

Elements of Food Plating

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Abstract: *Food plating is arranging and decorating food to enhance its presentation. The first experience of any dish is how it looks, followed by its aroma and Taste. Food presentation is an art crafted by creativity. The crockery and the garnish also play an important role in plating. The reason behind the selection of this topic is to provide information about how plating food can be so pleasing to the eyes of diners. When plating food there are certain elements that play an important part in the overall appeal of the dish and enhancing the eye appeal and culinary experience of the diner. In this research, we will also focus on the different elements of food plating so that these findings can be used by hospitality students and professionals*

Keywords: Food Plating, Garnishing, Culinary Art, Modern Plate Garnish

I. INTRODUCTION

Food plating emphasizes heavily on the phrase that we 'eat with our eyes'. An attractive plate of food has many benefits for the chef, the dining establishment, and the consumer. For the chef, it allows many creative possibilities, and a chance to make their own identity on the menu and create signature dishes. It is also a way to reintroduce flavors that work well together and present them in a unique style. Diners will also enjoy an enhanced experience with a stunning plate of food appealing to their visual taste as well as their palette.

Objectives:

To understand the different elements of Food Plating

II. LITERATURE REVIEW

(Zellner 1991)- Although we think of our liking for food as being the result of its flavor (gustatory and olfactory qualities) and maybe its texture or burn, a large literature exists showing that a great many other factors contribute to our liking for a particular food (Zellner1991)

(Gregoire, 2004) A meal begins with the eye – with the visual appeal of the food on a plate, at least when a meal is a gastronomic occasion. This is certainly why so much time is spent in culinary institutes of all types on the importance of presentation aesthetics (i.e., plating). Within the culinary arts, balance and color are seen as important factors contributing to the aesthetic appeal of food on a plate (Hutchings, 1999, Spears and (Gregoire, 2004).

(Seoul University, 2020) Plating increases familiarity and liking without the loss of ethnic authenticity (Department of Food and Nutrition,

(Spence C, Levitan C, Shankar MU, Zampini M) - If, as the popular expression goes, we 'eat with our eyes', then the visual presentation of food may also turn out to be almost as rich and important as the sensory qualities of the food itself in terms of determining the expectations, experience, and memory of a dish.

(Schifferstein et al., 2020) -The sense of sight plays a major role in determining what consumers find attractive (Schifferstein et al., 2020). For instance, when food is presented in a more pleasant way, people enjoy the food on the plate more

(Zellner et al., 2014) have also shown that neatly served foods are preferred over foods that are served less neatly.

The main elements of the plate are the Main Item, Side Dish, Sauces, and Garnishes. The focal point may be any of the basic elements on the plate.

Main item

Most commonly, the focal point of any dish is the protein whether it's grilled steak, poached fish, or a prawn tempura. In this way, vegetables, starch, and sauce play a supporting role in the main element. You can also use precision spoons

to draw designs that subtly point toward the meat or fish element of your dish, this can also be achieved with the natural shape of certain vegetables such as carrots or parsnips either pointing towards the focal point or vertically placed in a way that draws the eye towards it.

Playing With Textures

A contrast of textures tends to draw the eye and satisfy the palette. Seared chicken with crispy skin, with the pure white of crème fresh set against finely chopped herbs is particularly striking, for example. This is even more effective if arranging food to include contrasting textures in every bite.

Height and scale

Building your dish with taller sections can point the diner's eye toward the protein of the dish. Raising or stacking vegetables is a great example, creating height and therefore more visual impact on the plate, it can be achieved easily by using mousse rings or pastry cutters to construct layers as desired.

Molded Ingredients

Cleverly cut or sculpted ingredients can enhance the visual appeal of dishes. Slice fillets of meat at a bias to show doneness and quality. Sculpted food also provides height and structure and keeps the plate neat and clean.

Sauces

Sauces are an important means of enhancing a presentation. They can intensify or brighten a dish or add luster and sheen. The greater the chances that the food may become cooler or warmer than it should be while you finish the presentation. Sauces Create accents in the form of dots on the side of the plate or as a character on one side of the plate. When applying a sauce, lightly pour or drizzle it on the plate either over the dish or underneath. Sauces provide flavour, moisture, and a contrast in texture and colour. They may also serve as a medium in which food is contained, for example, the velouté sauce of creamed chicken.

With your principal ingredients plated, you're ready to top your dish with delicious sauces that enhance your food presentation. Think of your squeeze bottle or spoon as a paintbrush, and your sauce as a medium. Once you're done adding your sauce, make sure you wipe down the edge of your plate with a towel so no drippings distract from your presentation.

Some of the simplest, fail-proof sauce-plating techniques are below.

