

PRESENT AND DISPLAY FOOD PRODUCTS

D1.HCC.CL2.19



Present and display food products

This unit comprises 3 elements:

-  1 Prepare garnishes and accompaniments
-  2 Plate and present foods
-  3 Store garnishes and accompaniments

Assessments

Assessments for this unit may include:

- Oral questions
- Written questions
- Work projects
- Workplace observation of practical skills
- Practical exercises
- Formal report from employer or supervisor



1. Prepare garnishes & accompaniments

Performance criteria:

- 1.1 Identify menu items that require garnishes and/or accompaniments
- 1.2 Prepare various garnish and/or accompaniments
- 1.3 Set up for service



Present and display food products

Terminology:

- Read through the glossary of terms
- Which terms are you familiar with?
- Highlight these terms



Food presentation

Why is food presentation important?

- ⦿ Considerations for business
- ⦿ Critical aspect of the customers dining experience
- ⦿ Correct presentation techniques allow the food to be displayed to its best potential



Menu items that require garnishes or accompaniments

Garnish:

- An edible food item used to make the dish look more attractive
- Served *on* or *in* the actual dish
- May be integral to the dish or simply used as a decoration

Accompaniment:

- A food item used to compliment the flavour or to add texture to a menu item
- Served *aside* from the main component



Menu items that require garnishes or accompaniments

- Study the menu and recipe requirements
- A menu or ***standard recipe*** will often describe the type of garnish required for each item
- Consider the compatibility of garnishes or accompaniments with the main component of the dish
- Discuss presentation requirements with your Chef



Menu items that require garnishes or accompaniments

- Some garnishes or accompaniments may not be described on the menu or in the recipe
- These may be placed (at the Chef's discretion) as a decoration to enhance the presentation of the dish
- This may include items such as picked herbs, lemon wedges, or fruit garnishes for desserts



Menu items that require garnishes or accompaniments

Examples of garnish descriptions on the menu include:

- Onion soup served with *cheese crouton (garnish)*
- Steamed fish garnished with *julienne of root vegetables (garnish)*
- Mushroom risotto topped with *shaved Pecorino cheese (garnish)*



Menu items that require garnishes or accompaniments

Examples of accompaniment descriptions on the menu include:

- ⦿ Carrot soup served with *sippets (accompaniment)*
- ⦿ Curries with mixed *sambal (accompaniment)*
- ⦿ Roast beef with *horseradish relish (accompaniment)*



Menu items that require garnishes or accompaniments

Other considerations when selecting garnishes or accompaniments include:

- ① *Type of cuisine*
- ① *Cultural theme and compatibility*
- ① *Traditional/classical style*
- ① *Style of service*



Menu items that require garnishes or accompaniments

Menu item	Garnish herbs or spices
Fish	Dill, parsley, chives, cilantro (coriander), spring onion
Beef	Parsley, chervil, thyme, oregano
Lamb	Rosemary, mint, parsley, chervil
Chicken	Tarragon, basil, fennel
Desserts	Mint leaves, berries, cinnamon
Soups and stews	Parsley, chervil, chives, cilantro, thyme
Cakes and pastries	Mint leaves, berries, cinnamon, nutmeg

Preparing garnishes

Garnish:

- ⦿ Refers to a food item that is used to enhance the overall presentation of the menu item
- ⦿ Adds colour and texture to the menu item
- ⦿ Makes the dish more visually appealing to the customer



Preparing garnishes

Garnish:

- ① May range from simple food items to quite elaborate artistic creations
- ① May be required for presentation on a plate or for display on a buffet service
- ① Plate garnishes should be fresh, edible and must compliment the menu item being prepared



Preparing garnishes

Considerations for *selection* of garnishes:

- ① The menu item, style and cuisine
- ① The cost and selling price of the menu item
- ① Availability, cost and freshness of products used for garnishes
- ① Equipment required for preparing garnish items
- ① Standard recipe requirements



