

Make Your Dishes Look Irresistible With These Food Presentation Techniques



Hello once again good people, I trust you are keeping well & safe regards to the Covid-19 pandemic. Do get your Vaccine jabs & increase your chances of fighting this virus. This week's issue I will be talking about Artistic Food Presentation in your homes or food plating.

Let's start off by defining what food plating's is. Food plating is the artistic of arrangement and decoration of food in a plate or serving utensil so as to enhance its presentation thus adding value to the dining experience. As the saying goes "we 'eat with our eyes', a well presented meal is more enjoyable and appetizing than a carelessly dished meal. Before we eat with our mouths, we first eat with our eyes.

Below is basic guideline on how you can also plate food {restaurant style} in your home.

The Basics

Start with a Canvas

To get you going, you will need to choose a plate that you will serve your meal in.

You'll want to consider the size, shape, and colour of the plate you'll use. As chefs we are more drawn to white plates because they contrast nicely with food though other coloured plates can work depending on the colour of the food presented.

The size of the plate should be large enough to avoid crowding your food and small enough to make the portion sizes look fairly filling but not too small. If the plate that's too large then your meal will seem insufficient and if you pick a small plate then your meal will seem like too much.



The Perfect Placement

The placement or arrangement of your food is equally a crucial step in plating.

THE CLOCK GUIDELINES [Classical Plating]

To get an evenly plated look, you must imagine your plate as a wall clock and the numbers on the edges as guiding points where you should place certain food items as shown in the image below.

Between 12 and 3, you should plate your vegetables.

Between 3 and 9 is where your meat will sit. Between 9 and 12, that's where your starch goes.

Always spread out your food but leave parts of the dish empty. This will make your meal look cleaner and more elegant.



COLOR

Colour enhances the attractiveness of your meal. Focus on a certain point and add a burst of colour by making use of herbs, vegetables, or fruit as accent colours if the main dish seems a little bland or dull. Utilize your white space by adding some colour to pull the entire meal together.



MOIST INGREDIENTS FIRST

Paying attention to every detail is key and this also applies to what foods to present first.

Place moist ingredients, such as mashed potatoes or purees, on the dish before other elements. You can then place the rest of your meal on top of or beside these moist ingredients to keep them from shifting and ruining your perfect plate.



TEXTURE

A variety of textures on your plate will help present your meal attractively.

For instance when serving creamy mashed potatoes, add sprinkled chives to create more depth and add another texture. The same can be done for meat and certain salads by adding crushed nuts on top.

To finish up the plating, the following should be factored in as well;

