



Cake decorator Jane Donnelly shows off a flag cake and some patriotic cookies at DiBartolo's Bakery in Collingswood. PHOTO PROVIDED/DIBARTOLO'S BAKERY

# Host a colorful Fourth

By Candy Grande  
For the Courier-Post

Make the Fourth of July even more festive by adding red, white and blue dishes to the table. Guaranteed guests will enjoy seeing and tasting the fun and delicious holiday foods.

Fran Davis, personal chef and owner of the Flavorful Fork in Marlton, agrees healthy choices are important when cooking, even for the holidays. Davis does the grocery shopping, brings cookware and serving ware, and then cooks homemade recipes for her clients in their kitchens.

"I don't like to cook with many processed or artificially dyed foods," she says. "But there are natural ways to in-

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corporate red, white and blue into the holiday menu."

Strawberries, cherries, watermelon, tomatoes or pomegranates are a few foods that can add red to a dish, she says. For white, consider bananas, marshmallows, white chocolate, potatoes, radishes, vanilla ice cream, whipped cream or mozzarella cheese.

Purple potatoes and blue corn flour can add color to a dish, but blueberries are Davis' favorite. As a child, she enjoyed picking them off the bushes near her parents' summer home in New York.

"The outcome of those efforts was my mom's blueberry kuchen, a blueberry tart, that is to this day my favorite way to eat blueberries," says Davis. "To jazz it up for the Fourth of July, garnish with fresh sliced strawberries and a little fresh whipped cream."

"Whenever you are hosting a party or gathering it is a fantastic idea to follow some sort of theme," says George Kyr-

tatas, executive chef and co-owner of SweetWater Bar and Grill in Cinnaminson. "In this case it is the Fourth of July, and when thinking of the Fourth, your mind goes to red, white and blue. Decorations are in this theme and the food can be, too."

Kyratas says red, white and blue dishes can be planned in a literal or abstract way. He makes a drink called the Fire-Cracker that uses cranberry juice, lemonade, vodka and blue curacao to layer the three holiday colors in an eye-pleasing way.

However, another red, white and blue favorite of his is the Boston Blue Burger. This recipe creatively tops the burger with barbecue sauce and blue cheese. It is served in a white roll, making use of the holiday colors.

"Try to be creative but health conscious at the same time," he says. "I love hot dogs and hamburgers just like everyone else, but when making things with a theme try to use natural ingredients instead of dyes and colors. In the Fire-Cracker drink I could have layered grenadine or red food colors, but why? By adding cranber-

ry juice I was able to accomplish the same colorful drink while making it without the added chemicals.

Dessert is a great way to bring red, white and blue to the holiday table.

At DiBartolo's Bakery in Collingswood, customers can find cupcakes, donuts, cakes and cake pops

decorated with red, white and blue sugars, icings and jimmies.

Mike DiBartolo, an owner and baker at the business, says many customers ask him to make a flag cake.

"The flag cake becomes the centerpiece," says DiBartolo. "It just brightens up the whole ta-

ble."

He has been making this flag cake for about 40 years, and it is still a customer favorite.

"People see it and start tasting it with their eyes," he says. "It tastes fabulous and will make guests feel proud of their country."