



TAILORED TASTE TIDBITS

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HAPPY NEW YEAR!

As we take the shrink wrap off our new calendars, it's time to think about how we want to fill those squares this year. Oh yes, there are the appointments and pieces of our 'to do' lists that *must* go on there, but what do we really want our year to shape up to be?

The blank slate of a calendar can be daunting or freeing – a chance to start anew and take hold of our lives. Each of us has something we hope to improve. Maybe shedding those pesky holiday pounds? Or vowing to eat dinner with the family every night? Is eliminating a bad habit your goal? Or will 2007 be the time to start a new venture or find a new job? Tailored Taste can create extra time in your schedule so you can devote yourself to reaching your personal and professional goals.

Each day we are given the opportunity to make it a positive one – to react to life's curveballs by breathing deeply and moving forward.

I wish each of you a happy, healthy, positive and prosperous 2007.

Introducing TAILORED TASTE TO GO parties!

Join your friends for an evening of 'cooking' and go home with 20 entrees (that's 5 different entrees x 4 portions of each)! Pop these into your fridge or freezer and putting dinner on the table becomes a snap.

Here's how it works:

- 1) Select 5 of 8 possible entrees from Tailored Taste To Go's party menu
- 2) Bring a cooler with ice to hold and transport your food
- 3) Assemble the "pieces parts" of your dishes
- 4) Enjoy the company of your friends

Tailored Taste prepares all the elements of each dish and places these at stations around the host's kitchen. Follow the directions at the station, package & label your dish, put in your cooler, and move to the next station.

The price of the evening (including all groceries, containers and prep work) is \$250 per person (minimum 4 people). If you decide to host a subsequent Tailored Taste To Go party at your home, you will receive a \$25 discount for that party.



DIET!

Ooh, there it is, that 4-letter word we hear so frequently this time of year. Images of carrot sticks and deprivation loom large. But with the plethora of diets out there these days, how do you choose one that will work?

I think the answer lies in our brains and not on our plates. The key to a successful diet is making the decision to change. Once that little switch goes off in our heads and we make a commitment to improve ourselves, I firmly believe whatever diet we select (within reason) will work.

Here's a website that evaluates a few of the diets currently enjoying popularity:
<http://www.webmd.com/content/pages/11/39536.htm>

And after we reach our goal, how to maintain that newfound size? For me, moderation and reason have worked. The occasional (or month-long) splurge is followed by a return to reason. And remember, Tailored Taste can help you reach & maintain your goals.



January – National Soup Month

February – Valentine's Day, Super Bowl, and Return Shopping Carts to the Supermarket Month

March – UK: National SPAM Appreciation Week

As I walked a shopping cart back to the store, I looked for inspiration for this newsletter's recipe. Pondering the possibility of a Spam Soup to serve during the Big Game or for a Romantic Dinner, I came to my senses and opted to share this simple but hearty soup with you:

Spicy Tomato Soup

2 – 28 oz cans fire-roasted tomatoes

- 1 large onion, chopped
- 2 tsps chopped garlic
- 1 tsp chopped jalapeno
- 2 tsps minced ginger
- 3 Tablespoons olive oil
- ½ tsp ground cumin
- 2 cups chicken broth
- 1 tsp salt
- 2 tsps sugar (optional)

Drain one can of tomatoes & discard the juice. Puree the tomatoes with remaining entire can of tomatoes in a blender. In a large pot, sauté onion, garlic, jalapeno, & ginger over medium heat for about 8 minutes. Add cumin & cook, stirring 1 minute. Stir in tomatoes, broth, sugar, and salt. Simmer, uncovered, 20 minutes. For smoother soup, blend soup in batches (USE CAUTION when blending hot liquids). Adjust seasoning and serve hot – maybe with a grilled cheese sandwich. Enjoy!

(Modified from Gourmet Dec. 2004 recipe)



Valentines Day!

The day of hearts + flowers + chocolate is fast approaching. What better gift could you give your 'honey' than a Gift Certificate for a romantic dinner for two? Tailored Taste creates customized 5-course dinners prepared right in your home for all special days of the year. Here are just a few menu ideas:

- Boston Lettuce with Avocado & Lime Vinaigrette
- Filet Mignon with Bleu Cheese Butter
- Roasted Asparagus with Prosciutto
- Herbed Roasted New Potatoes
- Heart-shaped Flourless Chocolate Tortes



- Mixed Baby Greens, Roasted Beets, Goat Cheese & Tangerine Vinaigrette
- Oven-roasted Salmon filled with Spinach-studded Mascarpone
- Sweet Pea Risotto
- Roasted Haricots Vert with Vidalia Onion Slivers
- Decadent Chocolate Pots de Crème



- Angel Hair Pasta with Tomatoes & Kalamata Olives
- Rack of Lamb with Provencal Herb & Pistachio Crust
- Roasted Broccoli & Sweet Peppers drizzled with Olive Oil
- Couscous with Pine Nuts
- Almond Cake with Triple Sec



- Endive Leaves filled with Sun-dried Tomato/Pea Tapenade
- Seared Pork Tenderloin with Chipotle-Maple Glaze
- Parmesan Orzo
- Zucchini Ribbons with Dill
- Berries Brulée with Mascarpone Cream



- Arugula tossed with Citrus Vinaigrette, topped with Parmesan Crisps
- Thai Tomato Soup
- Roasted Vegetable Napoleons
- Penne with Five Cheeses
- Cinnamon-Grilled Bananas with Vanilla Ice Cream



The ideas go on and on. So let Tailored Taste create the perfect dinner for you and your loved one. These menus begin at \$125 per person.

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