

ACCENT

+ FOOD & DINING



AlleyCat's Chinese BBQ spare ribs are GF and served with yuzu ranch and cucumber daikon pickles for \$25. PROVIDED BY ALLEYCAT

You ate it here first

LOCAL CHEFS HELPING SHAPE THE FUTURE OF DINING TRENDS

Diana Biederman Palm Beach Post | USA TODAY NETWORK

Dining is evolving, and 2026 promises to amplify what's hot while introducing fresh ideas. • Resy, the American Express-owned reservation platform that tracks where and how we eat, just dropped its annual retrospective, blending reservation data, editorial insights and industry interviews to forecast what's next. • Expect immersive experiences like tableside theatrics and omakase counters to keep thriving, while nostalgic flavors such as mortadella gain new fans. • Social dining returns with communal tables, and shareable bites including fish dip are everywhere. Meanwhile, listening bars and izakayas are reshaping nightlife with curated soundtracks and casual Japanese fare. • These aren't just meals, they're cultural signals for the next year and here's where to find them right now.

Dinner becomes a live show with tableside service

The kitchen is coming to you literally. Tableside service turns dining into theater, with chefs and servers finishing dishes in full view, from carving prime cuts and fileting fish to flambéing desserts. It's a show of skill and spectacle, but as recent fiery mishaps prove, drama can sometimes upstage dinner.

The Butcher's Club

Top Chef winner Jeremy Ford brings Michelin-level finesse to this steakhouse at PGA National Resort, where tableside carving and dra-

matic presentations turn prime cuts into a full sensory experience.

Details: 400 Ave. of the Champions, Palm Beach Gardens, 561-627-4852, pgaresort.com

Milos

This West Palm Beach outpost of the acclaimed Greek restaurant group elevates tableside dining with pristine seafood presentations including whole fish expertly filleted in view for a show as elegant as the flavors.

Start by choosing a fresh fish from Milos' market display; popular picks include branzino,

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Trending for 2026: Michelin-star and Top Chef winner Jeremy Ford's The Butcher's Club steakhouse at PGA National Resort torches a stunning 50 ounce Australian Wagyu Ribeye tableside. PROVIDED BY THE BUTCHER'S CLUB

Focus on ingredients when meal prepping

Cody Godwin
USA TODAY

Meal prepping is great – if you enjoy eating the same thing multiple times a week. If that sounds boring to you, consider meal prepping ingredients instead. This gives you more variety and freedom to choose your own eating adventure.

Ingredient prep can still be time consuming, so take advantage of all the tools your kitchen has to offer. Dice vegetables in seconds using a

chopper, hard boil eggs in the air fryer, while potatoes bake in the oven.

For an even more coordinated meal plan, find your favorite recipes and look for some that use a lot of the same ingredients.

The key to prepping ingredients is variety. Focus on prepping foods in each of these three categories: protein, carbohydrates and vegetables. This mix of items allows you the freedom to piece different combinations together throughout the week, saving your tastebuds from the monotony of

repeat meals or leftovers.

Slice, dice, chop, grate and cook the foods of your choosing. Season everything neutrally with salt and pepper, and slightly undercook it, since it will finish cooking when you heat it to eat it. Once everything is prepped and cooled, store, label and date the foods in airtight containers.

Piece together your ingredients and pair it with fresh fruits, sauces and other seasonings for a full plate and happy tummy all week.

Frozen mirepoix

A lot of dishes call for a classic mirepoix, or a slowly cooked base of onions, carrots and celery. Save some time and have it prepped and ready whenever you need it. A little bit of prep now will help make a delicious meal later.

Evenly dice the onion, carrot and celery. The exact amount depends on how much you want. Spread the

See MEAL PREP, Page 6D

Trends

Continued from Page 3D

smoky, creamy starter that nods to Florida tradition while fitting seamlessly into a high-end dining experience.

Details: 1000 N. U.S. Highway 1, Jupiter, 561-570-1000, 1000north.com

Lucky Shuck

This breezy Jupiter oyster bar leans into Florida tradition with a smoky fish dip that's as perfect for waterfront snacking as it is for pairing with a cold beer or craft cocktail.

Details: 1116 Love St., Jupiter, 561-532-3331, luckyshuckjupiter.com

Communal tables where sharing stories can get interesting

At The Seagate hotel, James Beard Award-winning chef Michael Mina elevates group dining at Bourbon Steak, where communal tables and curated menus turn a night out into a shared experience.

Like Resy, Mina predicts communal tables will surge in 2026, saying: "Going out to dinner is now about more than just the meal. It's about the ambiance, the entertainment, and the overall feeling from the moment you step in the door."

