

Profile: Website covering all aspects of weddings and beauty

Target audience: Aimed at predominantly women

Frequency: Daily



MONDAY, 30 MARCH 2009

Food Trends - What's Hot for 2009?



This week we look at food trends for 2009 and so I asked my friend **John Hearn**, Executive Chef, at **Tapenade** to share with us what's hot for 2009 and how we can stretch our budgets. Here are his top tips!

(1) Consider cost effective informal buffets over formal sit down dinners. This is a great way to cater for guests on a relatively small budget and offers a more relaxed atmosphere

(2) Have a wedding picnic - tasty hampers, brimming with succulent game pies or a selection of cheeses, and sprawling rugs laid out on the grass

(3) Be quintessentially English with an afternoon tea reception. A typical menu can include trays of canapés, cherry scones with Cornish clotted cream and dainty beach smoked salmon sandwiches

(4) Think BBQs - prawn and lemongrass brochettes, whole joints of beef or lamb with a variety of marinades, or giant pans of paella. This works extremely well for large wedding parties

(5) Choose menus that reflect the theme of the wedding. Barn dances, for example, are making a comeback, with a choice of southern fried chicken and corn cobs with celery seed slaw. Whatever the theme, the layout of the tables and décor should also enhance this, providing continuity in all aspects of the day

(6) Go retro! Pick dishes like prawn cocktail or black forest gateaux with a modern feel. Or keep them as they were in the '70's to give guests a trip down memory lane

(7) Opt for shabby/chic menus featuring favourite dishes like pie & mash, bangers and mash, or fish and chips, with a fresh twist

(8) Get interactive. For example, a large platter of chocolate truffles for each table and different toppings such as chopped nuts or popping candy to roll them in

(9) Offer more choice for guests with dessert buffets or a trio of puddings. Why not try an apple trio incorporating ice cream, chilled soufflé and hot apple crumble

(10) Have fun with pick & mix instead of petit fours - choose popular childhood sweets, or bowls of pick and mix so guests can choose

Tapenade is an exclusive catering and events management company located in Surrey. It prides itself on creating high quality cuisine to 'London standards' at out of London costs for groups of 100-2000.

The company works throughout the year, across the UK, organizing exclusive corporate and private events from conference and hospitality days to weddings and gala balls. Tapenade's inspirational and stylish ideas make any event a success with its personal, flexible and comprehensive service. For more information please visit Tapenade's website at www.tapenade.co.uk