

THE ART OF DRAWING UP A PLATE AS A CHEF !

Philippe Germain

# *Visions gourmandes*



Philippe Germain Editions

THE ART OF DRAWING UP A PLATE AS A CHEF !

---

Philippe Germain

# *Visions gourmandes*

---

Philippe Germain Editions



> Thanks to...  
François Jarriau  
Jean-Claude Tagliareni  
Sylviane Touzé  
Delphine Dalmas  
Michelle Germain  
Margaux Cintrano  
Marie-Christine Bastide  
François Barbot  
Jean-Michel Boschet  
... who helped me  
to get this great result.

> © 2015, Philippe Germain Éditions  
All rights reserved for all countries.  
Under the Act of 11 March 1957, any translation,  
adaptation or partial reproduction,  
by any means whatsoever, is prohibited  
without written permission  
of the author or publisher.

> Philippe Germain Editions  
> Publishing Director:  
Philippe Germain  
> ISBN: 979-10-94742-03-7  
> Code editor: 979-10-94742  
> Legal deposit: may 2015  
> Version of the book: Pdf.An.2.0.1

THE ART OF DRAWING UP A PLATE AS A CHEF !

Philippe Germain

# *Visions gourmandes*

.....  
Conception-rédaction: Philippe Germain  
Création graphique: François Jarriau  
et Jean-Claude Tagliareni  
Photographies: Philippe Germain  
Illustrations: Michelle Germain  
Rédaction: Sylviane Touzé  
Cuisine: Delphine Dalmas

.....  
English translation by Margaux Cintrano

.....  
Philippe Germain Editions





THE ART OF DRAWING UP A PLATE AS A CHEF !

# *Visions gourmandes*

## > Preface

*The plate is parallel to a white canvas offering the Chef or Culinary Artist, a space to express themselves, render and sketch their creative compositions, support their imaginative ideas, their philosophy, and to be able to knit or weave their epicurean story along with the optical view, which enchants all their senses.*

*In the last decade, French gastronomy has been an upsurge by uncountable influences from abroad, the techniques from Asia, the creative Iberian influences, and henceforth, the classics have begun to fall by the wayside.*

*Furthermore, the serving ware or the plate has become as quintessential as the ingredients served upon or inside of them. Imagine, all the new dishes, in process, and the Executive Chef, is thinking of the plate or serving ware vessel as the key to the preparation, where he or she creates the final performance.*

*Understanding work space, the dressing adaptations, or the art of plating, are simply what chefs have been innovating, planning, developing and implementing. This book explains with extraordinary detail and precision, the construction of the dressed food styled art of plating of a dish.*

> Jacques & Laurent Pourcel





THE ART OF DRAWING UP A PLATE AS A CHEF !

# *Visions gourmandes*

## > Preamble

*I will begin this preamble with a witty humorous story of how the birth of this book had come about !*

*One day, I was invited to a cooking competition, involving several culinary artists and executive Chefs, who were creating and presenting an array of amazingly appetizing dishes. More over, I had imagined how I would have made these dishes, if I had participated.*

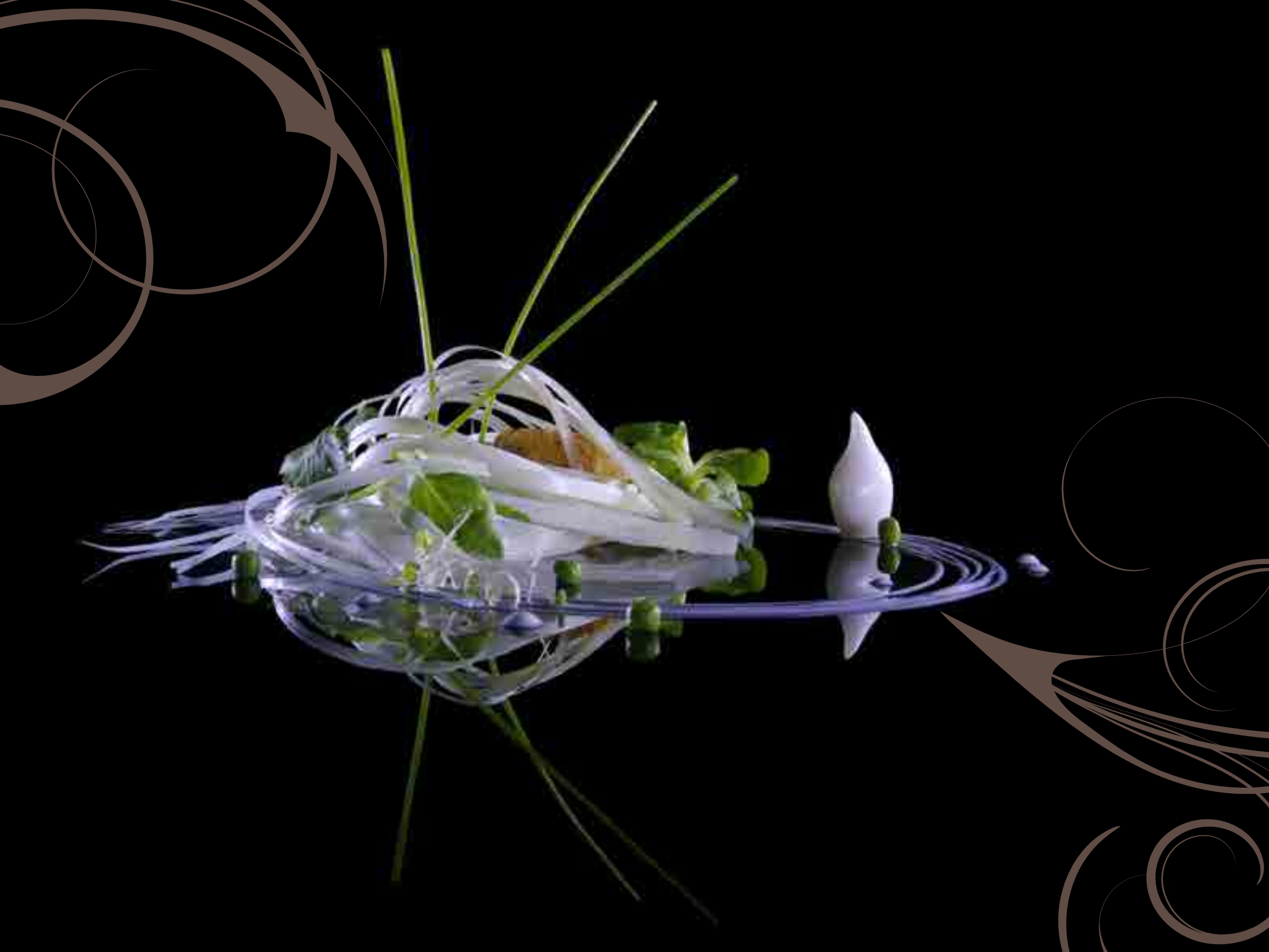
*The next day, after several fruitless searches on the Internet, and in some various reference books on the art of preparing and presenting plates, the idea was born to begin writing this book.*

*The theme, how to combine culinary creations and graphic design ?*

*I hope you will find in these pages, the solutions to some of the epicurean food styling challenges you have encountered and to transcend your achievements.*

> Philippe Germain





THE ART OF DRAWING UP A PLATE AS A CHEF !

# *Visions gourmandes*

## > Table of contents

- 13** > Basic principles
- 19** > Artistic reflections
- 29** > Plating up supports
- 35** > Instruments and tools
- 41** > Products and materials
- 47** > Drawings and graphics
- 53** > Some more tricks
- 59** > Artistic plating ups
- 187** > Table of contents
- 189** > Credits, useful links



# Basic principles



- > Sources of creation
- > The creative process
- > The principle of unity
- > The choice of style
- > The theme of the meal
- > Functionality and practicality



*Like painting a picture, designing an advertisement, decorating a room or planning a garden, there are a number of elementary basics to know, rules to follow and tips to use, in order to achieve elegant results.*

*In fact, for a successful composition, there should be little room, left to chance. In comparing, one can have a good time, finding the beautiful where it had not been before. Often, the same rules apply in artistic compositions.*

*Let's try to appraise all the processes involved in achieving a beautiful presentation of a plate where we shall be able to value the different elements that compose it.*

*In order to do this, our attitudes must first become a work of art !*

## > Sources of creation

In the kitchen, dressing beautiful porcelains, is an art that requires a lot of creativity !

Few are pure creations. Generally, each new presentation is a revamped adaptation of an existing dish, however, original concepts, plating-up presentations are born from the imagination of creative people who invent new culinary works.

*Look around !*

We are surrounded by pictures, images, fashion plates, decoration ideas, food presentations in magazines, and on TV. Every time a pattern of enjoyment is developed, please try to imagine, how you are going to connect to your inspiration and the ingredients on a plate, and what the outcome shall be.

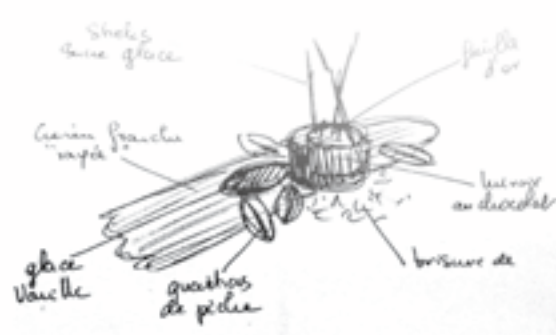
*Think about all the innovative books  
and cooking magazines*

Today's kitchen's trends are the artistic presenta-



tion of dishes, ever more beautiful, more and more encapturing of the palate and more enchanting visually.

