# FOOD PRESENTATION

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# AGENDA

- WARM UP
- ACTIVITY #1
- FOOD PRESENTATION
- GARNISH & GARNITURE
- EXAMPLES OF PRESENTING THE SAME FOOD TWO WAYS
- DESCRIBING FOOD ON A MENU
- BREAK
- ACTIVITY #2
- BUFFET PRESENTATION
- ACTIVITY #3
- THE FINAL COURSE – Q & A

# WARM - UP

- WHAT KEY POINTS TO YOU THINK ARE NECESSARY TO CREATE AN EYE-APPEALING FOOD PRESENTATION TO A CUSTOMER? TO CREATE THAT 'WOW' FACTOR.
- WHAT SENSES DO YOU THINK ARE USED WHEN YOU GO TO A RESTAURANT TO EAT?
- WHAT IS DESCRIPTIVE FOOD WRITING & HOW CAN WE APPLY IT?
  - WHAT ARE SOME EXAMPLES?
- WHAT ARE SOME KEY POINTS THAT INDICATE YOUR SATISFACTION OF WHAT YOU ATE AT A RESTAURANT?

# Activity #1

# Food Presentation

- We eat for enjoyment as well as for nutrition and sustenance.
  - Cooking is not just a trade but an art that appeals to our senses of taste, smell, and sight.
- "The eye eats first" is a well-known saying.
  - Our first impressions of a plate of food set our expectations.

# FOOD PRESENTATION

- FUNDAMENTALS OF PLATING

- YOUR JOB AS A COOK AND A CHEF IS TO GET YOUR CUSTOMERS INTERESTED IN AND EXCITED ABOUT YOUR FOOD.
- WHEN A CHEF PLANS A NEW DISH, APPEARANCE AS WELL AS FLAVOUR MUST BE CONSIDERED.
- THE SENSES OF SIGHT, TASTE, SMELL, AND TOUCH ALL COME INTO PLAY WHEN WE EVALUATE AND ENJOY FOOD.

# Food Presentation

- **THREE ESSENTIALS OF FOOD PRESENTATION**
  - GOOD PREPARATION AND COOKING TECHNIQUES
    - WELL-PREPARED AND PROPERLY COOKED FOOD WITH A GOOD AROMA IS USUALLY APPEALING ALL BY ITSELF.
  - PROFESSIONAL WORK HABITS
    - SERVING ATTRACTIVE FOOD IS LARGELY A MATTER OF BEING NEAT AND CAREFUL AND USING COMMON SENSE.
  - VISUAL SENSE
    - EFFECTIVE FOOD PRESENTATION DEPENDS ON DEVELOPING AN UNDERSTANDING OF BALANCE, ARRANGEMENT, AND GARNITURE.

# Food Presentation

- **BALANCE**
  - COLOURS
    - TWO OR THREE COLOURS ON A PLATE ARE USUALLY MORE INTERESTING THAN JUST ONE.
  - SHAPES
    - PLAN FOR VARIETY OF SHAPE AND FORM AS WELL AS OF COLOUR.

# Hot Food Presentation

- **BALANCE *(CONT'D)***
  - TEXTURES
    - GOOD BALANCE REQUIRES A VARIETY OF TEXTURES ON THE PLATE.
  - FLAVOURS
    - YOU CAN'T SEE FLAVOUR, BUT THIS IS ONE MORE FACTOR YOU MUST CONSIDER WHEN BALANCING COLOURS, SHAPES, AND TEXTURES ON THE PLATE.

# Food Presentation

- **ARRANGEMENT ON THE PLATE**
  - KEEP FOOD OFF THE RIM OF THE PLATE.
  - ARRANGE THE ITEMS FOR THE CONVENIENCE OF THE CUSTOMER.
  - KEEP SPACE BETWEEN ITEMS, UNLESS, OF COURSE, THEY ARE STACKED ON ONE ANOTHER.
  - MAINTAIN UNITY.
  - MAKE EVERY COMPONENT COUNT.
  - WHEN USING A SAUCE OR GRAVY, ADD IT ATTRACTIVELY.
  - KEEP IT SIMPLE.

# FOOD PRESENTATION
## GARNISH

- WHAT IS GARNISH?
  - THE WORD *GARNISH* IS DERIVED FROM A FRENCH WORD MEANING "TO ADORN" OR "TO FURNISH."
  - IN ENGLISH, WE USE THE WORD TO MEAN "TO DECORATE OR EMBELLISH A FOOD ITEM BY THE ADDITION OF OTHER ITEMS."