Smeared Sauce - Fill a squeeze bottle with your sauce. Squeeze a thick layer of sauce in a large, filled-in circle on your plate. Take a spoon or plating wedge and dip it into the middle of the sauce where it's thickest. Quickly pull the sauce across your plate.

Accent Dots - Fill a squeeze bottle with your desired sauce. Analyze your plate from the perspective of the rule of thirds, then add accent dots. Use multiple sauces to create more colour contrast.

Smeared Accent Dots - Alternate between two sauce accent dots in a curved line along the side of your plate. Then, take a small plating wedge and place it at the center of the first accent dot in your row. Drag the plating wedge through the accent dots, creating a multicolour, single-sided edge.

Swirled Sauce - Fill a squeeze bottle with your desired sauce. Place your plate atop a cake turntable. Point your squeeze bottle face down at the center of the plate. Spin your stand while simultaneously squeezing your bottle. Adjust your wrist to vary your swirled design. You can use multiple sauces to create more visual contrast

Garnish

Food presentation is often referred to as garniture. This is defined as the process of garnish. In the classical French kitchen, the terms garni and garniture have a long history. It was unthinkable to write a menu without the classical garniture of each particular dish. The French kitchen had many simple and elaborate garnishes which were often named after diplomats, politicians, places, regions, and even events. Some of these classical garnishes are still used today in the modern kitchen. They act as a base to develop new and different presentations.

Garnishes serve as an accent to perk up or highlight the colour of the main dish. It's meant to enhance and match the flavors of the dish, not overpower it. Here are some simple guidelines for applying garnishes:

Refrain from heaping garnishing on one corner of the plate.

Provide a flash of colour and shapes by arranging the garnishes around the main dish.

Garnishes should always be edible so avoid using parsley flowers, lemon twists, cinnamon sticks, or raw herbs.

Garnishing should be applied quickly to ensure the food arrives at the table warm.

Plan and prepare garnishes ahead of time. Never give it the last thought, as this will affect the quality of the food.

Garnish only the food on the serving plates; keep the garnishes off the rim of the plate.

Practice moderate use of greens with accents of fresh fruit and vegetables.

Plate up desserts when possible, keep vegetables garnish away from the dessert bar and the flavors must complement each other.

Make garnishes durable enough to resist oxidation, heat, and cold temperatures.

Always use garnish that is edible and it should be one of the ingredients used in the main dish.

Modern Plate Garnish:

In the modern context, the garnishing of the food should be functional, it should be in relation to the plate and be something that is out of the box not unrelated. Plates should not be overcrowded. The plate is best when simple yet elegant to the eye. The plate should present a combination of foods working together. It should not be several components that happen to be on the same plate. Harmony and unity are a combination that pleases the eye. It is one in which no one particular item is overbearing.

This does not mean that one item may not be dominant, but that the others present complement it. Of primary importance is that the portion size matches the plate size. It should not look crowded or sparse. Each item should logically balance with the other. It would be wrong for the vegetable portion to be larger than the meat which is the main item. The meat is the central focus of the plate and the vegetables should only complement and highlight the meat, not overshadow it.

Side dish

Side dishes are awesome. Most people don't appreciate these nutrient workhorses of healthful meals, but the right side dish actually involves very little extra prep work for a serious health reward. Of course, choosing the right side dish makes all the difference. For example...

- Adding a side or two of fruits or vegetables is a great way to ease more fruits and vegetables into your diet.
- More fruits and vegetables means more nutrients and fiber with fewer empty calories.
- Throwing a salad together can take only minutes and will help you use up produce before it goes bad.
- Roasting vegetables doesn't require much hands-on time after you've chopped them, so you can prepare your other dishes while the vegetables cook.

III. RESEARCH METHODOLOGY

The researcher has used Secondary data, books, journals, websites, and videos for this study.

IV. CONCLUSION

Balancing the dish means playing with colors, shapes, and textures. The presentation should not overpower the flavor and function. The right amount of ingredients, the plate harmonizing with the dish, and the right proportion of proteins, carbohydrates, and vegetables for a nutritionally balanced meal, are all part of the balancing act. Food presentation is the key to pulling all five senses into the experience of eating. Hear the food being cooked, smell the ingredients, enjoy the texture as you eat, create an unforgettable taste, and of course, visually taste the food before it ever hits your tongue. You can bring the culture of the food to the surface of the dish with a traditional presentation or make something totally unique with a more abstract technique. The main elements of the plate are the Main Item, Side Dish, Sauces, and Garnishes. The focal point may be any of the basic elements on the plate, by understanding these elements and achieving the right combinations and balance between those elements, a Chef can transform food into a work of art and heighten the diner's experience to greater heights where in all the sensory processes will come into play to create a memorable dining experience.

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