

Weekly Tip #6-August 4, 2013

Eating With Your Eyes

Growing up I remember my Grandmother Tata always scolding all the kids with her favorite quote, “you eat with your eyes”! (yelled in Spanish of course). This reprimand was typically given after we had grabbed the biggest slice of cake, three cookies, and a cupcake, which was rarely all consumed. The irony is that as a child I understood the metaphor to her words, but quite frankly I didn't think I was doing anything bad and I still don't, after all, who wants to eat unappealing food? As an adult I continue to gravitate and crave beautiful food! There is nothing more eye catching than a gorgeous dessert display.

So what's more important, a tasty cake or a pretty cake? In my opinion they're equally important, you just have to find the right balance. A beautiful high end bakery cake or artfully designed cookies left in the box and placed on a table will not be visually inviting, therefore your guest may never know how fabulous these delectables really are. Conversely, a good homemade cake or a good store bought cake dressed up with flowers or fruit garnish and placed on a beautiful stand or platter can turn ordinary into extraordinary!

Below are examples of simple homemade and store bought items dressed up!

