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An Excerpt from **Louisville Restaurant News | 2011 food trends**

BY DANA MCMAHAN • SPECIAL TO THE COURIER-JOURNAL • JANUARY 8, 2011

What can diners expect to see at restaurants this year?

"We'll see a continuation of the local food movement ... restaurants buying and serving local," according to John Varanese of Varanese restaurant and WBKI's "Big World of Food."

"Kentucky aquaculture is growing a lot ... (restaurants are using) paddlefish caviar, catfish, freshwater prawns and striped bass."

Varanese also predicts an uptick in using cuts of meat not commonly used, and in restaurants curing their own meat, such as Blue Dog is doing. "I've been making my own bacon and ham," he says. He plans to start experimenting with lamb belly bacon.

Another trend Varanese sees on the horizon is smaller dishes. "Everything is oversized or overbig but that's not really healthy," he says. "We're starting to be a lot more conscious about our eating habits, especially when we go out to eat." He cites consumers' concern with weight as a factor driving this trend.

Varanese also anticipates that diners will see more gluten-free offerings. "A lot of people are finding out more about their allergies and celiac," he says. "I'm pretty surprised how much that's come to fruition."

