

## FOOD PRESENTATION IN THE KITCHEN

The eyes eat first is a well known maxim. Our first impression of the dish of the food sets our expectations about it. We eat not only for the nutrition and sustenance but also for enjoyments. Cooking appeals to our sense of taste, smell and sight. A dish of food served in sloppy and careless manner though cooked well will leave the customer unsatisfied. Thus our first aim to get the guest first interested in the food before they start eating. i.e. by good presentation of the dish.

### METHODS OF ACHIEVING GOOD APPEARANCE

Good appearance can be accomplished by

1. Proper cooking techniques. i.e. food cooked at the right temperature and the correct period of time. For example, an over cooked piece of fish or vegetables looks dry on a plate even when cooked with a sauce.
2. Be neat and careful when serving food on a dish or a plate. i.e. the dish will sauce gribbled all over on the rim looks unappetizing.
3. Developing and understanding of techniques involving balance, scale, unit, harmony, rhythm, arrangement and garnish.

### PLATING

A plate of food when arranged for service is like a picture and the rim of the plate the picture frame. All chefs are artists who arrange food in a pleasing and decorative manner without being too elaborate.

#### FUNDAMENTALS OF PLATING BALANCE

Rules of food menu balance as in case of menu planning also applies to plating. Select food and garnishes that offer variety and contrast while at the same time avoid combinations that are mismatched.

1. Colour: 2 or 3 colours are usually more suitable than just 1 select of vegetables to add colour interest.
2. Shapes: Plan the variety shape and forms as well as colour. Cutting vegetables in a variety of cuts and shapes gives flexibility.
3. Texture: Not exactly a visual consideration but an important aspect of planning. A good plating balance requires a variety of texture on the

- plate. For examples, poached fish with sauce. Baked potatoes and cold crispy green salad.
4. Flavour: One can't see flavor, but this must be considered while balancing colour, texture and shape.
  5. Portion size: It is important for presentation as well as costing. Match portion size to plate. Balance portion size of various items on the plate.

## TYPES OR STYLES OF PRESENTATION

Any food can be presented in 2 ways classical and modern plate lunch method.

1. CLASSICAL: Here food is brought in huge platters or dishes and then served in the restaurant. This practice is still widely used for formal banquets or for silver service in first class French restaurant. Platter garnish need not be elaborate or difficult. A simple assortment of vegetables properly cooked in suitable. But rules of neatness , balance of colour, texture, shape and unity and preserving the individuality of item must be adhered to.

Guidelines for hot platter Presentation and Garnish:

- a. Vegetable should be in easily served units.
  - b. Arrange garnish around the platter to get the best effect of colour .
  - c. Avoid being too elaborate
  - d. Serve hot foods hot on a hot platter.
  - e. Have correct numbers of portions of each items.
  - f. Serve extra sauce or gravy in the sauce boat.
2. MODERN PLATE LUNCH: Modern food service which is mostly preferred plated so that the guest can not only be served with hot food but also appreciate the decoration skill of the chef in presenting the dish. Food may be served with or without garnish or with accompaniments such as potatoes and vegetables which is edible and appropriate to the food and planned in the layout.

Guideline for Arranging Food on the plate

- Keep food off the rim of the plate
- Arrange items for the convenience of the customer

- Keep space between the items
- Maintain unity between all item on the plate
- Use appropriate garnish
- Do not drown every plate with sauce or gravy.
- Keep the arrangements simple and attractive.

3.

## HYGIENE IN HANDLING FOOD

DRY FOOD STORAGE: This is unlikely to cause food-borne dishes, but keep commodities in a cool, dry place avoiding moisture. Keep container tightly closed.

FREEZER STORAGE