

Lemons - One Of The Trendiest Foods For 2014

Not a surprise to us, but lemons have been identified as one of the 10 Tasty Food Trends for 2014 by the Sterling Rice Group. Their annual food predictions list is compiled by trending finds on restaurant menus around the country. Their culinary team speaks with celebrity chefs, product developers and even grocery store shoppers to determine which foods will burst into the market. Since 1984 SRG have brought the worlds biggest companies and most inspired entrepreneurs to Boulder Colorado to help them gain a positive edge.

Lemons made it to the number 1 spot on SRG's trendiest food list. "Lemon-the often underappreciated bright side of dressings, sauces, and more-will step into the spotlight in 2014. The simple, vibrant citrus will show up in its purest form-juice. But also watch out for it as a preserve, an addition to yogurt, and a star pastry ingredient. "Lemon is pure. Lemon is versatile. Lemon is nostalgic. For those reasons, it-and not other citrus-will be the flavor of next year. Lemon's bright flavor is fresh and unadulterated. It ties into the cuisines of the Mediterranean, which are growing in popularity. Plus, it brings back memories of lemonade afternoons, Grandma's lemon bars, and summer desserts with lemon meringue pie." Kazia Jankowski, associate culinary director, Sterling-Rice Group.

