

## FOR IMMEDIATE RELEASE

### Adams® Extract & Spice Releases 2013 Flavor & Food Forecast

**Gonzales, TX (December 3, 2012)** Adams® Extract & Spice, makers of the world famous Adams Best Vanilla® “Since 1888”, releases its 2013 Flavor & Food Forecast. Following are eight flavor and food trends to watch for in the coming year.

#### “Creative Canning and Pickling”

Increase in home grown vegetables and homemade foods will take the art of canning and pickling to a whole new level! Some creative canning ideas you may see appearing in the coming year are Candied Jalapenos (watch out Raspberry Chipotle Sauce over cream cheese!), Corn Relish, Sweet and Spicy Grilled Pickles, Dilled Carrots, and Homemade Tomato & Basil Soup.

#### “Family Pantry”

As the sluggish economy drags on, families are finding new ways to step up the flavor of classic comfort foods. Some flavorful twists to the everyday classics you may see appearing in the coming year are

- *Backyard Burger goes Gourmet:* Curry Turkey Burgers, Greek Burgers, Asian Tuna Burgers, stuffed Buffalo Blue Cheese Burgers
- *Mac n Cheese goes fusion* - Cajun, Cuban, Italian, Mexican, Asian and our favorite...Philly Mac & Cheese Steak
- *Not your Moms Meatloaf-* TexMex Meatloaf, Italian Meatloaf, and Greek Gyro Meatloaf

#### “Gluten Free isn't just for Celiacs Anymore”

More people are learning that less gluten helps in overall digestive health. Consumers will be searching for new gluten free ingredients and recipes.

#### "Kick-Up the Chicken”

Concerns over food budgets, healthier eating, and needing more versatility has created an explosion for creative ways to prepare chicken. Jamaican, Cajun, and BBQ are some ways to kicked up chicken with more flavor and heat. Home Fried Chicken is even in style again!

#### “Meatless Mondays”

Heartier vegetable will take the center of the plate more often. Portabella Mushrooms Burgers with wine reduction, Zucchini Pizza, Spinach Lasagna, and Eggplant Steaks are just a few of the ways you’ll see vegetables replacing meat in the coming year.

#### “Move Over Caramel...Burnt Sugar is Here!”

This traditional cooking process has found a new following. Burnt sugar recipes are sweeping kitchens across the nation in icings, frostings, ice creams, cakes, pies and glazes. Its uses are endless!

#### "Shake the Salt!”

The need to reduce sodium in the American diet reaches a critical turning point. You won’t just be hearing “Eat Less Salt!” from your Mom and Doctor anymore! School and work lunchrooms as well as your Insurance providers will be forcing you to make changes in your consumption of sodium. Replacing the salt with other natural herbs and spices will continue to become common.

## **“Homemade Hostess”**

Can't Buy them anymore...make them! The Classic Hostess Cupcake is hands down the number 1 cupcake flavor combination. Vanilla Crème Stuffed Chocolate Cupcakes are a classic dessert that can be made at home!

Adams® Extract & Spice is an industry leader in food flavor solutions that provides a wide range of consumer products from pantry basic spices, seasonings, and extracts to culinary spices, blends, and herbs from around the world. Best known for its worlds famous *Adams Best Vanilla*®, Adams manufactures their own brands and many private label spices, blends, and extract items sold in retail locations around the nation. One of the oldest spice and extract companies in America, Adams® Extract & Spice will be celebrating its 125<sup>th</sup> birthday in 2013.

Downloadable video clips are available @ [www.AdamsExtract.com/MediaKits.asp](http://www.AdamsExtract.com/MediaKits.asp)

Viewable video is available on YouTube @ <http://youtu.be/jNu9Ci5BjKw>

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