



Creativity

It is said that 'we eat with our eyes'. Creativity in plating dishes enhances the diner's experience – diners want to be 'wowed' when their meal appears!

Serving dishes: Start with the plate – varied sizes, shapes and colours can add immediate impact to your dish. Dishes served in bowls or dessert glasses should be placed on a plate to aid serving.

Elements: Each dish will consist of several elements – the main protein, accompaniments, garnish and decoration.

Volume: Do not overcrowd the plate – leave some space so that the diner can see each element of the dish. The rule of thumb is that only two-thirds of the plate should be full.

Height: Food can be stacked to add height to the overall dish, but each element should be visible.

Colour: Accompaniments, garnishes and decoration can add colour to dishes where the main elements are similar in colour. An example is fish and chips: bright green peas and a slice of yellow lemon will enhance the overall appearance of the meal.

Functionality: The dish should be beautiful to look at, but easy for the diner to eat.

Temperature: Hot food should be served on hot plates. Cold food should be served on chilled plates.

Accompaniments

Accompaniments should be chosen to complement the main part of the dish. Examples include:

Carbohydrate accompaniments:

- Savoury: bread, dauphinoise potatoes, pilau rice.
- Sweet: shortbread, brandy snaps, macaron.

Fruit and vegetable accompaniments:

- Savoury: pea purée, roasted root vegetables, griddled asparagus.
- Sweet: berry compote, fruit kebabs, grilled peaches.

Sauces:

- Savoury: gravy, red wine jus, parsley sauce.
- Sweet: custard, salted caramel sauce, chocolate sauce.

Portion control

It is important that the customer is satisfied with their portion without the plate being overcrowded. Keeping portion control accurate allows hospitality and catering provisions to order adequate supplies of ingredients. Accurate portion control will also help prevent food waste.

Garnish

Garnishes are additions to a dish which both add to the overall taste and enhance the overall appearance.

Savoury: parmesan crisps, crispy onions, caviar, watercress, lemon wedges, fresh herbs, salsa, edible flowers.

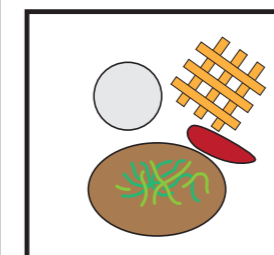
Sweet: chocolate dipped strawberries, tuile biscuits, chopped nuts, tempered chocolate work, spun sugar work, edible flowers.

Decoration

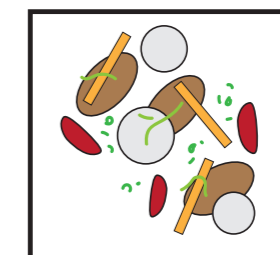
Decoration adds drama to the finished dish but it is not meant to be eaten or add to the overall flavour of the dish. Examples include:

- whole spices added to pilau rice
- gold leaf
- hollow eggshell as serving dish.

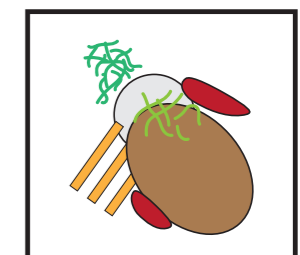
Plating styles



Classic



Freeform



Landscape