

Lorraine Eaton

Lorraine Eaton writes about food and spirits for The Virginian-Pilot. Look for her stories

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Save \$\$; eat dessert first!

Now here's a lady we can learn a thing or two from.

I met Gina "Gin-Gin" Rodgers last week when I was interviewing her family about their new business venture, [Reggie's Banana Pudding Sauce](#). The sauce recipe is Gin-Gin's grandma's, passed down to her father, Reggie. Gin-Gin is the one who nudged her family into the pudding business.

The sauce – a comforting, sweet, pudding base for making all things banana pudding – is on sale at the [Five Points Community Farm Market](#) on Saturdays. (I'll be writing more about that in an upcoming Flavor section article.)

Now I have a sweet tooth. O.K. Sweet teeth. But Gin-Gin is completely unabashed about hers. And here's where we all can learn from her. When Gin-Gin goes to a restaurant, she looks at the dessert menu first. Nothing new about that. But then, she orders dessert first. And then, she eats dessert first!

What often happens, she said, is that she eats every speck of her dessert, but doesn't have room for all of her dinner. So she takes that home and makes another meal out of it. She figures eating dessert first is not only an epicurean pleasure, it's also a wise financial move.

What a concept!

If you'd like to learn more, tool on over to [HK on the Bay](#) in Virginia Beach where you can find Gin-Gin waiting tables or behind the bar.