We have a tendency to be spoiled, by choice when viewing or watching and re-composing the plates of our greatest Culinary Art leaders. This inspiration is rich in ideal dressings for replicating at home.



## > The creative process

All culinary presentations start with a creative process, as in an artistic advertising agency. In fact, it defines the starting points by asking a number of questions.

*How to translate this recipe on the plate?*

Is it a stew or fish, grilled meat or a dish with sauce ?

What will be the accompanying collaborative toppings?

To be brief, then, we have to set the order of implementation of all the elements involved in the composing of the plate. We must predict whether sauce should be spread before or after putting any element, and if we have all the proper tools, necessary

# Basic principles

## > The principle of unity

Here we shall demonstrate principles that may seem abstract, however, they are the underlying key factors, that shall be appreciated, when we are asked to see a presentation.

Although many factors are taken into account in the analysis of a presentation, one of the most important is the principle of unity.

What concerns are there, on the road to a great achievement?

Be it, the Culinary Arts, or any other art, the absolute principle of unity which is common to all artistic achievement, be it a painting, a photograph, or an architectural design of a garden.

Without respect for this principle, our designs and/or our artworks will appear incomplete and not be successful.

We could define this principle of unity as the coherent combination of several essential including the aesthetics and beauty (composition, color, volume, space, textures, support, etc.).

*Think balance !*

The overall success of the final table and the presentation dressed depends on the equilibrium between all these elements.

Some presentations are going to possess more colors than others, or more textures or volume, and some plates will be very simple or more complex, however once balanced, all these considerations will merit the reward of successful plating.





## > The choice of style

Fashion trends change as do kitchen styles year after year, and some top chefs are forging the changes in their style of presentations in particular directions.

Fashion has its complexities forms, volume pyramids, molecular cooking, and the act of shaking in all directions...

*Fashions change !*

These trends have a tendency to be short lived, while



on the other hand, the more formal modern classic styles never go out of style.

It is vital to keep abreast of these developments by analyzing what is going on through specialized magazines, competitions presented on television or by visiting the epicurean websites from all our Culinary Artist leaders on the internet. You'll be sure to stay within the current modes.



> The theme of the meal

Small dishes on large porcelain ? Of course, since we decided to impress our guests.

# Basic principles



*Remain logical*

It is quintessential, to note that the overall aesthetics of the presentation are mainly based on the specific beauty of each of its elements, especially on the visual appearance of the main ingredient.

In other words, if you have a fish fillet with potato puree and some sautéed vegetables, firstly, pay attention to the individual aesthetics of these 3 components before you even pay attention to the presentation at all.



# Artistic reflections



- > Rules of composition
- > Space management
  - > Colors
  - > Textures
- > Volume and sizes
- > Forms and shapes
  - > Graphics
- > The framework
- > The environment
  - > Kick-end eye
- > Recommendations



*As important as taste, the presentation of the food is a complex art form.*

*Plating-up is an essential step where you can express yourself effectively and the results shall be in a unique and extraordinary work.*

*When a person is not a Professional Culinary Artist, it can appear quite challenging to engage in the production of a visually creative dish.*

*Like any art form, there is no right or wrong way to create, so let your instincts guide you in your accomplishments, while applying some of these important rules which are tried and true.*

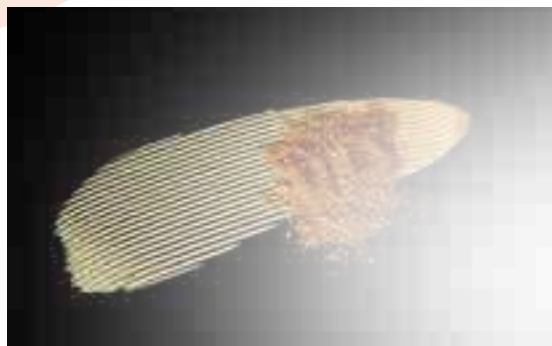




## > Rules of composition

As a Chef or home gourmet, we need to divide all elements and ingredients of our composition and prioritize them according to their importance.

Firstly, we are going to position and select an angle



of view, corresponding to the guest at his plate.

Then we must decide the precise position of each ingredient, from the most relevant to least important, and the main attraction which will point to the garnish trims.

Then one needs to associate the decorative elements, taking into account the colors, textures and shapes.

Finally, a choice in graphics and drawings can finish this stage for reaching the final dressage of the food styled presentation.

## *Symmetry or asymmetry?*

We also have to make a choice between symmetry and asymmetry. This all depends on the form of the ingredients presented, the geometry of the plate, the chosen graphic choices and the contrasts that we want to achieve on the final plating.

## *Dare repetition !*

Repetition is also an easy way to create a beautiful image. By, sub-dividing a piece of meat for example, in three identical small parts, placed side by side, with different toppings on each one, can add interest to the whole presentation.



When repeating elements on a plate, utilize an odd number (1,3,5,7 and 9) to avoid symmetry.

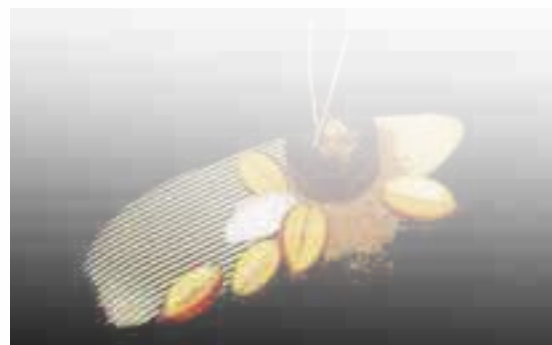
Indeed, the rule of numbers are used in many artistic disciplines. The objects displayed by odd numbers seem to bring optical unity to a composition. The logic behind this rule, is that by displaying an

odd number of articles, there is always an element that appears framed by those around them, and which adds to the harmony of the whole.

Finally, we will check the consistency of the overall artwork by analyzing more abstract data such as harmony, balance, contrast, use of space and respect for the chosen theme.

## > Space management

## *How to organize the space assigned ?*



To paraphrase a beautiful Asian quote : "The land that makes up the vase is the vase, but the emptiness inside the vase represents the essence of the vase."

Graphic design agencies often refer to the "white" or "negative" space, which allows items to exist. This white is essential to the composition and strengthens the elements of the presentation.

For food, the same applies. If the space is well managed, you will create a balanced dish.

Just as in graphic design, the eye will follow a path of elements. The eye will thus be guided along a guideline to go, one by one to view all the elements of the tasting coming.

## *Avoid using the entire surface of the plate !*

In terms of space, also consider the leading concept and background.

Everything must be visible from the perspective of the guest at his plate. This is why the highest elements will obviously be placed in the background so,

# Artistic reflections



not to impede the view of the rest of the plate.

Of course, depending on the volume of the ingredients of your composition, you should use jumbo plates rather than too small. The presentation will



Of course, pay attention to the awkward use of white space, which can create an incomplete plate.



## > Colors

All colors have meaning in our unconscious. They inspire our sensations or states, such as yellow for warmth, red for passion, green for nature, black for elegance.

## *The color is the envy !*

For food, we also have unconscious reflexes that



associate certain colors with certain tastes. Some colors are unusual for food like blue.

Not all colors match or go together. Just as you carefully choose the harmony of colors of the clothes you wear, you harmonize the colors you are going to present your plate.

First rule, too many colors on your choice will be associated with the theme of the carnival.

Beyond 5 colors, the dish may become garish. An elegant dish rarely exceeds 3 or 4 colors.



### *Do not overdo the color !*

Colors can be chosen because they are complementary in the chromatic scale (red, green, yellow and purple) or because they are close, or because they confront.

If your theme is spring, the colors are rather pastel.

If your theme is hot, black and red will go very well together.

Around the sea, the white will join the gray shells, to brown or green algae.



Think about the theme, associate the dish you have decided to present and note the colors that come to mind.

### *Try monochrome !*

When we talk about colors, we think to combine several, why not be creative and imagine a monochrome presentation?

While green! All in red! Why not! For us to imagine how "disguise" all elements of our plate. What is brown may, for example, be hidden in a lettuce leaf or grass under a cloud. All accompaniments and decorative elements can be broken down into a variety of greens.

It also has the full range of shades of one color: light to dark to express different textures, the chromes of this tone, or even the absence of color, or even the use of a neutral base (black, white, gray).



### *Dare to be original !*

And a composition in black and white ? Not easy to find dishes that are suitable. But cuttlefish ink, black sauce, white plate, black and white decor. Is varied textures, volumes, and there is a very original presentation.

We can also imagine a plate duotone (2 colors, regardless of the color of the plate), where the two colors represent an equal volume. Otherwise, we can choose to

The colors become their color very quickly when overcooked.

The next step is to imagine shapes, decorative elements (solid, liquid, dusty, salty, and sweet) to the desired colors.

We will discuss this later.

## > Textures

People recognize different textures by sight and touch. The texture of an ingredient also proves to be of great importance for the taste buds.

This visual texture becomes a mouth feel and brings a whole new dimension to the appreciation of the tasting to come.

The colors add, complement and harmonize textures and volumes, essential elements of food presentations.



# Artistic reflections

This is easily distinguished by looking at a piece of fabric, for example, in the case of denim, velvet, silk, and/or cotton.

Similarly, looking at a beautifully presented plate, you can literally "feel" the different textures of each ingredients or element and therefore appreciate or reject it .



