

LIFE TIME LEARNING PROUDLY PRESENTS – ALL ABOUT APPETIZERS

For many people, appetizers are the best part of a meal. Indeed, they are so popular, that sometimes whole dinner parties consist entirely of a variety of appetizers. You can see the attraction – appetizers by definition mean small portions, which means there can be a huge and delicious selection of different dishes. Of course for the cook, providing such a medley of diverse foods can be quite a challenge. For your guests it would be nothing less than a complete delight!

By definition, an appetizer is the first course of a multiple course dinner and as such is most often savory in taste. Over time, the terms appetizer, hors d'oeuvre, and canapes have become almost synonymous with each other, however there is a difference. In most fine dining establishments, appetizers are usually chosen specifically to complement the following courses and many are served plated and eaten with a fork. Hors d'oeuvres aren't considered to be a part of the meal and are usually one-bite items, served hot or cold and most times can be eaten without utensils. Canapes are typically made with an edible base – crackers, blini's, bread or pastry and are most often served chilled or at room temperature.

In some countries appetizers have become an institution. Tapas, in Spain, are a meal in their own right, and Italian antipasto is so varied and delicious that you are to be forgiven for wishing to stop right there with the artichokes and superb dried hams, and forget entirely about the pasta and meats that follow.

The list of different appetizers is almost endless. I have tried to present to you a sampling of different flavors, tastes and textures. I hope you will have a chance to not only savor some of them but also prepare some for your next dining adventure.

Chef Cal