



# GREAT BEGINNINGS



**ap-pe-tizer** (ap' i ti'zer) *n.* a food or drink that stimulates the appetite

**hors d'oeuvre** (or durv') *n.* [French] an appetizer served usually before a meal

**G**reat eating experiences deserve

great beginnings.

*The first course offers an opportunity to serve healthy foods for holidays or special occasions. The good news is that eating small servings throughout the day or evening is better for you. By eating a little at a time you are less likely to overindulge and more likely to enjoy your food.*

## **Plan to please...**

You may plan to serve appetizers or hors d'oeuvres as a first course or serve all your food as small plates or tapas. In either case you are participating in the time honored tradition of offering food in a social setting. By planning to include either light, before meal dishes or a variety of light and hearty dishes you can provide guests with appetizing choices.

Consider how your guests will be served. The most common arrangement is a buffet table with finger foods and small plates. If your guests are many and your space small, try to have several areas for food or drink service. For example, maybe a drink station, fruits and salads, vegetables and cheese, or desserts and coffee.

**tapas** (ta pahs') *n.* [Spanish] small plates of food consumed at a leisurely pace with drinks

These service stations will control traffic flow and may help guests mingle in different areas of the gathering.

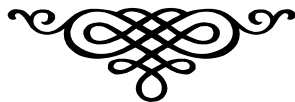
## **What to serve...**

Appetizers can be served hot or cold, may be sweet or savory, may be crunchy or soft. Try to include a variety of colors, textures and temperatures. By serving dishes with fruits, vegetables, beans and whole grains you will be able to include variety and offer healthy options.

If the hors d'oeuvres are to be followed by a substantial meal, keep your first course light and simple. The meal should be served shortly after a light first course. Two or three kinds of appetizers are sufficient for this occasion. If no dinner is to follow, plan to serve six to eight dishes including both light and hearty choices.

## Try tapas!

Tapas come from Spain, where the idea originated in the nineteenth century. One story tells that drinkers in a tavern in southern Spain started putting slices of bread on top of their glasses between drinks to keep the flies out. Then a bartender with a bright idea put a slice of ham or sausage on top of the bread. Soon small plates with food on them were being used to cover the glasses. The Spanish believe the *tapeo*, or tapas ritual, requires many hours of relaxed conversation with plenty of food and drink. Eating tapas is enjoying life!



## Enjoy ethnic...

Many great recipes for appetizers, hors d'oeuvres and tapas come from other countries and cultures. You may want to include some traditional Kentucky dishes and try some dishes with flavors from Asia, Spain, Italy or Mexico. These foods will not only add spice to your meal, but also serve as a topic of conversation. If you have a good story about how you came about a certain recipe, be sure to share that with your guests. Some of your traditional Kentucky recipes may have been in your family for generations. Maybe a friend from another country has acquainted you with new foods or ingredients. People like to talk about food as well as eat it.

## References

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## Kentucky hospitality...

Kentucky is well-known for Southern hospitality and a tradition of home as a place of comfort for family and guests. A Kentucky host is likely to tell guests to "make themselves at home" while serving the best they have to offer. One of Kentucky's famous cooks, Miss Jennie Benedict of Louisville, attended the Boston School of Cooking and created Benedictine cheese, a spread of cream cheese and cucumbers in the early 1900's. Serve some Kentucky foods and family recipes to make your guests feel welcome.



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