

Wish

big ideas for
small spaces!

**Quick Solutions
for Every Room**

**ONE WEEK OF
NO-HASSLE
DINNERS**

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plus
**EASY WEEKEND
BRUNCH**

ONE SUIT,
FIVE

MAKEOVER SPECIAL
**SIMPLE,
SEXY HAIR
& MAKEUP**

TRY THIS AT HOME! PAGE 74

12-page special
**SHOES, BAGS &
ACCESSORIES
GUIDE**



**FASHION &
beauty**

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**FOOD &
entertaining**

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3 OF THE BEST FOOD STORAGE SOLUTIONS



- 1. SPACE SAVER**
Kitchen storage space is always at a premium, so invest in collapsible containers. Microwave- and dishwasher-safe. **COLLAPSIBLE PREP BOWL, SA. PROGRESSIVE INTERNATIONAL, PROGRESSIVEINTL.COM.**
- 2. GRAVY SEAL**
Farewell to freezer burn! This tiny vacuum sealer is so simple it's almost silly. The bags are reusable and dishwasher-safe. **PACKMATE'S VACU-SEAL STARTER KIT, \$30. VACU-SEAL.COM.**



- 3. THYME CAPSULE**
Keep herbs fresh up to three weeks longer. Perfect for asparagus, too. Fits neatly in the fridge door. **PREPAPA'S HERB-SAVOR, \$30. THROUGH SWISSMAR, SWISSMAR.COM.**

{ TRICKS OF THE TRADE }

object of my perception

Boost your meal's star rating without spending another second in the kitchen.
BY ROB MAURIN

Cornell University food researcher Brian Wansink promises that guests will actually believe the food tastes better if you try these laboratory-tested tricks:

- 1. RESTAURANT RUSE** Give each dish a two-word description. Effective names are often geographic (Louisiana bayou gumbo), nostalgic (Grandma's secret chocolate cake) or use brand names (Jack Daniels' caramel sauce). Sensory words (velvety chocolate mousse) work well, too.
- 2. LESS IS MORE** When food seems more abundant, it gets rated higher. And the eye is easily fooled. For example, we perceive two half-litre bowls containing vegetables to hold more than a single one-litre bowl. So when serving food on platters (either for "family style" service at the table, or at a buffet), use two smaller dishes for each dish and serve them at opposite ends of the table. The same goes for snacks at a party: two medium bowls of chips "taste better" than one large bowl.
- 3. CREATE A THEME** Being invited to a "Mediterranean Feast," even if there's only one Mediterranean dish on the menu, feels more special than "Dinner at 7." So make whatever you were planning on making (chicken Kiev, for instance), and name the entire meal after it ("A Night in the Ukraine"). Add simple decorations if you wish, like little paper Ukrainian flags scattered on the table, and you'll reinforce the perception without spending any extra time in the kitchen.

Brian Wansink studies how non-food cues affect what we eat, how much we eat and how much we enjoy it. His book *Mindless Eating* (Bantam, 2006, \$39) contains weight-loss tricks that help you eat less while enjoying your food more.

smart substitutions

Halfway through making a meal and missing a key ingredient? Try these quick fixes.

DISH	INSTEAD OF...	USE THIS!
Pasta	Salt	Fresh lemon juice
Soup	Leek	Onion
Sandwich	Mayo	Avocado
Mashed potatoes	Cream	Chicken stock or buttermilk
Vinaigrette	Grapeseed oil	Canola oil
Tacos	Sour cream	Plain yogurt
Muffins or cake	Butter or vegetable oil	Unsweetened applesauce
Risotto	White wine	Chicken stock or water
Pancakes	Buttermilk	Low-fat milk with lemon juice
Cookies or granola	Dried cranberries, cherries or blueberries	Raisins

