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***Food & Wine Magazine Predicts the Hottest Trends for 2009***

***Trend #1: Home Entertaining***

New York, NY (December 9, 2008) – *Food & Wine*, the leading trend-spotting epicurean magazine, identifies the **50 Trends to Try in 2009** in its January issue, on newsstands December 15. The editors identify **cooking at home** as the biggest trend of the year, with cooks experimenting with comfort classics, entertaining on a budget and easy, exotic recipes.

Also, the editors uncover news in ingredients, travel & restaurants and wine & spirits. Here are the highlights:

**INGREDIENTS & PRODUCTS:**

- |  |  |
|--|--|
| 1. Buckwheat: The new grain                | 5. Non-chicken eggs, like ostrich and quail  |
| 2. Anti-Inflammatory foods                 | 6. Peri peri chicken is the new jerk chicken |
| 3. Yuca, carrot and other newfangled chips | 7. Probiotics like pickles and sauerkraut    |
| 4. Sugar alternatives like agave syrup     | 8. Soy-sauce crystals                        |

**TRAVEL & RESTAURANTS:**

- |   |   |
|---|---|
| 1. Luxe food in unexpected places                 | 5. Brand new hotels in Mexico           |
| 2. Return of the '80s chefs                       | 6. Wursts best moment                   |
| 3. Mortadella, sablefish and rye gnocchi on menus | 7. Interactive restaurants              |
| 4. Chef-owned grocery shops                       | 8. Best values in Puerto Rico and Chile |

**WINE & SPIRITS:**

- |   |                               |
|---|-------------------------------|
| 1. Serve-yourself cocktails               | 5. Vintage barware            |
| 2. Pinot Blanc, the poor man's chardonnay | 6. Affordable sparkling wines |
| 3. Veggie cocktails                       | 7. New artisanal gins         |
| 4. Brazilian wine                         | 8. New cocktail bars          |

For more 2009 trends, visit [foodandwine.com/trends](http://foodandwine.com/trends) or contact Lori Lefevre ([lori.a.lefevre@aexp.com](mailto:lori.a.lefevre@aexp.com)).

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*Food & Wine* is the modern, stylish, trend-spotting, talent-seeking epicurean magazine. Published by American Express Publishing, the leader in luxury lifestyle magazines, *Food & Wine* has a circulation of over 950,000 and is available online at [foodandwine.com](http://foodandwine.com).