This visible or tactile texture is evaluated from the initial visual perceptions.

Playing with textures significantly increases the visual appeal of your presentations.

By varying the textures on the same serving ware, the culinary artists have an additional way to showcase their presentations to the diners.

### *Play opposition !*

Textures provide us with a wide range of qualities: coarse, rough, dense, dry, fresh, crunchy, gritty, heavy, wet, smooth, uniform, viscous, etcetera.

By collocating and arranging opposing textures,

firm and soft, crisp and tender, crispy and soft, solid and fluffy, we play again, with a palette of sensations and visual effects.

For example, complete success with a caramel crisp texture and a smooth and creamy cushion base. Similarly, a creamy ganache based on a nougatine base will increase the pleasure of the dessert.

All these oppositions add contrast and bring extra sensations to achieve a more elegant and refined finesse of the final dish.

### *Work your textures !*

Everyone knows that crispy skin is the most valued part of a roast chicken, so you do not have to bury it under a pile of salad.

If you spend time to prepare a grilled filet of steak, do not over char the meat.





If you gently toast nuts for a banana cake, present the almonds and the bananas in slices instead, so that your guests can see hidden treasures.

If you put fried onions and crispy bacon in a salad, avoid hiding these ingredients under the greens, and sprinkle a few on top of your presentation.

Take the time to sear the exteriors of meat, fish or vegetables, to give them a nice appetizing texture.

When, associating colors, textures and above all, they need to evoke aromas and flavors. So pay attention to free the taste aspect prior to the dressage of the plate.

## > Volume and sizes

We have already talked briefly about the management of space on a plate; however, I would like to add that, the space is also designed in three dimensions. Here, I am going to discuss the concept of volume.

By giving height to certain ingredients in our compositions, we provide an extra dimension to food styled presentations. Additionally, placing these ingredients next to a flat element, by contrast, they will seem even higher.

*Keep an ethereal style, mix and light !*

However, do please note that it is not to create a heaviness or instability of equilibrium and balance.

Please do be careful, not to give the impression, "of a house of cards", that could collapse as in an explosion, in the first mouthful".

If you layer multiple items, they will maintain their position, as long as possible, even by using some tricks such as tooth picks or tiny skewers.

For example, an often forgotten presentation is a mixed salad.

These ingredients background.

In terms of land use, please do not hesitate, to subdivide the elements that seem too large.

To summarize, giving volume to your composition, denotes that it shall take height.

## > Forms and shapes

We have discussed the variety and contrast on colors and textures.

There are also numerous nuances on the variety and contrast in shapes.

### *A triangle verses circular or spherical !*

Just imagine a square plate for a dish with rounded shapes, and circular spherical ingredients. Another format could be, for example, a flat lozenge shaped porcelain with field greens on a fish cube, etcetera.

Everything is permissible in food styling, depending on your individual creativity and tastes, and take note, please do not be a confuist !

Now again, moderation is required. Please do not forget to take the sake of place.

Vegetables can be sliced in over a million styles.



# Artistic reflections



also different shapes.

As you catches the eye. In round sliced vegetables present more of an elegance and grace.

You can use a mandolin to slice some round vegetables (beets for example) into thin slices so that you can see the plate, or some long vegetables (zucchini, carrots) into ribboned streams or strips to present in a flat or looped format.

## > The graphics

Now that we have positioned our imagined elements on the plate, with their color, shape, texture, and volume, one can begin to think of how to polish the work by purely graphic details.

We can create lines, dots, designs, patterns, contours, flat areas or other decorative forms that include: the drizzling of liquids or using solids, powders or dusting or by sprinkling seeds.

All these graphic details enhance the presentation! A few drops of vinegar, or a caramel sauce on a filet, prevents the monotony on your dish and at the same time they will enhance in taste.

The ingredients that are more decorative or visually aesthetic, are going to create a road manager that leads the eyes from one element to the other, and henceforth, complete the overall aesthetics.





## > The framework

As if one is creating a beautiful picture or canvas, your presentation is part of a frame. It is the serving ware which supports and frames at the same time. Your choice is obviously crucial in order to highlight your presentation.

We will look at, what different media can be used, and how to use these forms of serving ware to develop and innovate the best food styled presentations.



## > The environment

A lovely food styled plate has to go hand in hand with a beautiful table. We will not discuss the art of the table here due to the fact that so many books exist on the subject. Please do not forget that your meal is part of a whole aesthetic, and that everything needs to be coordinated.

You should always ensure that harmony makes your special feasts a visual feast!

A nice plate setting needs a framework in time. It requires a story. For this reason, a beautiful table remains your best ambassador of good taste, elegance, and presentation that is why we have to take into account the degree of cuisine that will be served.

### *Plate setting tells a story.*

The table layout is essential. Crockery, cutlery, glasses, tablecloths, napkins and decorative items should definitely be color coordinated, blended and matched.

Please ask yourself, if each item that has been added, brings a positive or negative in the overall construction.



## > Kick-end eye

When writing a letter or a business email, it always verifies every detail however, also confirms the consistency on the subject matter.

In analyzing all of the points raised above, we need to ask all the necessary questions to check that the base of our presentations are harmonious, balanced, and consistent with the theme that shall provide contrasts, excites curiosity and creates an adventure for the palate with profound visual mix.

### *Decorating your surroundings*

and then, the silence that reigns around the table and the host, the gourmet or Executive Chef will have achieved their first goal!

The final step is the fulfillment of enjoying your work !



## > Recommendations

To be human, is to err. With this in mind, errors are often frequently numerous, however, you shall learn from these experiences, and not repeat them by applying a few simple recommendations.

Whether, it is the main element of your dish (meat or fish) or an accompaniment, please, remember to drain each of the ingredients before placing them on the dish, for example, to insure that the sauces do not drip on the plate. Nothing is more

disappointing than a beautiful dish that is ruined by a single drop of sauce. To avoid this, you should use a paper towel to absorb the excess liquid before placing the ingredients on the plate.



Secondly, start by having the largest, heaviest and most impressive elements placed as the bed of the plate, and then finish with the details while dressing the elements that cool faster and must be served hot.

### *Don't overload the plate !*

Overloading your plate, is wasteful and the guests will be unable to eat all of the contents. This also goes

# Artistic reflections

for decorations. You must be careful not to complicate the presentation.

To turn to, the next point, please, do not copy fashion 90s that involve sprinkling all with chopped parsley. By keeping up with the current XXI trends of the world's top culinary artists and leaders, will inspire new outlooks on food styling dressage.

### *Knowing when to stop is as important as starting !*

An extremely relevant recommendation is, the presentation must not endanger either the taste or the appearance of the food. The goal is to enhance the quintessential tasting.

Remember to use the ingredients wisely and not to overdo it.



### *A watchful eye on the cleanliness !*

At the end, please wipe with a clean cloth potential

failures, for example, splashing, to achieve the most beautiful artistic possible results.

The cleanliness and neatness of your plate should become a religion.

Additionally, some smart advice, is that you can prepare a small bowl of white vinegar and a clean towel to clean the edges of your plates. Nothing is more deplorable than fingerprints or wiping traces. Not appetizing!

Finally, you can serve the plate...





# Plating up supports

*After the conceptual part, we are going to discuss, in this chapter, the more practical, the equipment needed. This applies to all types of culinary and cookware essentials that will be required so that one can prepare and present their meals to their guests. We are also going to analyze the decorum on and around the plate, because a beautiful presentation needs an environment of matching accessories to complete the refinement of your food styled plates. The colors, shapes, sizes, and materials shall create different degrees of visual appeal, interest and tasting stimulation.*

*The overall quality of each plate and its correlation with the dishes defines the unity of culinary design and its impact on the meal.*

- > Setting the right size
- > Colors and textures
- > Shapes and design
- > Some variants
- > Sub-plates
- > The mini dishes
- > Verrines and spoons
- > And more...





## > Setting the right size

Randomly, if you open any Chef's cookbook, beautiful food styled plate presentations all have similar things in common, the most noticeable being jumbo porcelain white plates.

Good space management must be taken into account, not only the quantity of ingredients on a plate; however, also the choice of the right sized plate type.

On a personal note, I have a preference for a medium sized plate, not too large nor too small. It is always easier to add a little garnish as decoration to achieve an excellent ratio of servingware space usage.

### *Be refined !*

Avoid thick or coarse roughly surfaced plates that present an image of heaviness, and lack of refined elegance.

Another preference, I have are plates that are hollow with a slight edge which assists to prevent sauce



overflow. Some servingware have a very wide rim edge.

### *The right size !*

Additionally, to avoid a dish that seems to overflow, get lost in a "desert", wherein the ingredients do not have enough room or too little space.

From experience, it seems that the optimum size for round plates is 32 cm; 30x30 cm for square plates; and for rectangular servingware : 25x35 cm.

These measurements accelerate the best food styled presentations.



## > Colors and textures

In selecting presentation designs, the first rule is to avoid too many plates with overly ornate trimmed rims or color patterns.

With the usage of heavily patterned servingware, the presentation is going to look cluttered and confusing to the viewer and the ingredients shall appear as if they are embedded into the porcelain servingware.

### *Solid white*

White is the most common color for plates, and it is the most versatile. It provides a clean, neutral background that allows the colors and textures of the food to stand out. White plates are also easy to clean and maintain.



If you select a color, opt for a beautiful tone verses a garish or harsh hue.

Firstly, the plate is a support and there should be no visual distractions as much as possible, the key focus is the taste.



