

the
FOOD
stylist

Food is more than just sustenance. While planning your experience should hit all the senses: taste, touch, smell, sight and sound and even a sixth sense - it's something hard to describe - it's more of an overall feeling. It's a sensation that strikes a chord with the emotional part of your brain.

No need to plan an over the top experience. It is important to find that median between overdoing it and not doing enough. Planning the food and beverage aspect of your reception should be a reflection of you and your better half. Food is linked to comfort, celebration and gathering of friends and family. It can be a major player in defining all of your senses and how they work together to create an amazing experience. The flavors, the theme, the aromas, the sensations, the sounds, the textures ultimately become nostalgic and a memory has been forever stamped in the minds of you and your guests.

Your sense of taste is especially heightened during that perfect dining adventure. Food will naturally hit on one of the five main tastes: sweet, bitter, sour, salty and umami (or savory). It's how those tastes from each ingredient "marry" that ultimately results in a delectable and memorable dish. Balance is important and it goes hand in hand with variety. I take into consideration seasons, time of day, palate variety and what I call the WOW! factor.

BALANCE -WOW FACTOR

Wedding Weekend Ideas

Meal Style: Be sure to offer a variety of food concepts. (Keep in mind that the rehearsal dinner should be a completely different style than the reception). For example: a Low Country Boil for the rehearsal dinner and a plated meal for the reception.

Guest Courtesy: Don't plan an "after ceremony" photography session that lasts more than 30 minutes. Keep in mind your guests are waiting with no food or drink.

Variety: Although, it is "your day", please keep in mind of the guests you have invited and make sure you have flavors and profiles that appeal to

Explore YOUR Six Sense



Event and Food Stylist Jamie Keating, CEC is well-known in Columbus, Georgia for his exquisite cuisine and amazing events. He is the owner and chef of the premier catering company, Jamie Keating Culinary, Inc. that manages The RiverMill Event Centre.



all guests. (i.e. a simple carved beef item with a yeast roll to a sushi display).

Strategic Timeline: There is a method that needs to stay consistent throughout the evening when it comes to food.

Passed Hors d'oeuvres, market table, dinner, late night snack and even a favor, such as a pecan sticky bun in a nicely wrapped box with a tag that reads "Enjoy breakfast on US!".

But most of what we perceive as taste is actually because of smell. The two senses are closely related and without both, you wouldn't be able to experience flavor and enjoy food to its fullest. To give you an idea of how this works, if one of our chefs prepares pan-seared maple glazed bacon at a food station, introduced first is the sense of smell and sound; the sweet scent of the syrup and

caramelize pork belly. Add a sous vide egg, Anaheim chile, ginger ketchup and crisp pork rind and present it all together and you now have a complete ONE bite experience.

You do not need a utensil, this is a finger food that engages your sense of touch. To really accentuate your senses, finish your meal with a strawberry sorbet - the taste is light and delicate, but when we create it in our kitchen, the strong, fruity aroma is nearly intoxicating.

Sight is a bit less important, but I feel that it plays an intricate role as we usually eat with our eyes first! We use the sense of touch by utilizing unique vessels such as test tubes, mini crocks, paper cones, bent spoons, cosmo glasses, etc. **svm**

Waldorf Salad Cones

Ingredients

1/2 cup walnuts halves, tossed in granulated sugar, 1/2 cup sour cream, 2 Tbsp light mayonnaise, 2 Tbsp chopped parsley, 1 Tsp honey, 1/2 lemon, zest finely grated, Freshly ground black pepper, 2 large crisp apples, such as Granny Smith, 1/4 cup golden raisins (May substitute), 1/2 lemon, juiced, 1Tbsp EV olive oil, 2 cups spring lettuces, trimmed, washed, and dried.

Directions

Preheat the oven to 350 degree F.

Spread the nuts on a baking sheet and toast in the oven for 8 to 10 minutes. Cool and break the nuts up into small pieces.

Whisk the sour cream, mayonnaise, parsley, honey, and lemon zest in a large bowl and season generously with pepper.

Halve, core, and cut the apples into thin strips leaving the skin intact. Add the apples and raisins to the bowl, and sprinkle with the lemon juice; then toss with the dressing.

Toss walnuts into the salad. Arrange in champagne flutes, martini glass or place the salad on the lettuce and serve.



Baked Caramel Corn

1/2 cup margarine, 1 cup brown sugar, 1/4 cup corn syrup, 1/2 tsp Kosher salt, 1/4 tsp baking soda, 1/2 tsp vanilla extract, 2 bags popcorn kernels, popped (microwaveable)

Method

- Preheat oven to 250 degrees F. • Bring to a boil the first four ingredients in a medium sized sauce pot for five minutes. • Stir in the baking soda and vanilla; remove from heat. • Toss the popcorn and the caramel together; lay mixture flat on baking pan. • Bake for one hour. Be sure to stir the mixture every 15 minutes.

Wine Suggestion

2013 Ferrari Carano Fumé Blanc

Straight from Sonoma County, Ferrari-Carano's 2013 Fume Blanc the perfect white wine to add to any wine lover's personal collection. With delicious aromas of white peach, orange blossom, pear, quince, Meyer lemon and mango, this wine is a blend of purely Sauvignon Blanc grapes from Sonoma County. Bright acidity and crisp freshness from the cool, stainless steel tank fermentation combine with the subtle oak character from barrel aging adding body, complexity and depth.

Pair with seafood and poultry dishes or white meats like veal and pork. This wine also goes well with spicy and ethnic cuisines like Japanese, Vietnamese, Thai, Chinese, Korean, Mexican and Southwestern dishes. **Special thanks to Brad Bush, Georgia Crown Distributing Co.**