# Food Presentation

- **GARNISH & GARNITURE**
  - GARNISH REFERS TO FINISHING STEP WHEREBY AN INGREDIENT(S) IS PLACED ON TOP OF A FOOD COMPONENT ON PLATE FOR ADDED VISUAL, TEXTURE, OR COLOUR APPEASEMENT
  - GARNITURE REFERS TO AN INGREDIENT ADDED TO A DISH DURING COOKING OR NEAR THE END OF COOKING – AN INTEGRAL COMPONENT OF THE DISH

# Food Presentation

- DISHES CAN BE ADAPTED TO MANY DIFFERENT STYLES OF RESTAURANT
- THE FOLLOWING SERIES OF SLIDES SHOW HOW A SERIES OF DISHES WITH COMMON BASE COMPONENTS CAN BE PLATED.
  - BUTTERNUT SQUASH SOUP
  - ROAST RACK OF LAMB
  - BEEF TENDERLOIN
  - SAUTÉED SALMON
  - GRILLED PORK TENDERLOIN

# Food Presentation

- **BUTTERNUT SQUASH SOUP**
  - BASE DISH:
    - BUTTERNUT SQUASH SOUP
    - CARAMELIZED APPLES

# Hot Food Presentation

- **BUTTERNUT SQUASH SOUP, PLATE 1**
  - FINISH WITH A SWIRL OF CARAMELIZED JUICES FROM THE APPLE INSTEAD OF USING CREAM

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# Food Presentation

- **BUTTERNUT SQUASH SOUP, PLATE 2**
  - CUT THE APPLE INTO 1-IN. (2.5-CM) DISKS AND CARAMELIZE
  - FINISH WITH CANDIED SQUASH SEEDS AND MAPLE EMULSION FOAM

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# Food Presentation

- **ROAST RACK OF LAMB**
  - BASE DISH:
    - ROAST RACK OF LAMB
    - A VEGETABLE
    - DUCHESSE POTATO PREPARATION

# Food Presentation

- **ROAST RACK OF LAMB, PLATE 1**
  - A SIMPLE ARRANGEMENT IN THE CENTER OF A ROUND PLATE
  - ARRANGE THE LAMB, LAMB JUS, DUCHESSE POTATO, AND BRUSSELS SPROUTS WITH WALNUTS

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# Food Presentation

- **ROAST RACK OF LAMB, PLATE 2**
  - THE LAMB AND JUS ARE ARRANGED ON A RECTANGLE PLATE WITH A SWOOSH OF CREAMY CAULIFLOWER PURÉE
  - THE LAMB RESTS AGAINST SMALL MOUNDS OF ORANGE SCENTED SPINACH AND ROASTED CAULIFLOWER WITH ALMONDS AND RAISINS
  - THE DUCHESSE MIXTURE IS MAKE INTO SMALL, ROUND CROQUETTES

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# Food Presentation

- **BEEF TENDERLOIN**
  - BASE DISH:
    - BEEF TENDERLOIN
    - BORDELAISE SAUCE
    - POTATOES
    - BROCCOLI

# Food Presentation

- **BEEF TENDERLOIN, PLATE 1**
  - A TRADITIONAL PLATING ON A ROUND PLATE
  - A SLICE OF ROASTED TENDERLOIN WITH BORDELAISE SAUCE IS ARRANGED WITH BROCCOLI AND MASHED POTATOES

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# Food Presentation

- **BEEF TENDERLOIN, PLATE 2**
  - A SQUARE PLATE IS USED TO PLATE THIS BEEF TENDERLOIN SOUS VIDE GARNISHED WITH FLEUR DE SEL SEA SALT
  - THE BEEF RESTS ON OLIVE OIL AND GARLIC CONFIT POTATOES
  - SHAVED-GARLIC AND LEMON-SCENTED POTATOES IS BEHIND THE BEEF AND POTATOES WITH A SWOOSH OF CARAMELIZED ROASTED ONION PURÉE
  - BORDELAISE SAUCE ON THE PLATE AND CRISPY FRIED SHALLOT RINGS TOP THE BEEF

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# Food Presentation

- **SAUTÉED SALMON**
  - BASE DISH:
    - ESCALOPE OF SALMON WITH RED WINE SAUCE
    - A VEGETABLE
    - A STARCH

# Food Presentation

- **Sautéed Salmon, Plate 1**
  - A traditional plating on a round plate
  - It is accompanied by mixed vegetables and parsleyed new potatoes
  - The salmon is lightly coated with fine herbs and shallot

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# Food Presentation

- **SAUTÉED SALMON, PLATE 2**
  - A MODERN PLATING ON A SQUARE PLATE
  - THE SALMON AND SAUCE ARE ON ONE SIDE OF THE PLATE
  - HERB AND GARLIC SOUS VIDE POTATIONS WITH A SWOOSH OF CARROT PURÉE ARE ON THE OTHER SIDE OF THE PLATE
  - THE SALMON IS GARNISHED WITH DELICATE SALAD GREENS AND SLIVERED RADISH

