

Tasting of the 4 Elements

In a ritual adapted from a Yoruba tradition, the bride and groom taste four flavors that represent different emotions within a relationship. The four flavors typically used are sour, bitter, hot and sweet. Each flavor represents the highs and lows that come with marriage -- ending in sweetness.

Make It Yours: Typically lemon, vinegar, cayenne pepper and honey are used to represent the four elements, but you should feel free to incorporate foods or tastes that are meaningful to you. If you'd prefer to include this tradition in the reception instead of the ceremony, you could serve dishes that represent each element to share among your guests and include a note that explains why you've chosen those flavors.