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Selecting the Right Menu for Your Business Breakfast

Breakfast is often promoted as the most important meal of the day. Perhaps this is most true for a business meeting or conference. If you want employees to be alert and ready to learn, the right breakfast is a vital part of the day. Here are a few choices that can satisfy employees without leaving them asleep by lunchtime...

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Three Party Platters for Your Next Baby Shower

With any baby shower, you want the focus to be on mom and baby, but that won't stop the guests from getting hungry. Here are three party platter ideas that are sure to please at your next private event.

Veggie Tray - There is nothing like a spread of fresh seasonal vegetables and a delicious dip. This isn't some grocery store crudité. These are farm-fresh veggies from our top vendors...

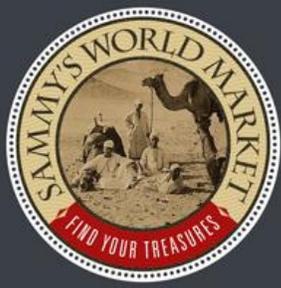
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Seven Common Seasoning Mistakes That Can Ruin Your Food

Spices: A seasoning is anything you add to your food to enhance the flavor. That can be salt, pepper, herbs, spices, and even citrus like lemon juice. Like so many things, there's a right way to season your food and a wrong way. Here are seven of the worst seasoning mistakes, and how to avoid them.

You Didn't Use Enough Salt: The Iliad is the earliest work of Western literature, and it also happens to be the earliest



Kids Cooking Program



Team Building



cookbook. In Book 9, Homer describes how Achilles' friend Patroclus sprinkles salt on loins of sheep, goat, and pork before roasting them over glowing coals. Nearly 3,000 years later, no one has come up with a better way of seasoning roasted meat...

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Buying and Using White Truffle Oil

The white truffle is a mushroom-like fungus that is highly prized for its unique flavor. Truffles are both rare and expensive, so chefs and home cooks who relish their mysterious earthiness often turn to truffle oil to impart their flavor and aroma to dishes...

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2019 Wedding Trends Every Bride Should Know

Whether you want your wedding to be on-trend or you want to avoid what everyone else will be doing, here are the top wedding trends that you need to know about for 2019.



Tiaras - Let's face it: brides love tiaras because they make you feel like a princess. And it doesn't hurt that Meghan Markle recently wore one at her wedding to a prince.

Statement bows - Oversized bows that lead to the dress's train are another trend to watch out for in 2019 when it comes to wedding dresses...

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Corporate Catering - Global Menus On Trend

Are you ready to have your next corporate event catered? Before you start thinking about a menu, you need to know about the latest trends in corporate catering. In this case, we are going to discuss the importance of an ethnically diverse menu for your team.

There are a number of cuisines that are particularly trendy right now. For example, an Asian fusion menu offers the best of Korean, Thai, Japanese, and Chinese cuisine. From sushi to pad Thai, these are dishes that are growing in popularity on the global scene and are sought after by executives and employees alike.

Another popular favorite in particular, is Mexican food. It is important to remember that the cuisine of Mexico is very diverse from region to region and that most American-Mexican restaurants don't offer authentic fare. This is an opportunity to spread Mexican culture via a diverse and tasty menus...

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A Guide to Healthy Cooking Oils

The Good, the Better, and the Best

If you're concerned about your fat intake, and want to make sure the oils you cook with are good for you, you're in luck! All cooking oils are healthy.

Some are healthier than others, and we'll get to that. But the real health menace is when it comes to fats that are the so-called "trans fats," which can contribute to all kinds of ailments, from heart disease to stroke to diabetes...

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