Details: 1000 E. Atlantic Ave., Delray Beach, bourbonsteakdelray.com

Omakase makes precision dining an elevated experience

Omakase, the Japanese word for "I'll leave it up to you," is the ultimate trust fall between diner and chef. Once reserved for sushi counters, this tasting format is expanding into multi-course experiences that showcase precision, artistry and a sense of discovery.

One to try: Moody Tongue Sushi at the Hilton West Palm Beach. This Michelin-recommended spot elevates omakase with seasonal precision and multi-course menus crafted by Executive Sushi Chef Hiromi Iwakiri and paired with Moody Tongue's award-winning beers for a tasting experience that feels both refined and unexpected.

Details: 600 Okeechobee Blvd., West Palm Beach, 561-494-9650, moodytongue.com



Communal tables, including Bourbon Steak's, offer a chance to share good food and conversation. According to Resy, it can also lead to dates!

PROVIDED BY THE SEAGATE



Trending for 2026: Omakase where patrons let chefs work their magic.

PROVIDED BY MOODY TONGUE SUSHI

Izakaya: casual Japanese dining goes chic

Izakayas bring the spirit of Japanese pubs to life; casual, lively spaces built for sharing plates and sipping sake. In 2026, expect these spots to

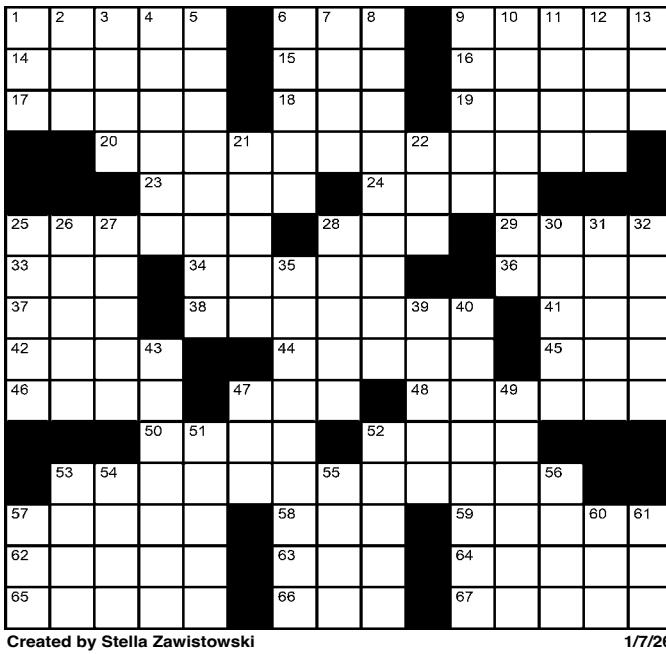
See TRENDS, Page 6D

THE DAILY COMMUTER | STELLA ZAWISTOWSKI

ACROSS

1 Male deer
6 "___ humbug!"
9 City in the Andes
14 Islamic holy text
15 Big city street: Abbr.
16 Vidalia veggie
17 In the know
18 Arm muscles, for short
19 Make a touchdown
20 Hardest skiing rating: 2 wds.
23 Swedish furniture chain
24 Biblical pronoun
25 ___ and paper
28 Motorist's group: Abbr.
29 God with a hammer
33 Insurance option: Abbr.
34 Vote into office
36 ___ and now
37 Japanese sash
38 Team listings
41 Promo spots
42 Examine
44 Miniature representation
45 Dog's doctor, for short
46 Sandwich cookie
47 Miles ___ gallon
48 Light beams
50 Lion's sound
52 Tie together
53 Refuted
57 Son of Jacob and Leah
58 Journal
59 "If only!": 2 wds.
62 Tolerate
63 Homer Simpson's shout
64 At no time
65 Lord's estate
66 Andy Warhol's forte
67 Say hi to

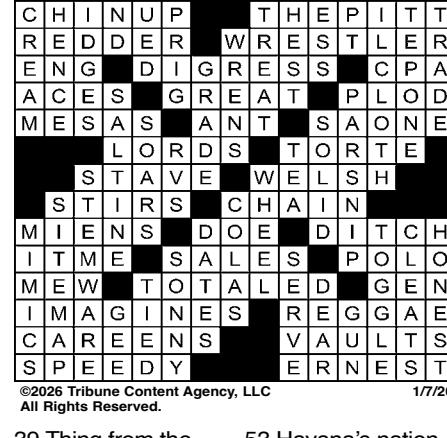
DOWN
1 Reggae-related genre
2 Pull along



Created by Stella Zawistowski

1/7/26

Tuesday's Puzzle Solved



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ACROSS
3 United ___ Emirate
4 Pasta sauce seasoning
5 More underhanded
6 Swirly, sweet bread
7 Keen
8 Wasn't sure
9 Pink drink, for short
10 Rude
11 National Park in Utah
12 Cut the ___
13 Dollar bill
21 Big string instrument
22 "I've got it!"
25 Snapshot
26 Glowing coal
27 Harsh sound
28 Stage performer
30 Throw with effort
31 "___ in the court!"
32 Takes five
35 "The Hunchback of Notre-Dame" woman

DOWN
39 Thing from the past
40 Italic, as type
43 Violent storm
47 ___ for the course
49 Satay stick
51 "None of the above"
52 Not heavy

ACROSS
53 Havana's nation
54 Chief Norse god
55 Entryway
56 Plummet
57 Bread spread
60 Look at
61 Menopause treatment: Abbr.

