

YAI YAI Style

December 2010

Holiday Hospitality

Hello Again! Happy Holidays! This came quickly... are we ready for this?? With the hustle and bustle, it is all worth it! Family, Friends, the sound of peace and the feeling of joy, all of my favorite things! Here are a few tips for serving your guest list this season.

Choose a menu that will wow them and that you know they will enjoy. Check out holiday magazines for new recipes. Remember the flavors of the season.

Use food substitutes to cut calories and cholesterol - applesauce instead of oil, add a spoon of peanut butter for extra protein, add pudding or fresh fruits to cakes for additional moisture, add almonds for protein and texture, add pumpkin for holiday flavor, use silk or almond milk, use light sour cream for appetizer dips, top with fresh herbs and dash with spices to top it off. Pair wine, cheese, cocktails and after dinner drinks to compliment your menu. Your guests will enjoy flavor, beautiful presentation and truly love your creations. Food is an art form, so have fun with it and express your creative side. It can be "fun" instead of a "chore".

Home decorations always make the heart feel warm. Compliment your holiday décor with your home décor. Blend the colors and textures to create a style that flows through out your home. Place candles with the scent of cinnamon or pine to give the ambiance of winter. Choose winter holiday jazz or soft Christmas Music; remember to touch the five senses. You will not want to leave your home, as it will feel like a winter wonder land!

Now the hostess, how can we dress her? Specify the dress code for your gathering. Deck yourself with all of the holiday style. If you have a significant other, match your color

scheme. It looks great in photos. Express yourself with your dress; be fashionable, comfortable and choose shoes that you can be "happy" in for the entire evening. If you wear those shoes that are painful, it will surely show on your face. Remember to float, greet and meet all of your guests. Try to introduce your guests to each other to take some of the pressure off of yourself. Guests should entertain each other. Create festive "holiday" name tags and have your guests wear them. This is a great way to engage conversations.

Have fun activities like everyone expressing their blessings, begin your meal with prayer, announce your gratitude for your guests to share such a special evening with you, exchanging cheap ten dollar gifts and using the Chinese Christmas game is a blast! Don't forget to take photos, you will cherish them. If you are the guest of a party, remember to bring the hostess a gift.

May all of your holiday moments be blessed, may you take the time to give to a less fortunate person, may you remember the reason for the season, may we celebrate the birth of Christ but more importantly the gift of the cross, may we place that gift in our hearts and remember daily, not just during this wonderful season, may we continue to pray and teach our children the way in which to go, may we connect as a community in peace, love and joy, may God bless this nation and safety of our Military, giving us the gift of security every day, May God Bless their families and children, have a wonderful holiday season!

You're Friend,

Yai Yai



yaiyai@yaiyai.biz