

Stars In Your Stomach™

by Eva Stoddard and Katherine Zimmer



February
March
2011

ChefCosmo's



PLANETARY CUCINA

"Celebrating our relationship with food and the food in our relationships!"



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Aquarius ♒ January 20 to February 18

Life is flowing easily right now with Venus' transit of Capricorn giving you license to indulge yourself by relaxing with friends over cozy meals of comfort food and great wines. Your usual motto: "if it makes me happy, I will be healthy" is still at play, but keep a scale on portions. The moon's antics boost resolve to meet goals and keep you charming in the process. Quick road trips are preferred over long hauls and are better suited to your love of speed... rent a Ferrari and journey to the future!

Your pairing: Braised short ribs with roasted fennel and Brussels sprouts paired with a rich Chiarello Vineyards Cabernet Sauvignon.

StarChefs: Michael Chiarello, Guy Fieri, Lydia Bastianich, Ina Garten, Aaron Sanchez

StarSight:

Purpose: catalyze & innovate, your today is everyone else's tomorrow
Gift: tolerance, you accept & trust others to make their own choices
Challenge: you repel from routine
Affirmation: "Information is my path to change."

Pisces ♓ February 19 to March 20

Two important concepts for you to embrace right now: 1. relax-time grounds you so creativity can harvest greatest results... spend time away from the fray with simple pleasures like cooking, writing, mixology, and dancing, and 2. you never know which hobby will become a career; use your innate über instincts and be open to the possibilities. A beach picnic with oysters and bubbles is the ticket in any season... the full moon in Virgo on 19th illuminates relationships – so bundle up and network for opportunities!

Your pairing: Plank grilled trout with Asti caper tapenade and a spicy arugula salad paired with a crispy Tyler Florence Sauvignon Blanc.

StarChefs: Tyler Florence, Jeff Smith, Anne Burrell, Scott Conant, Jean-Christophe Novelli

StarSight:

Purpose: envision, we depend on your magical insight to spark creativity
Gift: empathy, your compassion gives safe haven
Challenge: indecision inhibits your forward movement
Affirmation: "I am true to myself and grateful for my resources."



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