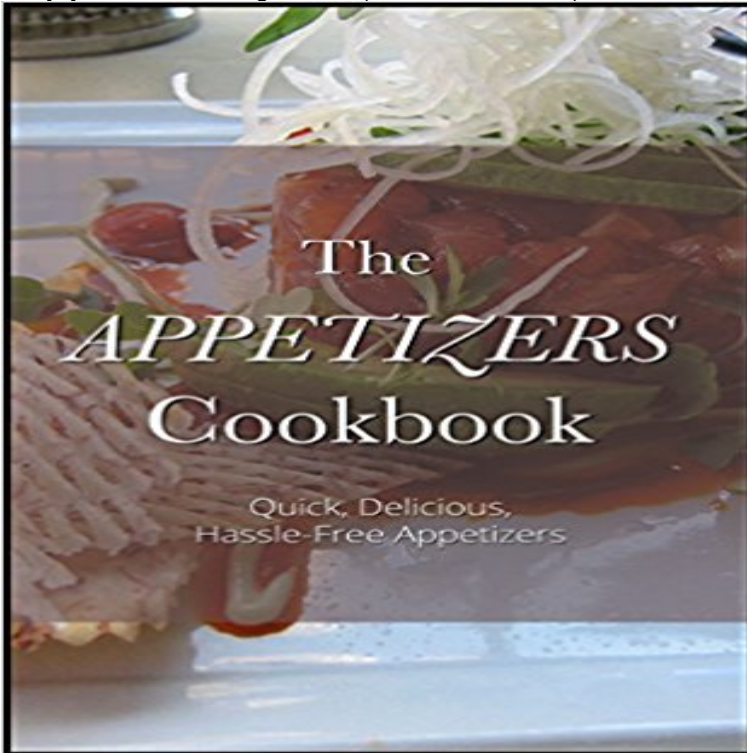


Appetizers: Quick, Delicious, Hassle-Free Appetizers



Appetizers are a time for you to anticipate the meal, as well as enjoy the company of family and friends. It is down time that can be used to create great conversation and memories. Appetizers are light, smaller meals, usually finger foods, which tantalize our taste buds and increase our appetite. The most important thing about an appetizer is that it should not be very hard to eat; It should be light, yet tempting. They are usually easy recipes to make as well. The types of dishes you can prepare vary by the culture and geography but the purpose is ultimately the same. The function of appetizers are to increase our hunger and prepare us for the delicious ride of the main course. The flavors of the appetizers are often coordinated with the flavors of the main dish, unless it is served separately: a la carte. I have compiled a list of my favorite easy recipes for appetizers and finger foods that I have made for my family over the past 20 years. I hope you enjoy them and create lasting memories during dinner, just as much as I did. The word appetizer is used to indicate the first course eaten during a three dish meal that is followed by a main course and ended with a dessert. The term seems to have appeared nearly simultaneously in England and America in the 1860s simply to provide an Anglophone equivalent for the French hors doeuvre. The word comes from Hors doeuvre which literally means apart from the main work. Historically virtually all cultures indulge in pre-meals that are used to open up the taste buds for the main course as well as suppress states of increased hunger so that the main course can be enjoyed slowly. The French would have appetizer plates ranging from oysters, stuffed eggs and plates to slices of beef tongue or braised quails or other finger foods have been recorded on table layouts mimicking dinners served in the royal family. The ancient Romans would sample plates of veggies, various cheeses and

olives. The Italians would eat thin slices of bread with grilled meats. The Indians would use spiced tea and soups, and so on and so forth. Food changed radically in the nineteenth century, evolving to the successive, multi-course structure of formal contemporary meals, especially during the agriculture boom. The role of hors d'oeuvres in the structure of meal changed as well. Although simple hors d'oeuvres such as olives, radishes, celery and nuts remained on the table throughout the meal, by the late nineteenth century, more complicated hors d'oeuvres, sometimes called dainty dishes such as small pastry cases filled with bits of meat in creamy sauce - had become a separate course after the soup was served. By the 1900s, both appetizers and hors d'oeuvres were separate entities and would sometimes appear within the same menu.

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