In turn to the subject of textures, and ingredients for your presentation, again, except for deliberate design choice; wooden boards for charcuterie and slate slabs generally used for cheeses may be unpleasant aromatically and activate challenges for cutlery or silverware.



## > Shapes and design

Amongst color hues, or tones, textures and sizes, do not suffer from eccentricity, as the beautiful shapes of plates available, can really add originality to your presentations.

The choice of models, whether square, round, oval, rectangular or elongated in special styles, there are dozens and dozens of models in existence, and each is more stunning and unique as the others.

### *No exuberance !*

As a gourmet or the Chef is the decision-maker, and to one's individual tastes, this shall not prevent your valued achievement of a refined presentation. Avoid excessive shapes, like cheese shapes, round, and fish shaped dishes, as they lack neutral appeal.

From trial and error, the best choices are : simplicity, diverse, sobriety, and class elegance, as these qualities do not contradict with the original preferred gastronomic shapes by the world's best Chefs. White plates with pipettes of abstract scribbles of ingredients, finish a shallow plating or bowl, and create a bowl design with modernity at its base.







# Plating up supports

## > Some variants

We had discussed "conventional" plates, and while advocating original shapes, our creative fibers, tend to inspire us to utilize more surprising variations.

Some curiously phenomenal means to plate include : wooden planks, or boards (for roasts), slate slabs, tiles, seashells and even mirrors.



The arts & crafts markets are an absolute treasure chest for ideas to create some of the most amazing plate presentations.

## > Sub-plates

If you are an enthusiast of the beautiful table, you can employ the use of a sub-plate, a larger plate which is placed on the bottom of the main plate which is smaller in dimensions. Another aspect to the layering of sub-plates is to break the monotonous rhythm of the composition by taking a different shape, color and texture from the main serving plate.



These layered sub-plates have the following functions. Firstly, the visual beauty; secondly,

the usefulness of supporting the main dish from tipping, and last but not least, to protect the table from hot dishes. Furthermore, one can find sub-plates in a vast variety of materials, including wicker and natural fibers.

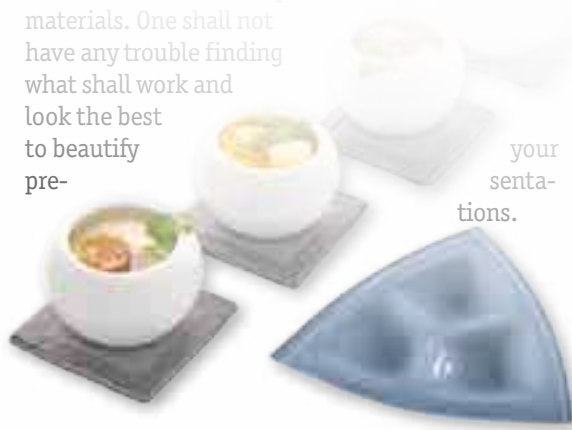
Additionally, we can replace layering sub-plates, by setting placemats however, one must be very cautious not to overload the decorative aspect by combining too many accessories.

## > The mini dishes

A vast majority of plated dishes are difficult to in an elegantly manner.

By dividing a presentation such as tagliatelle or mini rack contained within the porcelain vessel.

This mini dish bowl holders, come in uncountable colors, shapes and even materials. One shall not have any trouble finding what shall work and look the best to beautify your presentations.



## Practical and aesthetics !

Furthermore, when positioned on a large white porcelain or an impeccably beautiful slab of black slate, very selective mini crockery permit the development of difficult foods to be presented elegantly.



These mini holder bowl shaped dishes enable the transformation of a classical dish into an evolutionary modern culinary art work.

Additionally, we can revisit the presentations of traditional dishes such as cassoulet, tajine, beef stew, casseroles, lasagnas or even pie-tarts.

## Keep warm !

To sum up this paragraph, an additional advantage, besides being useful and highly attractive, these small vessels, will keep your food warm longer.

## > Verrines and spoons

The use of glasses or crystal has become a classic presentation of aperitifs, appetizers and starters. Ditto for aperitif spoons.



Their usefulness is multiple, for example, to isolate some sauces on the plates, some spices, some seasonings such as Wasabi or Soy Sauce, and Mustard, which could smear into other food ingredients.

One can even use a small vase for a gravy boat. An



... or use the other servingware and/or decor of the table and dining area.

The keys are to make sure to harmonize with the rest of the dining accessories and the food profile presented.



Some small crystal glassware can also be cumbersome when setting up the support plate and the main plate table setting.

Other means, to present sauces, which provide an evolutionary fashion look, are test tubes and syringes for example.



## > And more...

With a limitless imagination and creativity, one shall probably be even more illustrious in artistically presenting your accomplishments of fine dressage.

Why not gather some beautiful beach pebbles ?

Some countries even, use banana leaves to insulate their recipe ingredients.

Additionally, an egg shell can also serve as a vessel to present your dish, and furthermore, a cutting disc, shall serve as a new plate too.



An oyster shell, or sea scallop shell, is extraordinarily an original way to present mayonnaise, or a seafood platter.

There is nothing that can prevent one from sub-dividing a large plate into several sectioned-off mini plates.





# *Instruments and tools*

- > Simple Instruments  
and basic tools
- > More sophisticated  
instruments
- > Assorted instruments  
& Gadgets
- > Accessories  
& Consumables



*Whether, building a house, or sculpting a sculpture, or creating a beautiful dish, you shall need excellent quality tools to work with.*

*Whilst, training techniques are fairly simple, there are numerous steps for preparing the elements involved in order to reach your desired goals.*

*In this section, we are going to look at the tools, you shall require and the items you need to keep on hand, to create the dishes you want and set the tables properly.*

*This list, though not exhaustive, lists the most common used kitchen tools needed to produce your final work, the food styled plate.*

# Instruments and tools



## > Simple tools & Basic Tools

Like any artist, of course, we need a few basic tools for working under the right conditions. To rest assure, nothing fancy though.

These few tools are generally found in one's Kitchen and are extraordinarily useful to us.

With these simple tools and a little coaching or training, for specific types of usage, you shall be able to re-cre-ate the aesthetics of the plate with relative ease.

This list is far from exhaustive. It serves as a basic list. There are many other tools, one might require according to their decorative ideas.

> A medium size wooden cutting board called a Butcher's Block : note that some cutting boards even permit the evacuation of the peels or zest in a side receptacle.

> Spoons and forks are graphical tools to drizzle or smear or splash some sauces on the plate or to form the edge on ravioli or dumplings or a pastry shell.

> Some good quality very sharp pointed knives from 10 cm. to 13 cm. in order to slice the finest cuts.

> A serrated bladed knife for peeling fruits and vegetables with deep, regular slashes and slots.

> A paring knife for peeling fruits and vegetables.

> A slicing knife or cheese slicer for to obtain chopped pieces or thin meat slices.

> The corn grater prints fine sketches or regular giving beautiful zest strips.

> A good quality special butter knife to form the shape of shells.

> A spoon scooper or spoon bailer used to scoop ice cream, melons, and zucchini or courgette to create balls about the size of a marble, in various assorted fruits and vegetables for example as potatoes and cucumbers.

> An ice cream scoop to create small domes.

> A brown brush to spread butter,



extra virgin olive oil, sauces or melted chocolate.

> Several size brushes of different line widths, for painting our plates.

> I also utilize some DIY (Do it yourself) "squeegees", some of which are spread and indented with notches and neoprene glue, or tile adhesive to enrich the cut out drawings for part of the traps on the plate presentation in the grooves.

> A small brush to spread butter, or to paint the plate.

> A small brush to spread butter, or to paint the plate.

> A small brush to spread butter, or to paint the plate.

> Normally, used to remove bones from fish, is a clip edge can also be used for decorative ornamentation.

> Large format pliers : are used to grasp an ingredient or take or turn food over while in cooking stage.

> A Mortar & A Pestle : This wooden bowl like object and a club shaped

thick stick shaped pounder are used to crush almonds, garlic with basil pesto and coffee and nuts of all types including almonds, hazelnuts etc.

> Kitchen scissors : We use these to cut lettuces amongst other ingredients to create bite size pieces.

> A garlic press : This is used to obtain a garlic purée.

> A universal grater : this is utilized to grate carrots, cheese, beetroot, cucumber and numerous other vegetables.

> Pastry tubes that are pre-made disposable : these are used to handle semi-thick liquids and to create decorations with creams or pastes, for example frostings on pastries.

> Pastry circles : These are used in similar fashion as Cookie Cutters are, or as stencils, to cut or create shapes and designs. They can be round, square, or rectangular. They are also utilized to provide proportion and in the straightening of ingredients. They offer graphic and aesthetic presentations and allow identically measured proportions.





# Instruments and tools



> Vials & pipette tubes : These plastic laboratory looking instruments, sort of a plastic or glass lab tube, with an elongated snout, and precise tip are used to drizzle and dot sauces, salad dressings, and additionally, can compliment a presentation by being part of the said presentation. They add great style and are extraordinarily fashionable.

These instruments are essential in order to draw and/ or paint on plates, as if they were markers; one can create lines, zigzags, almost a tattoo. The Pipette Tube also controls quantities of the liquids to which you are dressing your plates with. Furthermore, they are also commonly used in Extra Virgin Olive Oil Tastings.

> A silicone baking cloth : This is an idea for smooth flat baking. They are non-stick, and are more effective than parchment paper. They also do not absorb grease or lard. It is also an excellent means for long term cooking methods.