Preparing garnishes

Considerations for *preparation* of garnishes:

- ① Select fresh looking herbs, leafy greens, fruits or vegetables
- ① Thoroughly wash any herbs, fruits or vegetables that are to be used
- ① Remove any leaves that are dead, withered
- ① Beware of items that may have been chewed by insects or show signs of insect activity



Preparing garnishes

- ① Pick herb sprigs of appropriate size so as not to overwhelm the main ingredient
- ① Peel and trim fruits and vegetables neatly and remove any pips
- ① Cut fruits and vegetables evenly and uniform in shape and size
- ① Ensure that the garnish is edible – some fruits, berries, plants and leaves can be bitter or poisonous



Preparing garnishes

Garnish ingredient	Examples
Fresh herbs	Parsley, chives, chervil, cilantro, dill, basil, mint,
Woody herbs	Fried sage, thyme, rosemary (these are bitter and require cooking)
Edible flowers	Nasturtium, dandelion, zucchini, caper
Edible leaves	Lettuce, spinach, endive, roquette,
Shoots and sprouts	Pea shoots, bean shoots, lotus root,
Vegetables - raw or cooked	Cuts including julienne, brunoise, paysanne, jardinière, noisettes, fried shallots, roasted garlic
Fruits	Segmented citrus, diced, dried, candied
Pastry – short or puff	Fleurons, cases, toppings
Bread	Croutons, sippets
Eggs	Omelette, royale, whole poached or fried
Nuts – whole, toasted, crushed	Coconut, peanuts, walnuts, hazel nuts, almonds
Edible seeds	Poppy, sesame, pumpkin
Chocolate	Shaved, piped filigree, baskets, powder/cocoa
Sugar	Pulled, candy, toffee, praline
Biscuits	Tuille, shortbreads, macaroons

Preparing garnishes

Some specialist equipment for preparing and presenting garnishes or accompaniments include:

- ◉ Shape/pastry cutters
- ◉ Parisienne cutters
- ◉ Zester/channel cutter
- ◉ Peeler
- ◉ Mandoline
- ◉ Piping bags and nozzles
- ◉ Paring and turning knives



Preparing garnishes

Equipment for preparing garnishes:

		
Shape cutters	Pastry cutters	Parisienne cutter
		
Zester	Peeler	Mandoline

Preparing accompaniments

Accompaniments

An accompaniment is used to add to the texture and taste to a menu item:

- ◉ Accompaniments should be appropriate and compliment the main food item
- ◉ Many accompaniments are traditional to certain styles of cuisine
- ◉ Accompaniments may have some cultural significance or may simply have developed as a common, complimentary 'partner' to some foods



Preparing accompaniments

- Some garnishes and accompaniments require preparation following a standard recipe
- These may include items such as biscuits or pastry
- These items must also be of good quality and appearance – therefore you must follow the recipe precisely



Preparing accompaniments

Many accompaniments can be purchased pre- prepared. These include items such as:

- ① Soy sauce
- ① Wasabi
- ① Mustard
- ① Ketchup
- ① Mayonnaise



Preparing accompaniments

Other accompaniments may be partially prepared and only require some basic preparation, heating or cooking.

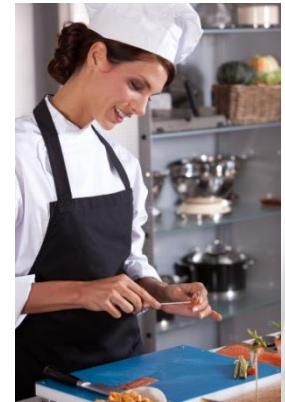
These include items such as:

- ① Fried shallots
- ① Toasted nuts
- ① Chopped chillies
- ① Sambals
- ① Specialty breads
- ① Chocolate and sugar decorations