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# Food Presentation

- **GRILLED PORK TENDERLOIN**
  - BASE DISH:
    - GRILLED MARINATED PORK TENDERLOIN
    - GREENS
    - SWEET POTATO
    - APPLE

# Food Presentation

- **GRILLED PORK TENDERLOIN, PLATE 1**
  - A TRADITIONAL PLATING ON A SQUARE PLATE
  - SLICES OF TENDERLOIN REST AGAINST MASHED SWEET POTATO AND SAUTÉED SPINACH
  - APPLESAUCE IS A TRADITIONAL ACCOMPANIMENT FOR PORK

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# Food Presentation

- **GRILLED PORK TENDERLOIN, PLATE 2**
  - PURÉED SWEET POTATO ENRICHED WITH BUTTER AND CREAM IS SPREAD ON A SQUARE PLATE AS A BASE
  - THE PORK IS GARNISHED WITH PINK HIMALAYAN SALT AND PLACED AT ONE END OF THE SWEET POTATO
  - THE APPLE AND FENNEL SALAD IS AT THE OTHER END
  - ROMAN-STYLE SPINACH AND FENNEL AND CORIANDER SWEET POTATO ARE USED BETWEEN THE PORK AND SALAD

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# Dessert Presentation

# LOCAL CUISINE – PERUVIAN

# Break

# Activity #2

# Cold Food Presentation and Buffet Service

## Key Points

- THE BUFFET IS A POPULAR AND PROFITABLE FORM OF FOOD PRESENTATION FOUND IN NEARLY EVERY KIND OF FOOD SERVICE OPERATION.
- THERE ARE AT LEAST THREE REASONS FOR THIS POPULARITY:
  - VISUAL APPEAL
  - EFFICIENCY
  - ADAPTABILITY

# Cold Food Presentation and Buffet Service

# COLD FOOD PRESENTATION AND BUFFET SERVICE

BUFFET ARRANGEMENT AND APPEARANCE

- **LAVISHNESS AND ABUNDANCE**
  - THE APPEARANCE OF AN ABUNDANCE OF FOOD BEAUTIFULLY LAID OUT IS EXCITING AND STIMULATING TO THE APPETITE.
  - THERE ARE MANY WAYS TO CREATE THIS LOOK:
    - COLOUR
    - HEIGHT
    - FULL PLATTERS AND BOWLS
    - PROPER SPACING

# Cold Food Presentation and Buffet Service

## BUFFET ARRANGEMENT AND APPEARANCE *(CONT'D)*

- **SIMPLICITY**
  - OVERDESIGNED, OVER DECORATED FOOD SCARES PEOPLE AWAY FROM EATING IT.
    - TOO MUCH DESIGN DETRACTS FROM THE FOOD.
    - SOMETIMES FOOD IS SO OVER DECORATED THAT IT NO LONGER LOOKS LIKE FOOD.
  - EXCESSIVE GARNISH IS QUICKLY DESTROYED AS CUSTOMERS TAKE PORTIONS.

# Cold Food Presentation and Buffet Service

## BUFFET ARRANGEMENT AND APPEARANCE *(CONT'D)*

- **ORDERLINESS**
  - SIMPLE ARRANGEMENTS ARE MUCH EASIER TO KEEP NEAT AND ORDERLY THAN COMPLICATED DESIGNS.
  - COLOURS AND SHAPES SHOULD LOOK LIVELY AND VARIED.
    - MAKE SURE THEY GO TOGETHER AND DO NOT CLASH.
  - KEEP THE STYLE CONSISTENT.
    - IF IT IS FORMAL, THEN EVERYTHING SHOULD BE FORMAL.
    - IF IT IS CASUAL OR RUSTIC, THEN EVERY PART OF THE PRESENTATION SHOULD BE CASUAL OR RUSTIC.

# Cold Food Presentation and Buffet Service

## COLD PLATTER PRESENTATION

- **BASIC PRINCIPLES OF PLATTER PRESENTATION**
  - THE THREE ELEMENTS OF A BUFFET PLATTER:
    - CENTREPIECE
    - THE SLICES OR SERVING PORTIONS OF THE MAIN FOOD ITEM, ARRANGED ARTISTICALLY.
    - THE GARNISH, ARRANGED ARTISTICALLY, IN PROPORTION TO THE CUT SLICES.

# Cold Food Presentation and Buffet Service

## COLD PLATTER PRESENTATION *(CONT'D)*

- **BASIC PRINCIPLES OF PLATTER PRESENTATION**
  - THE FOOD SHOULD BE EASY TO HANDLE AND SERVE, SO ONE PORTION CAN BE REMOVED WITHOUT RUINING THE ARRANGEMENT.
  - A SIMPLE DESIGN IS BEST.
  - ATTRACTIVE PLATTER PRESENTATIONS MAY BE MADE ON MANY MATERIALS, AS LONG AS THEY ARE PRESENTABLE AND SUITABLE FOR USE WITH FOOD.
  - ONCE A PIECE OF FOOD HAS TOUCHED THE TRAY, DO NOT REMOVE IT.
  - THINK OF THE PLATTER AS PART OF THE WHOLE BUFFET.