> From my own experience, I am going to add a quintessential instrument, used for graphics, simply called a "Ruler" which enables the gourmet or the Chef, to draw lines and align elements however, without touching the plates.



I also employ a towel holder, usually wall mounted, large enough to overlap on the larger plates.

In regards to the rest of uncountable kitchen instruments now available, you probably already have: whisks of all sizes used to beat eggs, containers, spatulas, wooden spoons etc.

To begin with the instruments listed in the previous chapter, we are going to require some more sophisticated instruments.

> The mandolin for example, is a basic must. This adjustable blade, vegetable slicer, is magic for cutting, grating, slicing of fruits, and vegetables, tubers, potatoes, strips, ribbons, and so on...

> The vegetables shall be seen in a new light, giving volume, to your presentations.

> The siphon is necessary to create whipped foams and emulsions.



## > Assorted instruments & Gadgets

In this chapter, we shall present all types of kitchen gadgets.

It is up to you, to sort-out which you consider relevant.

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

• Kitchen Fresh press

## > Accessories & Consumables

Here, we shall find a list of different accessories and consumables that can beautify and enhance your presentations and/or assist you in the preparatory stages.

> Grease proof paper or Baking parchment.

> Aluminum foil.

> Plastic film or plastic wrap.

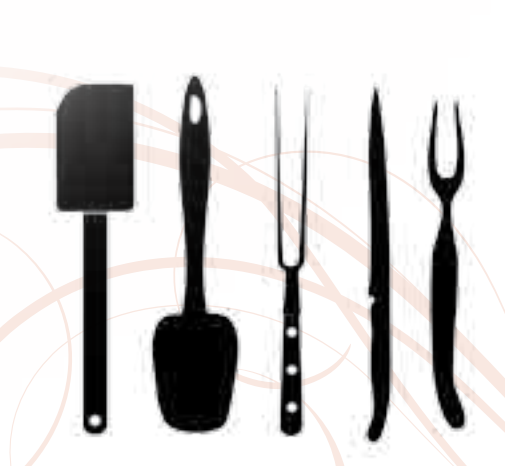
> Tooth picks skewers, and mini wooden or bamboo spears of different styles and sizes.

> Small containers, cutlery, and disposable plastic tools which today appear as if they are made with glass.

> Freezer baggies to assist when you do not have piping bags.

> Different templates made of cardboard, and that can be cut as desired. They serve to guide or be used as stencils for drawing shapes, lines, or more complex patterns.

> Disposable pipette tubes which are similar to eye droppers and assist in the creativeness of dotting and decoration when one needs tiny quantities of liquids for designing.





# Products and materials

- > Creamy products
  - > Powders
  - > Liquids
- > Fruits, fresh vegetables and condiments
- > Edible flowers
- > Shoots, grasses, leaves
- > Seeds and dried fruits
- > Other innovative ingredients
- > Inedible items



*For those of you who are purists, all products and raw materials that will be needed for decorative plate dressage are organic and edible.*

*According to their flavors, and characteristics, they shall obviously be chosen in accordance with the nature of the dish you are preparing.*

*Solids or liquids, pastes or powders, colored or pastel hues, and refined delicateness or coarsely textured; there are infinite options and one can be spoiled with uncountable choices in selecting one ingredient over another to enhance plate dressing.*

*In this section of the book, we are going to take a look at, a number of ingredients that can be implemented on our plates. These are simply some of the uncountable possibilities in the development of our creativity.*

## > Creamy consistency products

Spread chocolate, butter, peanut butter, mashed potatoes, mayonnaise, mustard, ketchup, jams, jellies and marmalades, anchovy paste, whipped cream, eggplant caviar, tapenade, garlic purée, heavy cream and caramel...



Depending on the degree of creaminess, we can use all kinds of gadgets and instruments for shaping and smearing.

These creamy dressings and ingredients can be manipulated with a piping bag or syringe as well.

The consistency will be chunkier with a spoon for example, while preparing mashed potatoes.

Butter may be shaped into shells with molds and/or arranged in ice cube trays or molded into desired shapes.



## > Powders

Cocoa, cinnamon, pepper, sugars: brown, golden, white, flavored and colored and fine white sugar, salts, spices for example: curry, turmeric, saffron, paprika, etc...

Furthermore, finely crushed walnuts, hazelnuts, almonds, and peanuts for encrusting, flour, poppy seed powder, crushed crackers, parmesan cheese, and other finely grated cheeses.



Strolling through a mega supermarket's shelves and in craft markets, she found



Chinese stencil or mask of various



Please also note: all forms of crumbs, and other broken minute tiny pieces of cookies or biscuits or crackers can create remarkable garnish.



## > Liquids

Sauces, oils, vinegars, soy sauce, cream, caramel, balsamic reduction, beef syrup, mustards, wasabi mayonnaise, mustards, can be combined with a little bit of cream

oil, and a little bit of cream. You can also place your sauces in small containers, or jars or cups, and place them directly on the plate, leaving each individual to dress their own plate and use them to pour their own moderately to stay within the aesthetic mode.

Another simple preparation is a syrupy texture. To conclude, one can even sign their presentation with a logo or signature.

Entire books are devoted to the processing of fruits and vegetables and their decorative ornamentation.

## > Fruits, fresh vegetables and condiments

Tomatoes, cherry tomatoes, passion fruit, lemon and sliced lemon zest, onions, currants, pomegranates, sweet green peas, lemon pulp, oranges or ruby grapefruits, pineapples, star fruit, olives, small peppers, capers, pickles and bamboo shoots...



Of course, exotic tropical fruits, sliced, fresh, or dried and vegetables additionally provide us with extraordinarily imaginative ideas.

Entire books are devoted to the processing of fruits and vegetables and their decorative ornamentation.



Both the Internet and literature works are full of illustrations and methods for artistic slicing of fruits and vegetables, the art of carving. You can easily find plenty of examples.

These creations shall make your plate presentations more appetizing.

One can dig up numerous original, both creative, renovated, modern and even vanguard with fruits and vegetables.

These creations shall make your plate presentations more appetizing.



## > Edible flowers

(Nasturtium, lavender, borage, violets, marigolds, freesia, sweet green peas, wild pink roses, cornflowers, zucchini or courgette blossom flowers, bergamot, carnations, poet eye, sorrel, rosemary, basil flowers, mountain blueberries, primrose and cowslip...

The flowers listed above, the large majority is edible. Of course, you can eat them and above all, use them to enhance your plate presentations. They are going to delight your guests not only with their beauty however, with their colors.

The flower is an adornment element and very simply to implement and furthermore, provides proportionately stunning results.

We are not going to cover the tasting element of floral flavors, some pairing better with salty or spicy dishes and others with sweet desserts.

Do, always check their origin, unless they are grown in your own gardens. It is imperative that they are free from any pesticides or other toxic chemicals.





## > Shoots, grasses, leaves

Parsley, cilantro, chives, mint, thyme, bay leaves, lavender, dandelion sprouts, asparagus, bean leaves, pea pods, nettle shoots, wild rocket, Hawthorne leaves, chickweed, samphire, fresh sprouts and shoots...

Imagine, that your presentation is almost completed; however, something seems to be missing. Some



fresh herbs and seedlings can finish off the dressage of your plate in a jiffy, and possibly you can even utilize the ones, that you have already prepared your dish with.

Some ingredients, may be diverted from the usual usage, and be turned into decorative elements too. A reed of lemon grass, a sprig of thyme or rosemary, for example can turn an ordinary skewer of vegetables into a masterpiece of art, and furthermore, can adorn cubes too.

## *A freshly originally ornamented plate!*

In order to reform a traditional sprig of parsley from the 1990s, chic restaurant Chefs, now prefer to use of variety of young tender shoots just picked directly after germination.

Pinching these shoots, dress up a plate instantly with a true sense of freshness.

You can find fresh shoots, at any Farmer's Market or in specialty stores. You can even grow some varieties on your balcony or in your garden or on your rooftop terrace.

## > Seeds and dried fruits

Coffee, black pepper corns, red pepper, corn kernels, saffron threads, sweet peas, sesame seeds, poppy seeds, chickpeas, pine nuts, beans, raisins, anise stars, almonds, hazelnuts, walnuts, vanilla beans, and small dry chilies...

Another inexhaustible source to enhance your plates, are seeds and dried fruits. These are available in a wide range of shapes, textures, colors and of course flavors. You shall be quite amazed by the choices one can encounter.



