

May 6, 2011

Metropolitan cooking and entertainment show

Here are some highlights from the **Metropolitan cooking and entertainment show** at the Cobb Galleria in Atlanta this past weekend. It was a great event with hundreds of exhibitors, demonstrations and Food Network stars like Giada, Paula and the Neely's. Entry was \$25 and special events were extra.

It spanned both days of the weekend and attracted visitors from all over the Southeast.



Beef was the main sponsor of the event. There were beef recipes, tastings, giveaways and products for purchase.

Vendors from all over the US sold everything from home made jams, jellies, dips, breads, cupcakes to infused olive oils and vinegars. One of my personal favorites is **Leonardo e Roberto's**. They have the best flavored vinegars and olive oils that last a long time and dress up any salads, seasonings and more. Delicious!

Tasting was a big part of the event since you don't want to buy something before tasting it first! There was a heavy emphasis on desserts this year, but you also found a few savory items such as flavored peanuts, chips and dips.

I also enjoy the concept of infused salts. They work really well for seasoning meats and dressing cocktails. This year there were a few booth selling salts from around the world including **Salt of 7 Seas**. A unique item I discovered was a salt plate to cook on.

Finally, the demonstrations were perhaps the best value for the show. You could learn from experts all day on entertaining ideas, tea tasting, ice cream sundaes, theme parties, knife skills and much more. These classes were free and went on all day long.