Preparing accompaniments

- Accompaniments that require preparation should be made as close to serving time as possible
- Dressings and sauces may be made in advance to allow the combination of flavours to develop
- As with garnishes, food items used for preparing accompaniments must be fresh and of good quality



Preparing accompaniments

Examples of accompaniments to cuisines:

Cuisine type	Common accompaniments
Japanese	Soy sauce, pickled ginger and wasabi
Italian	Parmesan cheese, vegetable and herb pesto
Indian	Sambals, naan breads, dhal
Mexican	Salsa, guacamole, tortilla, sour cream
Cantonese	Shrimp paste, char siu sauce,
Vietnamese	Nuoc Mam, green banana, bean sprouts

Setting up for service

- ① The term 'Service' relates to the period of time in which customers will select, order and consume their meals
- ① Set up procedures will depend upon the type of menu and service style of the business
- ① If correctly laid out and 'mise en place' has been properly carried out, the kitchen should function smoothly during the service period



Setting up for service

Some good practices to follow to help ensure that service is carried out smoothly include:

- ① Familiarise yourself with menu items and their components
- ① Have checklists to follow during preparation and leading up to service periods
- ① Report any potential problems as soon as you notice them
- ① Participate in kitchen briefings prior to service



Setting up for service

Calculating quantities of food required for the service period:

- ⦿ Reviewing guest bookings
- ⦿ Reviewing historical sales data
- ⦿ Historical popularity of certain menu items
- ⦿ Observing current trends in food and cuisine styles
- ⦿ Seasonal availability of food products



Setting up for service

Setting up stations for food service:

- ① A 'station' is a section of the kitchen which may service a particular menu course or specific food items.
- ① A section will require various items/equipment to be available and at hand
- ① This is to meet the need of the particular service period and expected number of diners



Setting up for service

Items required for service include:

- ⦿ Cooking vessels such as pots and pans
- ⦿ Serving equipment such as tongs, spatulas, ladles, trays
- ⦿ Serving platforms including plates, bowl, trays and platters
- ⦿ Prepared food items such as steaks, fish, poultry, vegetables
- ⦿ Accompaniments and garnishes



Setting up for service

The term 'station' may also refer to sections of a **buffet** where particular food items are presented and displayed including:

- ② Soups
- ② Appetisers and entrees and salads
- ② Carvery for roast meats
- ② Main course wet or dry dishes
- ② Vegetable dishes
- ② Desserts including pastries and cakes



Setting up for service

Equipment required for holding and storage during service periods:

- ⦿ Bains-marie
- ⦿ Chafing dishes
- ⦿ Plate warmers
- ⦿ Hot boxes
- ⦿ Cool rooms
- ⦿ Cold display units
- ⦿ Soup tureens



Setting up for service

Back up food items for service periods:

- ① Having back up food items prepared is an important consideration for any service period
- ① This is a common aspect of mise en place
- ① Ensures that food items will not run out
- ① Ensures that customers will not be waiting for long periods for items to be prepared



Setting up for service

Examples of backing up menu items include:

- ◎ Meats such as steaks are cut and portioned:
 - Processed food items such as crumbed foods are prepared
 - Processed meat, poultry and seafood items are available
 - Extra vegetables and other accompaniments such as rice or pasta are par cooked
 - Additional sauces, accompaniments and garnishes



2. Plate and present foods

Performance Criteria:

- 2.1 Portion food items to enterprise standards
- 2.2 Provide sufficient and appropriate service equipment and service platforms
- 2.3 Plate and display food items to menu style
- 2.4 Present food neatly and attractively



Portioning food items

- ⦿ Portioning and portion control are important aspects of food presentation
- ⦿ Presentation must be consistent in quantity and size
- ⦿ Menu items must be uniform in shape and appearance
- ⦿ Portion sizes or quantities should always be in line with the business policy or standard recipes



Portioning food items

- Portioning refers to the amount of food allocated to a particular menu item
- This may include several components to a dish or a single serve item
- All dishes of the same type must look the same
- The position of the food components should be the same on all plates
- Good portion control practices allow the kitchen to control its costs