## > Other innovative ingredients

Lumpfish roe, in black, red, or orange, candies, roasted spaghetti, shrimp or prawns, seaweed, colorful jellies or jams, Chinese pearls, popcorn, oatmeal, and other grains and cereals, biscuits, risks of bread, potato sticks, cheese doodles and



# Products and materials

## > Inedible items

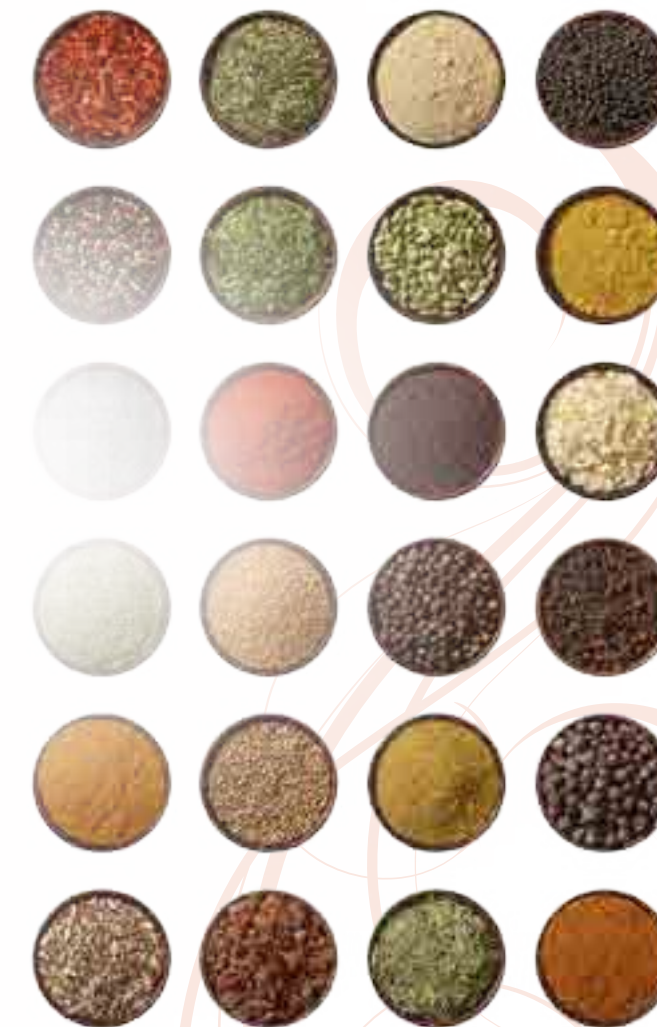
Sea shells, toothpicks made of wood, straws, dried seaweed, skewers, cooking string, and pikes...

Even these are not really consumables, many materials and several accessories effectively help you to bear, coat, and contain enhance ingredients of your achievement.



Use of metallic shiny or dull gold, silver or bronze leafing has become an edible epicurean form of specialty ornamentation in today's gastronomic world once again.

Noble subtle sparkles, dusting, flakes, petals, foils or sheets, which do not alter the taste of the other ingredients, shall provide your creations with an undeniable extraordinary dignity and originality that will forge admiration from all your guests.







- > Comics strips
- > Castings
- > Some stripes
- > Miscellaneous drawings
- > With a spoon
- > Impressions

# *Drawings and graphics*

*Now, we have arrived, and are up against the wall.*

*We had thought, we were in the kitchen, however, we have found ourselves in a painter's studio or sculpting loft.*

*In a similar fashion, we have to use a number of tools, drawing techniques and decorating instruments and gadgets.*

*Some of these tools are very similar to those of artists.*

*We had previously listed the most common, however, now we shall turn to the different ways in which to use them properly.*

*To master the techniques of achieving creams and sauces, lines or curves, and spoon or brush and what can be produced.*





## > Comics strips

Imagine, a painter, in front of his canvas, and the most common of instruments he has in his hand, is of course, the brush ..



For our plates, this same tool, shall allow us to create the lines, thin, slim, or broad, density - less or more, minimalist colors, the addition of colors, and thus, arriving at the finish, that shall set and dress the composition.

In general, our primary aims are to produce, straight uniform lines. A little practice is definitely going to be necessary to control the strokes of the brushes.

### *Visual is a priority !*

In the ongoing concerns for delicateness, the strokes must be refined and justified. Their presence is, in fact, to provide the visual relevance of the plate's ingredients. A line must enhance the appearance of the presentation, not stifle or hinder it.

For example, one can use a brush to decorate a plate in a graphical way. Firstly, dip the brush extremely lightly into some extra virgin olive oil or another, and draw a trail on the plate. Then, with a light dust of pepper, paprika, chives, etc., on the plate, blow off the excess line effect and it shall create a and decorative detailing.



### *A squeegee for glue-ing a carpet !*

Related to the same family as the brush stroke effects, we can place squeegee strokes, smooth or serrated like those used by weavers to spread the glue on carpets.

With this tool, you can increase the opportunities for painting on plates.

The variations are totally endless: for example, sauce staining, powders or dusts, a scraped effect, straight or zigzagging.



## > Some stripes

A sharp edged tool or spoon, can wipe the sauce flows, and you shall still have liquid caramel for example and be able to further extend your possibilities for making your own patterns.





# Drawings and graphics



## > Miscellaneous drawings

With the same instructions, previously mentioned, we can also create more sophisticated designs. Tattoo catalogues are an amazing source of inspiration. The requirements for this type of artwork are Pipette tubes, and/or a Pastry Frosting piping bags. For troubleshooting, one can create this tool from parchment paper rolled into a cone and then, piercing the nozzle.



## > With a spoon

One of the tools most commonly utilized for sculpting and decoration is a spoon.

To create a dome, we use a spoon to spread the ingredient from the center outward or away from the home gourmet or Chef preparing it. Then, the necessity of practicing this movement; in 1 direction, a circular movement, to achieve a smoothness and creaminess that is honorable.

This technique provides a consistency and reduces the possibility of pastiness or too liquefied.

## > Impressions

Masks, stencils, stamps, and punching here will be used to achieve different effects.

### *With a stencil !*

Stenciling effects, can be achieved by a a variety of sizes from a sieve, to create decorations by depositing powders through the stencil ..

The punched out holes patterns, created by a cut - where, one can draw all types of patterns.



### *With a mask !*

You can for example, create the shapes of a knife and use them as masks.

or icing sugar, on a will get a repro-



### *With a stamp !*

Different objects, more or less diverted from their function for example, crumpled aluminum foil, sponges, bottles, etc. These can act as buffers, like stamp pads. They can easily be repetitive in patterns with different colors of the sauces. The difficulty is choosing the liquids (syrups or sauces) that allow a buffering effect.







- > With fruits and vegetables
- > Moldings
- > The "Molecular"
- > Small foams
- > Gelation
- > Food colorings

# Some more tricks



*We are entering an area that could well be the subject of an entire book on its own. Everyone knows or has come up with some personal tips or tricks. Every great leader has developed his own methods for his personal success. With fruits and vegetables, flowers, sugar, caramel, dyes or jellies, there are a few tips utilizing molecular gastronomic methods, and this chapter, deals with and examines some additional resources for inventing your own decorations for your plate presentations. Internet is full of tips, suggestions and tricks, of all kinds. If you browse on the Internet, jot down in a notebook, each tip that appeals, and take a look at forums, that deal with the culinary arts, recipes and the art of plate dressing.*

## > With fruits and vegetables

All fruits and vegetables, plants in general, are essential to accompany and garnish our plates. We shall present, a few tips to make the most of these decorative schemes.

### *Maintain and strengthen the colors of vegetables !*

In order to do this, it is essential to blanch the vegetables before using them as toppings. Just dip them in salted boiling water for 1 minute, drain and plunge them quickly into a bowl of ice water, where they shall remain, until you are ready to plate up your dishes.

Please do not forget to thoroughly dry the ingredients, prior to using them.



### *Some decorative fries !*

With a variety of plants, peeled tomatoes, basil leaves, etc., we can obtain small colored fries which are very fragrant and delicious.

### *Beautiful "cristallines" clear and transparent !*

"Cristallines", transparent vegetables and plants, are a culinary creation that culinary artists and Chefs are using more and more today.

These botanicals should be handled very carefully.



mandolin, into thin sheets.

These slices should be handled very carefully, brushed with syrup, and then placed in the oven to crystallize via dehydrating them.

In a metal box, which seals out moisture, these transformed crystals shall beautifully decorate your plates.



When you are ready to use them, you can cut them to the desired shapes.

With these decorative elements, you can, for example, provide height to your plated presentations.



### *Crystallized petals !*

Both the leaves of roses, and the petals, or other flowers of choice, can be crystallized for impeccably beautiful decorations.



Firstly, they have to be passed through a solution of Gum Arabic, and once drained; they are sprinkled with a fine sugar. After the drying process, you shall have newly scented and colored petals.

They are fragrant and delicious.



### *Fruits and vegetables colorful slices*

This is not an original concept. There are over a thousand types, and ways in which to create, and re-invent fruit and vegetable forms for garnish and decorative plating.



These botanicals should be handled very carefully, and then placed in the oven to crystallize via dehydrating them.

They should be cut the same way, and mix the pieces of the palette... Slices, cubes, strips, etc. and re-store them in alternating colors.

Feel liberated, to invent new forms, such as multicubes, a chessboard, etc.

Some gourmets and Chefs, come up with some rather surprising creations that marvel their guests.



## > Moldings

As we have seen, above, the use of baking molds, are particularly interesting for achieving stunning decorative effects. They also prevent disorder and bulk.

It is much more visually appealing, to admire a vegetable salad in a cylinder shaped format, smoked salmon in cubes or a portion of rice in a dome shape.





## > The "Molecular"

The term, molecular gastronomy, according to Oxford, is a sub discipline of food science that seeks to investigate the physical and chemical transformations that occur in cooking. Henceforth, the



blending of physics and chemistry to transform the tastes and textures of food ingredients.

## *Gelation... Spherification... Emulsion...*

Chefs in France, have entitled molecular gastronomy : Multi Sensory Cuisine or Modernist Culinary Physics.

Amongst the multiple processes, which include : gel-ing, sphericiation, and emulsion; since 1988, molecular cuisine has proven that a renewal or transformation is possible in the culinary field.



With amazingly surprising results, even spectacular, the implementation is rather complex in preparation of an entire meal.