CRYPTOQUIP

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B H L D V L K X A V D Q Y X R J X R L H Y D

L M X L H P P D Y R H V A G H V D Q Y X V O

H P B K X V H R X V O W H L H Y Q K J D R :

"H W X M X G X W X M X ."

Yesterday's Cryptoquip: IF A HARDY FLOWER KEEPS GROWING BACK EACH TIME YOU PICK IT, SHOULD YOU CALL IT A BLOOMERANG?

Today's Cryptoquip Clue: H equals O

BRIDGE | FRANK STEWART

Fickle finesse

"I know you're averse to finesse," a club player said to me. "I've heard you say they're as fickle as the wind. The finesse I try aren't fickle; they're malicious."

My friend had played at today's six spades, and West led the queen of hearts.

"I took the king," South told me, "and led the queen of trumps to finesse – the percentage play to pick up the suit. Naturally, I lost to the stiff king, and when I let the jack of diamonds ride later, that finesse lost also. I'm thinking of giving up finesse."

End play

South misplayed. At Trick Two, she should lead a trump to the ace. Say both defenders play low. Declarer continues thus: A-K of clubs, ace of hearts to pitch a club from dummy, heart ruff, club ruff. Declarer then exits with a trump. If West wins, South must rely on the diamond finesse; but if East wins, he is end-played, forced to lead a diamond or concede a fatal ruff-sluff.

South gets an extra chance: She succeeds when West has the singleton king of trumps.

Daily question

You hold: ♠ Q 6 4 3 ♠ K ♦ A Q 10 3 ♠ 7 6 3 2. Your partner opens one heart, you respond one spade, he bids two clubs and you try 2NT. Partner then bids three hearts. What do you say?

Answer: Partner's bidding suggests six hearts, four clubs and extra strength. With a minimum 6-4 hand, most experts would have rebid two hearts to limit the strength. Bid four hearts. That will be your best contract if partner holds 2, AJ10863, K6, AQ85.

North dealer

N-S vulnerable

NORTH
♠ Q 6 4 3
♥ K
♦ A Q 10 3
♣ 7 6 3 2

WEST
♠ K
♥ Q J 10 9 4
♦ 9 5 2
♣ J 9 8 4

EAST
♠ 10 9
♥ 8 7 5 3
♦ K 8 7 6
♣ Q 10 5

SOUTH
♠ A J 7 5 2
♥ A 6 2
♦ J 4
♣ A K

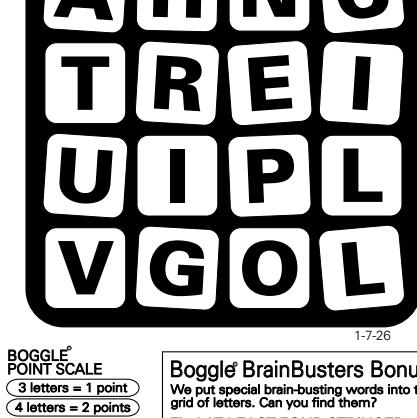
North East South West
Pass Pass 1 ♠ Pass Pass
3 ♠ Pass 4 ♣ Pass All Pass

Opening lead – ♠ Q

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BOGGLE BRAINBUSTERS

INSTRUCTIONS: Find as many words as you can by linking letters up, down, side-to-side and diagonally, writing words on a blank sheet of paper. You may only use each letter box once within a single word. Play with a friend and compare word finds, crossing out common words.



Boggle BrainBusters Bonus
We put special brain-busting words into the grid of letters. Can you find them?
Find AT LEAST FOUR STRINED MUSICAL INSTRUMENTS in the grid of letters.

Answers to Tuesday's Boggle BrainBusters: HEXAGON OCTAGON PENTAGON TRIANGLE RECTANGLE

BOGGLE® RATING
151+ = Champ
101-150 = Expert
61-100 = Pro
31-60 = Garner
21-30 = Rookie
11-20 = Amateur
0-10 = Try again

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North dealer

N-S vulnerable

Can't wait for your answers?
Find all the puzzle answers at
answers.usatoday.com

Answers to Tuesday's Boggle BrainBusters: HEXAGON OCTAGON PENTAGON TRIANGLE RECTANGLE

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