# Cold Food Presentation and Buffet Service

## COLD PLATTER PRESENTATION *(CONT'D)*

- **DESIGNING THE PLATTER**
  - PLAN AHEAD.
  - PLAN FOR MOVEMENT IN YOUR DESIGN.
  - GIVE THE DESIGN A FOCAL POINT.
  - KEEP ITEMS IN PROPORTION.
  - LET THE GUEST SEE THE BEST SIDE OF EVERYTHING.

# Cold Food Presentation and Buffet Service

## COLD PLATTER PRESENTATION *(CONT'D)*

- **CHEESE PLATTERS**
  - WHOLE CHEESES OR CHEESES IN LARGE PIECES ARE GENERALLY MORE ATTRACTIVE THAN AN ARRANGEMENT OF SLICES.
    - THIS ALSO HELPS THE GUEST IDENTIFY THE VARIETIES.
    - BE SURE TO SUPPLY SEVERAL KNIVES SO GUESTS CAN CUT THEIR OWN PORTIONS.

# Cold Food Presentation and Buffet Service

## COLD PLATTER PRESENTATION *(CONT'D)*

- **CHEESE PLATTERS *(CONT'D)***
  - AN ASSORTMENT OF FRESH FRUIT IS OFTEN INCLUDED ON A CHEESE TRAY.
    - THIS ADDS A GREAT DEAL TO THE APPEARANCE OF A CHEESE PRESENTATION.
    - THE FLAVOURS GO WELL WITH CHEESE.

# Cheese Display

# Cold Food Presentation and Buffet Service

## COLD PLATTER PRESENTATION *(CONT'D)*

- **SANITATION**
  - COLD FOOD FOR BUFFETS PRESENTS A SPECIAL SANITATION PROBLEM.
    - THE FOOD SPENDS A GREAT DEAL OF TIME OUT OF REFRIGERATION WHILE IT IS BEING ASSEMBLED AND DECORATED, AND AGAIN WHILE IT SITS ON THE BUFFET.

# Cold Food Presentation and Buffet Service

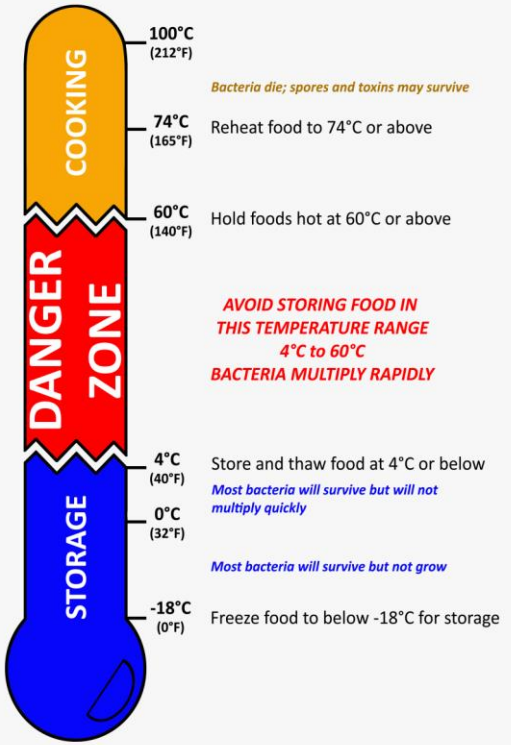
## COLD PLATTER PRESENTATION *(CONT'D)*

- **SANITATION *(CONT'D)***
  - IT IS PARTICULARLY IMPORTANT TO FOLLOW ALL THE RULES OF SAFE FOOD HANDLING.
    - KEEP FOODS CHILLED UNTIL THE LAST MINUTE BEFORE THEY ARE SERVED.
  - IT IS A GOOD IDEA TO ARRANGE EACH COURSE OR ITEM ON SEVERAL SMALL PLATTERS RATHER THAN ON ONE LARGE ONE.
    - THE REPLACEMENTS CAN THEN BE REFRIGERATED UNTIL NEEDED.

# FOOD PRESENTATION

## FOOD SAFE ZONE

- HOT FOODS SHOULD BE SERVED HOT
- COLD FOODS SHOULD BE SERVED COLD
- SANITATION & HYGIENE PROTOCOL AWAYS OBSERVED
- BUFFET – REMEMBER 'HOLDING' TEMPERATURES
  - *SAFE FOOD ZONE* -



You '*eat with your eye*' approach

"You are what you eat"

Brillat-Savarin

1755-1826

French Lawyer/Politician turned gastronome

# Activity #3

# Thank You

# Questions?