## *Dyes... Additives...*

Multi Sensory Cuisine, still including dyes or food coloring in the addition to the

Processes of molecular



of different results, tastes, textures, and colors from those we usually find on our plates.

The exploration of all possibilities, run a little "parallel" when they are tested in our creations.

Without going into the novel techniques, many methods and ingredients allow us to approach, or even mimic the molecular cuisine.

Here are some techniques used in classic cuisines that will remind you the results in Molecular Cuisine, and their textures, colors and effects.

## > Small Foams

A foam is very similar to an emulsion. At the basic level, foam is a structure that traps air bubbles and foams are similar in this way to emulsions. The structure can be a protein, water or fat

Protein for all techniques



is a structure.



## *On the way to a world of bubbles !*

Recently, the development of foams has been reintroduced due to a tool called a siphon, a handy device for emulsifying.

A "espuma" in Spanish, which is translated to foam in English, is a name which emerged with Molecular Cuisine, to discuss foams and preparing them with a siphon which injects air or other gases into the preparation.

Chocolate or whipped cream for example.



It would be a shame to waste gelatin. It has in fact, numerous applications in the culinary field, particularly in the

development of sweet or sugary foods.

To define the term gel, is to form a solid via cooling or freezing. The Chemical term is the act of the process of forming into a gel and the physical definition is the act of freezing into a liquid.

# Some more tricks

Gelatin is used to change a texture of a preparation. It has the property of binding, thickening, emulsifying or stabilizing. For example: it is used in the preparations to reconstruct the texture of a food, for example : a lard.



Depending on the desired results, one can choose from multiple gelling or thickening agents such as: starches, potato, and cassava and/or the thickening agents of agar, carrageen or fruit pectin, apples, quince and



Food coloring is additives used to modify, enhance, or add color to a food or to restore the original color in its bulk appearance and/or surface.

The dyes can be applied to a wide variety of ingredients, for instance, Japanese pearls, jelly, sugar chouquettes, etc.

Numerous foods and preparations are dyed or food colored, for bringing visual harmony to the plates without altering the taste of the ingredients.



There are 3 types of food colors : synthetic dyes, artificial colors, natural dyes

Sprays, powders, pure or diluted, there are uncountable choices for everything and anything in relation to food coloring.



# Artistic drawing up

*In regards to food, we all know, the first impression is the visual appearance, followed by the aromas and the taste.*

*The more beautiful a plate is, the greater the desire.*

*Running parallel to the theatre, our dishes need to be staged and the scenic set, of our plates, to visually stimulate the viewer, the diner.*

*Cooking good food is an art. However, on the plate, your work wants to be appreciated, and wants to be eaten. It is likely that your guests - or jury - shall judge the dressage.*

*Home gourmets, professionals and students, here are numerous pictures to accompany and inspire your next creations.*



- > Starters
- > Dishes
- > Cheese
- > Desserts
- > Meat
- > Fish & Shellfish
- > Sweet
- > Salty delicacies
- > Etc.



# Fishing mirror

## > Concept

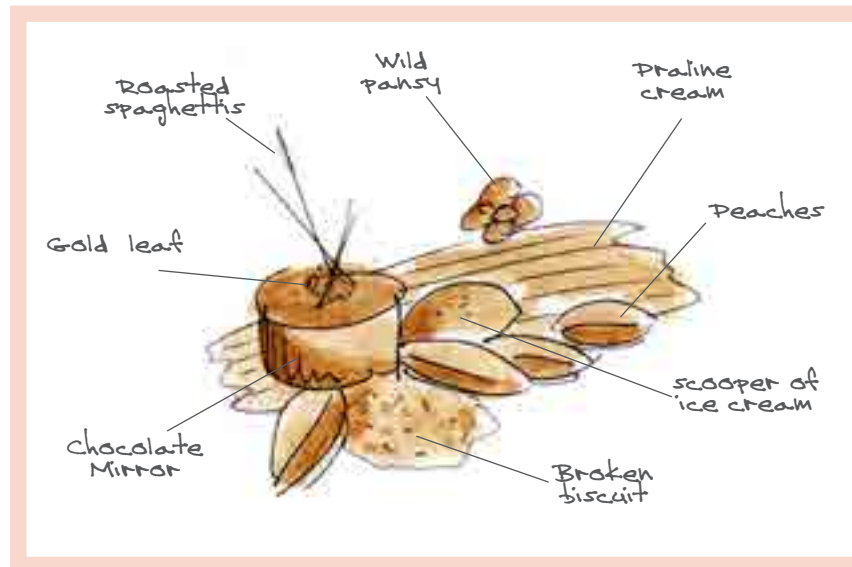
Imagine a whirlwind culinary adventure for the palate which stimulates all your senses. To add to this epicurean escape, a visual venture of ecstasy that activates all your pleasures and brings on a feeling of melting with pleasure! Everybody shall be eternally grateful to this delightful tiny aromatic bean composition.

## > Ingredients

- Dark chocolate cake or Fondant
- Peaches
- Praline cream
- Hazelnut biscuits broken into tiny particles
- Whipped cream or ice
- Icing sugar to coat the spaghetti
- Gold leaf and yellow flower

## > Plating up

- On a plate, trace the design with praline cream and put a tablespoon of cream. Then spread the cream with a Squeegee glue comb
- Spread a teaspoon of broken biscuit pieces and put on the circular disk
- Make a mound of 2 tablespoons of whipped cream and place it delicately in front of the cake
- Slice the sea scallops and split them in the middle to create a ribbed effect
- Place a small yellow flower on the side of the composition
- Sprinkle a little cocoa over the whipped cream
- Finish the installation of the presentation by pricking 3 twigs and depositing gold foil on the cake



If you feel comfortable with the handling of the caramel, you can create a beautiful sweet sculpture to replace the decorative spaghetti.

This composition is best situated on a black rectangular plate.



# Marseille head to tail

## > Concept

Although sardines are not seen as an extraordinary exceptional dish, knowing how to present them in a rotation, in an assortment of colors, well organized and prepared with chic style, one can also, truly appreciate these bright multi colored tangle of small vegetable rolls too.

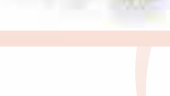
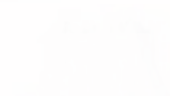
The assembly and result is worthy of dazzling your guests.

## > Ingredients

- Marinated fresh sardines
- Black radish
- Carrots
- Zucchini or Courgette
- Cubed beetroot
- Salad leaves
- Decorative flowers
- Vinaigrette

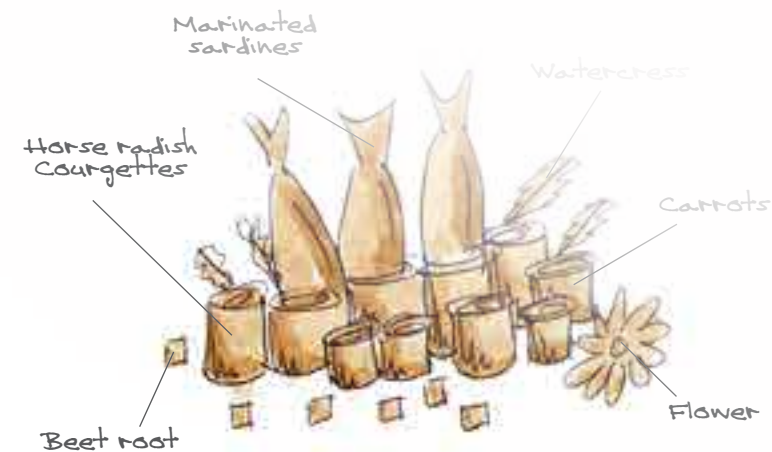
## > Plating up

- Slice the vegetables into strips and poach slightly to loosen their stiffness... It allows rolling more easily
- Create all small vegetable rolls before drawing up the plate
- Keep 3 beautiful black radish strips to wrap the base of the sardines so they shall stand up right
- Place the heads of the sardines downward
- Arrange



- the top
- Arrange a few lettuce leaves of the vegetable rolls
- Add a few cubes of beet root to the composition, dotting the cubes randomly
- For the finishing touches, gently place the flowers in front of the vegetable rolls

You shall have your vegetables rolls, paired with a matching flower and please, do not forget to plunge the vegetables into ice water to maintain their beautiful color.





# The circus of Tartars

## > Concept

Sauces have been subjected to uncountable culinary variations since ancient times, having traversed the Mongolian Highlands and even the Koreans. This epicurean delicacy of modern times, is a carnivore's dream of raw meats, is a simple and efficient but artistically rebellious plating up presentation. It is a challenging creation.

