

Plate Presentations

Inspiration allows us to think about new possibilities or experiences. It's a motivator to encourage one to change the way we think and encourages us to try something new.

Main Points:

- Consider the style of your food
- Think about the portion size
- Use color
- Add height
- Engage various senses
- Balance: tastes & textures
- Garnish simply like an artist
- Use sauces, slicing techniques, and complementary ingredients

Plate Presentation Ideas:

Using Color:

- White plates or black plates with brightly colored foods, makes the vibrant colors of the food more visually appealing; white enhances sweet flavors and black savory flavors
- Earth tones, brown, tan, gray, greens natural colors for dirt, moss trees, rocks
- Green foods pair well with yellow plates
- Beige food pair well with black and brown plates
- Red foods pair with white plates
- Yellow and orange pair with blue colors
- Should reflect seasons
- Contrasts from light to dark

Plating Tips:

- Rule-of-thirds – divide picture into thirds both horizontally and vertically; use intersecting lines as focal points.; 2/3 of plate no food
- Buffer from rim to plated food
- Odd numbers bring unity and harmony
- Linear or triangular pattern; trio plating or free form style
- Height creates drama – fluff greens, layer meats, lean protein on starch for height,
- create curves, sauces add color
- Edge of plate - avoid spices and herbs on the edge.
- Entrée focal point –
 - Clock Face for 4 to 8 o'clock for entrée focal point
 - Starch plate between 9 and 10 o'clock
 - Vegetables between 2 and 3
 - Sauce over or under main item
- Use burnt parchment paper or large edible foliage, maple leaves “burn” the paper in dry frying pan until starts to brown
- Use different shapes
- Use arcs, swirls, angular lines
- Stacked in free form or mold with different shapes and colors, off center to the left
- Keep it simple; less is more