

The "Gold" Standard Recipe for Good Fortune and Health in the New Year

If I were to guess the one thing most people are wishing for in 2009, I would have to go with good fortune. Tough economic times have taken hold, and while hard work perseveres, a little good luck and some well wishes never hurt! Having read quite a bit about traditional foods of good fortune consumed during the Chinese New Year, I was curious if we Westerners had any traditions of our own. To my pleasant surprise, I discovered quite a few. Leafy greens signify, you guessed it, the almighty (or not so might, depending on the day) dollar, and black-eyed peas arose as a symbol of prosperity from a Civil War legend. Pork symbolizes progress and pushing forward; something that we could use a little of too. You will find many delicious New Year's day recipes using these foods (see some of my suggestions below), but something seemed to be missing in my mind … the coins! … Read on for the Recipe