

# Enjoy Ethnic Cuisine Easily At Home

*Tips from Sarah Ferguson, The Duchess of York*

(NAPSA)—Healthy eaters, such as Sarah Ferguson, The Duchess of York, are drawn to the nutrition and bold flavors found in ethnic cuisines. Often, people assume cooking with spices is complicated, which explains why many busy people limit themselves to enjoying these foods at restaurants. Now, however, The Duchess knows that exotic flavors needn't be farther than the kitchen cupboard.



• **Quick Curry.** Curry gives South Asian dishes their exuberant character. With so many exotic flavors, how do home chefs put its magic in their own recipes? Quite

easily, in fact, because curry can be made with as few as five ingredients. "Indian cuisine is wonderful for special dinner parties," said The Duchess. "Such occasions call for jewel-toned linens, fragrant florals and flickering light from votives. Unquestionably, though, it's the food that takes center stage, such as Baked Salmon with Curry Sauce—perhaps most amazing is that it only takes 12 minutes to prepare."

• **Asian Expedition.** A favorite of many, Asian cuisine is a great choice when entertaining family and friends. Try serving Chicken Satay and Shrimp Spring Rolls with Wasabi Dipping Sauce, made with innovative and flavorful French's® GourMayo™ Wasabi Horseradish Flavored Light Mayonnaise. For a complete cultural journey, offer green tea and serve the meal with chopsticks on beautiful bamboo placemats.

• **Brown Bag Bistro.** Add a bistro kick to your brown bag sandwich with GourMayo™ Creamy Dijon Flavored Light Mayonnaise,



which has the full-bodied flavor and zest of deli-style Dijon mustard and a surprisingly delicious hint of sweetness. Pair it with leftover grilled chicken, mozzarella cheese and tomato and voilà—a sandwich fit for anyone seeking a taste of France.

• **Middle-Eastern Easy.** Mixing the various flavors of the Middle East can excite any palate. Spicy Hummus Dip is delicious, healthy and multifunctional—perfect for spreading on wraps or dipping vegetables when entertaining. "This recipe is surprisingly simple, made with GourMayo™ Caesar Ranch Flavored Light Mayonnaise, which combines the flavors of creamy Caesar, cool ranch, Parmesan, buttermilk, chives, parsley, garlic and lemon," said The Duchess. "For even more spice, add a touch of Chipotle Chili Mayonnaise—perfect!"

• **Fajita Friday.** Who knew that Mexican could be healthy? Try preparing Santa Fe Pork Fajitas, accompanied by Santa Fe Paninis, which include grilled vegetables such as zucchini, eggplant, bell peppers and mushrooms. Enjoy Mexican flair in a good-for-you way.

Open your kitchen to a world of flavor. For the highlighted recipes and more great tips, visit [www.frenchsfoods.com](http://www.frenchsfoods.com).