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**Gourmet Foods For Every Occasion**

**By Duane Smith**

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Enjoying fine food is definitely one of the pleasures of life. There is so much fast food and bland tasting dishes today because of the lack of time to really prepare food right, that when you do get to enjoy gourmet fine food, it's a special treat.

So what makes any food or drink qualify to be called "gourmet"?

Well, in general it means that a particular food or drink is considered above average in quality, and will appeal even to those who have the most discriminating tastes. It also usually means that a lot of time and effort has gone into it's preparation too.

What comes to mind when you think of gourmet foods? Here is a list of many fine foods and beverages that can be found in the gourmet food category:

1. Coffees – Gourmet coffees include many exotic coffee blends from around the world and flavored coffees. Frequently you can get a nice mixture of various gourmet coffees that allow you to sample them before buying more of each kind.
2. Teas – There are several specialty teas from all over the world that qualify to be called gourmet tea. They can be either green, black, oolong or herbal teas. Again, you can often get sampler packs of these exotic teas to try them out first.
3. Chocolates – Whether milk, dark or white chocolate, gourmet chocolate assortments often come with fruit, nuts, and cream centers that are just incredibly delicious.
4. Caviar – If you really want to taste the good life, enjoy any of the various kinds of caviar, from the American Golden to the Russian Dark variety. Of course this is one type of gourmet food that can get really pricey fast, but there is a caviar for pretty much any budget if you look carefully enough.

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5. Seafood – There are lots of seafoods that have been specially prepared as gourmet foods including smoked herring, oysters, shrimp and lobster rolls and bisques. There's lots more in this category too and again you can often get samplers for taste testing in advance.

6. Fish – Some of the favorite gourmet fish foods are salmon, tuna, and halibut.

7. Meats – This is one of the largest gourmet categories and lately has become very popular. Entries in this field include ribs, roasts, steaks, and even some dried and cured meats.

8. Poultry – There are any number of gourmet foods prepared with chicken, but duck and turkey is also top favorites for special dishes.

So where can you use gourmet foods? Almost any special occasion is a good time to include gourmet

foods, drinks, or desserts on the menu. Everything from intimate dinners for two to large social gatherings are all acceptable places to include the delicious taste of gourmet foods to help make that occasion truly special and unforgettable.

Thankfully, the internet makes shopping for gourmet foods quick and easy. There is a large selection available in all of the categories listed above, and when ordered, modern shipping techniques allow you to receive gourmet foods through the mail in short order and in fresh condition. So why not sample a few gourmet foods today and start enjoying some of the finer pleasures of life?

Duane Smith –

is a site that provides free information and resources for

gourmet foods like chocolate, fish and seafood, caviar, gourmet meat and more.

### **Easy Gourmet Recipes you and I can do!**

**By Mike Yeager**

So, you don't think you can find easy gourmet recipes? Yes, you can! While most people think that gourmet recipes are hard to make, time consuming, or too expensive, you can find things that are gourmet and easy to make. You just need to look in the right places and know what you are looking for! First of all, finding information on gourmet recipes on the Internet is easy to do. Just search your favorite recipe websites or just use a search engine like Google or Yahoo. If you do not have web access, going to the library for the information will also work. The library contains many types of books or even CD ROMs on cooking. Most importantly, both of these options result in free recipes!

The next question to ask yourself is what type of gourmet cooking are you looking to do. Are you looking to spice up a crockpot recipe you already have? Are you looking for special cookie recipes or Christmas recipe? Maybe even a gourmet chicken recipe? Are you planning on dining on a special day

or for a special reason? All these questions will give you an idea of what you are looking to make or do. Make sure to know the tastes of those you are cooking for as well. Many people like to go to restaurant solely because they love the way a certain chef prepares their food and wish they could do the same thing at home. You can! You just need to knowledge of how to do this! Sometimes, gourmet meals are made from specialty store bought foods. But, in the day and age we live in, gourmet foods can be found in most large supermarkets across the country.

Spices that were hard to find even 10 years ago are available regularly. Many times you can also find gourmet meals already prepared at these same supermarkets. You can perhaps purchase a nicely made New York Style Cheesecake or Chocolate Mouse from your local bakery. But, if you are wanting to purchase your own produce and meats, do so knowing what cuts are correct for the recipe you have chosen. For instance, a chicken recipe may call for boneless thigh pieces or only white meat. Picking produce that is fresh, ripe, and the tastiest will contribute to the overall flavor of the finished food.

In order to know what to use and what to buy, make sure to choose recipes that give enough details. If they don't, research on the Internet or your local library for more information. You can make good, but easy gourmet recipes if you know what you are looking for and have the knowledge of what you need and want. Researching information you do not have is the most important first step.

Mike Yeager  
Publisher

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