

Cooking with Care

April 2016



Presentation

- Food presentation is arranging or decorating food to enhance its visual appeal



Simple rules of food presentation

- Build plates with contrasting colors



Simple rules of food presentation

- Don't overcrowd plate with lots of food



Simple rules of food presentation

- Don't make something taste bad just to make it look pretty



Simple rules of food presentation

- Use neutral plates
- Always leave rim blank

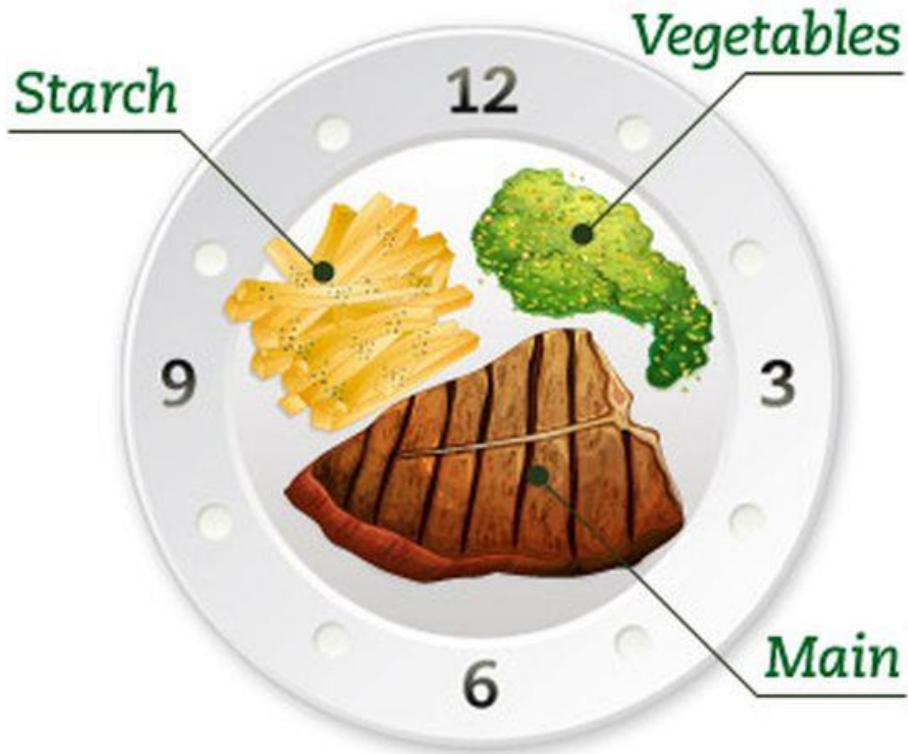


Simple rules of food presentation

- Keep it simple; less is more
- Avoid weighting one side of dish more heavily
- Don't make plate symmetrical; arrange food in odd numbers if possible



The Clock rule



- Protein at 6 o'clock
- Starches at 10/11 o'clock
- Veggies at 2 o'clock



Stacked presentation

- Jeremiah Tower
 - Proteins on top of starches with vegetables along side, vertically if possible
- Height gives dish more depth



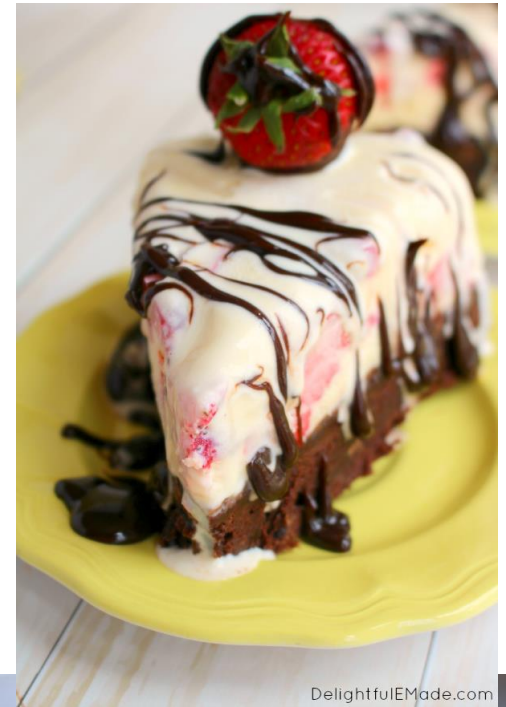
Before



After

Sauces

- Beneath main protein
- Drizzle across
- Create drops
- Can use squeeze bottle for easy use



DelightfulEMade.com



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Embellishments

- Garnishes are chosen for visual impact or flavor
- Can use cut-outs, drizzles, sprigs of herbs
- For decoration
- Garnish:
 - Shouldn't overpower a dish
 - Should be edible



Common Garnishes you can do at home

- Carrot curls
- Zest
- Chocolate drizzles
- Sour cream dollop and chives
- Lemon and lime slices
- Sprig of parsley
- Sprouts
- Pomegranate seeds
- Basil leaves
- Powdered sugar

