

Girl on the Go

Dining and Diversions in Atlanta

May 2, 2011

Savor and Sample

"Come hungry," I was told at a preview event for the Metropolitan Cooking & Entertaining Show, happening this weekend. No wonder – more than 200 exhibitors will be doling out product samples and selling all types of specialty foods.

Food Network fans can attend appearances and demonstrations on the cooking stage of the Culinary Center by their faves Paula Deen, Giada De Laurentiis and two of my favorites, the Neelys, the cutest culinary couple on TV.

The owners of Neely's Bar-B-Que in Memphis, their cooking show, *Down Home with the Neelys*, makes cooking look like the most fun a couple can have with their clothes on.

The event also features kids cooking classes, plenty of books signings and yes, even a luncheon with Queen Bee Paula Deen. I was watching her show the other day while I was working out at the Y, which is where I watch all my Food Network shows, and I swear she added butter to bacon and made fried ice cream, all in one show.

Denise Sullivan Medved started the Metropolitan Cooking & Entertaining Show, which will also be in Houston and DC, in 2006. She is the author of two cookbooks. I'm thinking I may need to get *The Bachelor's Tiny Kitchen* for my college-age son. He informed us today that he was approved to live off-campus next year and would save lots of money not being on the school's meal plan. "I can cook for myself," he texted. His method of cooking involves "heating" up MREs, the military meals that he buys by the dozen on eBay. I once left a heat-and-serve meal for him and my daughter to eat, but he declared it "too complicated" because the word sauté was involved.

General admission tickets are \$22 in advance; \$25 at the door. Children 4-12 are \$12 in advance; \$15 at the door and kids four and under are free. You'll need an additional ticket for the special events, such as the luncheon with Paula.



I'll be picking up cooking tips, along with plenty of food samples, at the Metropolitan & Entertaining Cooking Show this weekend