Service equipment and platforms

- ⦿ These are items that are used in the handling, plating, decorating and display of food items
- ⦿ This includes items used for individual plating and larger items for displaying food on buffets
- ⦿ Correct service equipment selection can assist with portion control



Service equipment and platforms

Examples of service equipment:



Service equipment and platforms

- Service platforms are items used as a base for food presentation
- Should be in a clean and sanitary condition
- Free of cracks, scratches and chipping
- Must be 'food grade'
- Should not have colours or designs that are 'busy' or have intricate design patterns



Service equipment and platforms

Examples of service platforms:

Plates and bowls	
Platters	
Stands	

Menu styles and plating

Different service styles will usually reflect in how menu items are presented to the customer:

- ① **A la carte** service involves foods being cooked and plated to order
- ① **Banqueting** involves pre-cooked foods being plated and served at the same time
- ① **Buffet service** entails the layout and display of cooked or prepared food items



Neat and attractive presentation

- Care and attention must be paid when plating to ensure neat and attractive presentation
- During a service period, a senior Chef will usually quality check each and every dish
- Cultural style may impact on how food items are presented



Neat and attractive presentation

Plating considerations include:

- ① Eye appeal
- ① Colour and contrast
- ① Height and depth
- ① Temperature of food
- ① Service and cuisine style
- ① Classical and innovative arrangement styles



Neat and attractive presentation



Neat and attractive presentation

- ① Drips and spills must be wiped clean
- ① Attention must be paid to placement of food items and garnishes
- ① Poorly plated dishes should be re-plated
- ① Food handlers gloves should be worn to avoid leaving print marks



3. Store garnishes & accompaniments

Performance Criteria:

- 3.1 Store items correctly
- 3.2 Store products appropriately in correct containers
- 3.3 Label products correctly
- 3.4 Store items in correct conditions to maintain freshness and quality



Correct storage

- Prepared foods must be stored in an appropriate vessel and at the correct temperature
- Factors that can affect food quality during storage include:
 - Strong odours from other foods
 - Humidity
 - Excess heat, air



Correct storage

- ⦿ Prepared foods should be well covered or wrapped
- ⦿ Prepared food should always be stored above raw foods and away from strong smelling foods
- ⦿ Ideally, prepared foods should be stored for no longer than 24 hours
- ⦿ Excessive storage time will affect the quality of prepared food items



Correct storage

- Refrigerated foods should be subject to low humidity and a temperature of between $+1^{\circ}\text{C}$ to $+5^{\circ}\text{C}$
- Ideal freezing temperatures are between -15°C to -18°C
- Dry food storage requires foods to be stored in a cool dry area between $+18^{\circ}\text{C}$ to $+24^{\circ}\text{C}$
- Excess humidity can lead to softening of food texture
- Excessive dryness in storage can lead to staling



Storage containers

- Consider the type of container or packaging medium that is to be used
- Containers, packaging and wrapping materials must be suitable and appropriate to the food item to be stored
- Stainless steel and hard plastics are most commonly used as food storage vessels



Storage containers

- Glass containers are not recommended for food storage due to the chance of breakage
- Other items used for storage and wrapping of food include; plastic cling film/wrap, aluminium foil and silicon paper
- All storage vessels or items must be 'food grade'
- Storage vessels must be clean, sanitised and in good condition



Labeling food items

All prepared foods should be clearly labelled prior to storage.

This practice will assist to:

- ① Identify potentially contaminated food
- ① Indicate poor or low quality food
- ① Identify freshness of prepared food items in storage



Labeling food items

Label information should include:

- Name of the item
- Date the item was first stored
- Time the item was first stored
- Temperature – if being process-tested
- Type of storage – chilled, frozen, thawing
- Writing must be legible and the label must be some fixed to the container in some way

