



Plate Presentation Guide

because we eat with our eyes first



WILTSHIRE
EST. FARM 1991
FOODS





Getting Started

Food plating and presentation are key to making the most of any mealtime. People eat with their eyes first, and creative and thoughtful plating can enhance any meal. While there are no fixed rules when it comes to plating, by keeping this guide in mind, as you prepare and present meals, then you won't go wrong.

Be Prepared

A slick and speedy meal service is the aim, so preparation is key.

What type of dish are you serving? A hearty roast dinner or a delicate dessert?

You can't start building your meal until all the elements are ready so in the meantime prepare your workspace and garnishes.

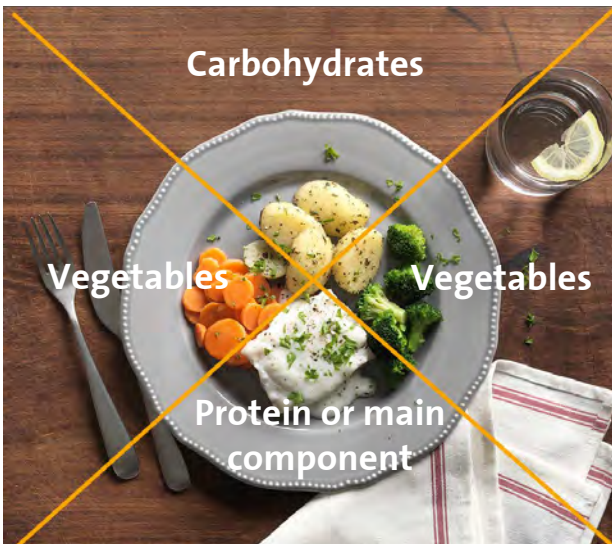
- ♥ *Do you have all the utensils you need out and ready to use?*
- ♥ *Choose the right plate or bowl for the meal and warm it through*
- ♥ *Are all your garnishes chopped and prepared?*



Food Placement

Once you are prepared and ready to begin plating, start with an idea of how you want the meal to look.

One top tip for plating is to think of the plate like a clock, with your protein at 6 O'Clock and your Carbohydrates such as potatoes or pasta at 12 O'Clock. Your vegetables or accompanying items then go either side at 3 and 9 O'Clock.





Use soft ingredients as your base

Plate soft or runny ingredients first, as they tend to move during delivery. For example, you can angle sliced meat or vegetables against purees and mashed vegetables.

Don't overcrowd your plate

Never overcrowd the plate. Keep it simple by focusing on one ingredient - usually the protein. Finding a focal point also ensures that the accompanying ingredients will play a complementary, supporting role.

Serve odd amounts of food

If you're serving small foods like new potatoes or baton carrots, always serve odd quantities. Serving 7 brussels sprouts instead of 6 creates more visual appeal.



Think about colour and contrast

Pay close attention to the details. Consider how each of the elements of the plate create colour and contrast. You can create a beautiful plate by adding green vegetables or brightly coloured vegetable purees. Also, try to pair ingredients with complimentary colours as this will further enhance your meal's visual appeal.

Create height on the plate

Using a ring mould to help stack the ingredients to create height is a great way to elevate your plate presentation. You can also use your ring mould to cut your meal elements into specific shapes and sizes to further create visual appeal and to keep your plate tidy.



Use texture to enhance your dish

Contrasting a smooth vegetable puree with a crispy pastry topped pie creates appealing texture combinations that help to make the dining experience more enjoyable.



Sauces and Gravy

Once you have plated your main ingredients, you are ready to top your dish with a delicious sauce or gravy. Instead of pouring the sauce carelessly all over the plate use your spoon or squeeze bottles to drizzle the sauce.

One way to do this is by lightly drizzling sauce over the main ingredients so guests get a little bit of sauce in every bite.





Garnishing

Remember that garnishes must be related to the dish and should always be edible. Ultimately, they're designed to enhance and complement the flavours of the meal not distract from them.

Place garnishes purposefully. Never heap garnishes in one corner of the plate. Instead, disperse them thoughtfully to add colour or texture. Avoid using unappetizing garnishes like raw herbs, large chunks of citrus and anything with a strong odour.



Make sure garnishes are quick and easy to apply, so food still goes out piping hot.



Garnishing Inspiration



Herbs make an easy and versatile garnish to many dishes. Match the herb to compliment the flavour of the food.

Parsley - sprinkle chopped parsley over soup with a swirl of cream and some croûtons for added texture.

Watercress- a small bundle of watercress on your roast dinner will give a pop of colour and a complimentary flavour

Coriander - Roughly chopped and sprinkled on top, coriander works well with any curry

Dill - Any fish dish can be brought to life with a sprig of Dill as well as giving a lovely splash of colour.



A wedge or twist of lemon works well with fish dishes



Fruit is a great way to add colour and flavour to any dessert



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If you have any question please get in touch with
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