

For Immediate Release
September 9, 2010,
Jim Galiano, Internet Media/Marketing Director. 941-807-5050
flavorsandmore.com

September issue of Flavors And More Online Magazine
celebrates hanger steak, Romesco sauce, the walk-in pantry, a Key West
literary vacation all about food and lots more that's delicious and fun.

At **FLAVORS AND MORE Magazine** we're all in love with the walk-in pantry that design writer Steven Phillips describes in our September issue. Whether you're building a home from scratch or renovating, a practical and pretty walk-in pantry can and should be part of your kitchen scheme. Learn all about it.

Meantime, Chef Judi Gallagher is in love with hanger steak (it's the professional chef's choice for a great meal, you know) and she has great recipes for you to try. And, Chef Judi also sings the praises of Romesco, an ancient and versatile sauce that is enjoying a renaissance on menus across America. She's got the classic recipe for you.

Former Key West resident and still frequent visit to "The Conch Republic" has all you need to know to book a January vacation for "The Hungry Muse," a three-day reader/author seminar that honors the literature of food. Gail Greene, Frank Bruni, Ruth Reichl, Adam Gopnik and Calvin Trillin (among others) will be gathering in Key West and if you love the literature of food, you should come. Lynn tells you how to register for the fun, where to eat and where to stay in Key West. She knows all the island's secrets.

Book reviews, recipes, the latest on food and wine pairings – we've got it all for you in this month's **Flavors And More**.

Flavors And More is a monthly online magazine dedicated to the pleasures of the table realized through recipes, libations, travel, books, gardens, entertaining and insightful features that celebrate food and all those who gather together to share meals and memories.

When you have an appetite for a bountiful buffet of useful stories by an award-winning staff we have what it takes to satisfy that hunger. We are **FLAVORS AND MORE** and you can find us at **flavorsandmore.com**. Read, enjoy, subscribe and post a comment.