarante-quatre, a specialty of Normandy that is a liqueur made of sweet orange, coffee beans and alcohol. You can put it together in less than an hour. The trick is to hide it away in a dark place for at least 44 days. Sharon has the recipes and photos to show you how to make this divine drink.

**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 [mycookingmagazine.com](http://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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