## > Ingredients

- Minced beef tartar knives
- Egg yolks
- Tomatoes
- Red onion
- Capers
- BBQ sauce
- Fresh mint leaves
- Grilled sheets of puff pastry

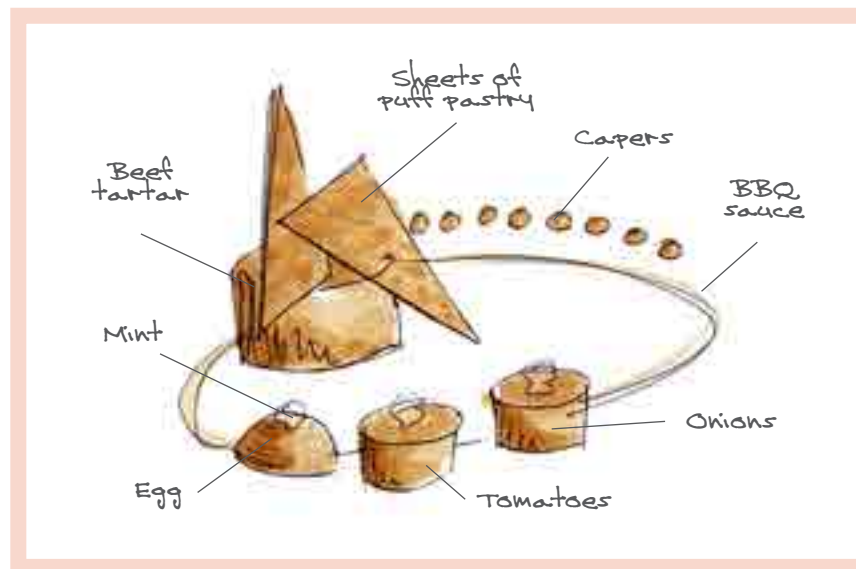
## > Plating up

- Begin by sketching an oval track shape with a pipette vial lab tube filled with tomato sauce or BBQ sauce
- With a punch, create rolls of ham-burger meat
- Place the meat on a butcher block wooden board
- Make 1 cylinder of tomatoes and 1 of small minced onion and arrange on a plate
- Place the egg yolk gently
- Align the capers behind the meat on the edge of the tomato coulis
- Place a small mint leaf on the egg, tomato and the onion
- On the meat, gently lies a sprig of mint or parsley with a little onion
- Finish by placing 2 sheets of toasted triangular puff pastry to provide height for the mounting



Tartare is often served with a green salad and in some cases, fries.

You shall easily find an original container to present your next composition.



# The three Graces

## > Concept

The nobility of sea scallops and walnuts in a gourmet creation require sobriety to ensure a full gourmet creation.

Therefore, I have chosen to purify the plating arrangement, by limiting the number of colors to install in this precious monochrome composition.

## > Ingredients

- Sea scallops
- White beans, split peas, green string beans puréed
- Cream of green vegetables
- Zucchini or courgette
- Mesclum variety of green salad leaves
- Fresh dill
- Colorful mixture of berries

## > Plating up

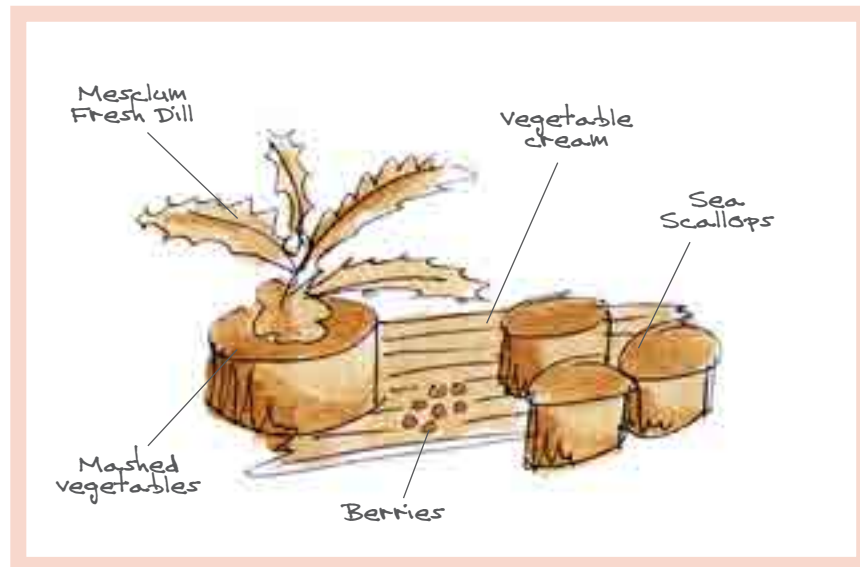
- Draw a trail at the bottom of the plate, with the semi liquid vegetable cream with a tablespoon of 10cm. wide and spread with a squeegee glue comb
- Line the courgette and fill them with the mashed vegetables and sprinkle with the assorted berries
- Place the molds on the plate, and trace of the cream before removing the molds.
- Arrange 3 of the sea scallops
- Carefully take 4 or 5 strands of the Mesclum and 1 sprig of Dill and lightly sprinkle on the purée
- Garnish with multi colored whole berries



This presentation can be enhanced on a hot slate slab.

The original composition merits a multitude of variations.

Daringly creative, this dish can be substituted with filet mignon or eel.





# Keep your ranks... Fixed

## > Concept

Sea scallops have always been a distinguished delicacy that we have reserved for special occasions. Therefore, it is essential that the focus be on the composition and has the leading role visually. This suggests that we accompany a beautiful explosion of colors, yet, while remaining moderate with accompaniments, to maintain the lineage in elegance.

## > Ingredients

- Sea scallops
- Various cooked vegetables (carrots, zucchini, beetroot, red and green or gold peppers and sweet potatoes diced into cubes)
- Mini peppers, small colorful dwarf peppers, and tomatoes
- A dill bouquet, flax seeds
- Purple Poppies flower

## > Plating up

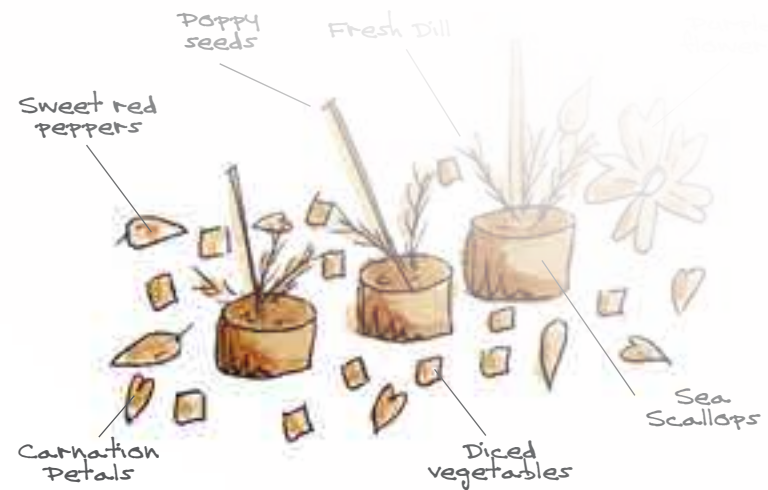
- Dice small cubes of assorted vegetables and decorative sticks, for example, cocktail sticks dipped into honey to fix the poppy seeds or spaghetti sticks
- Arrange and align the sea scallops
- Add 3 small peppers of different colors
- Adorn each with a sprig of dill and twigs
- Finishing off with carrots and - p



There are long narrow porcelains that shall fit perfectly for this creation and are available online

This plate presentation of grand originality is richly and royally colored

Imagine, for example, green vegetables, and thus, varying the forms and textures, from cubes, to beads, or sheets so that there is no monotone.



# Dance of the Elves

## > Concept

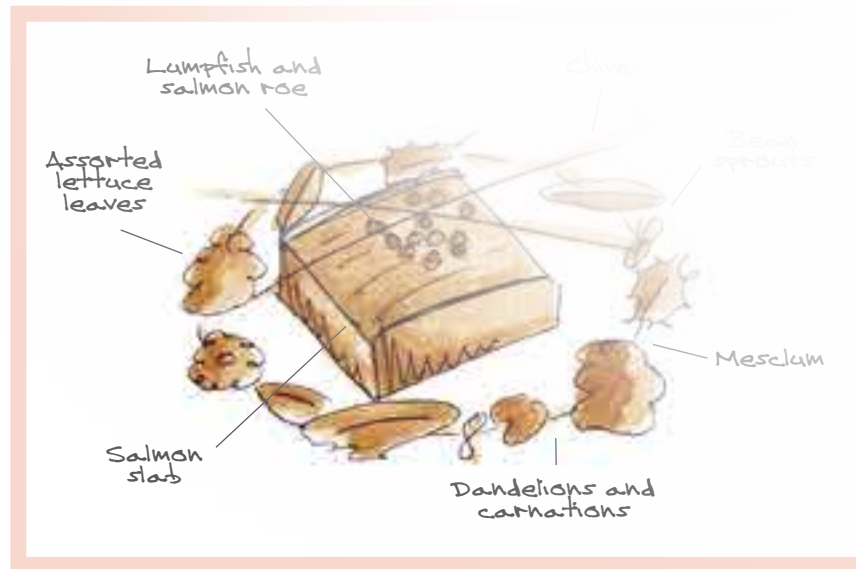
A classic convivial meal, convenient for a large or small café with an extremely simple embodiment. This divinely delicious salmon allows the host(ess) of the house, time to spend with his or her guests, and not be in the kitchen, the whole evening. The beautiful texture is surely an invitation coupled by the sublime exquisiteness of fine salmon.

## > Ingredients

- Salmon
- Balsamic Vinegar or soy-wasabi
- Mesclum assorted lettuce leaves
- Arugula field greens
- Lumpfish roe
- Salmon roe
- Chives
- Dandelion flowers and carnations

## > Plating up

- Draw a circle with the sauce of choice with a Pipette Tube
- Place the slab of salmon in the middle of your circle
- We are going to place different shapes and colors of flowers and salad leaves, sprouts, spinach, watercress and/or chicory around the salmon
- Then, gently place some Roe, on top of the salmon. You can use black olive roe also.



The most suitable plate for this presentation is a round plate so one can create the circle.

You can substitute the salmon for other fish types that are preferred. Additionally, one can prepare the fish baked, or raw.

Another alternative is to select edible seaweed marine lettuces, ginger and other typical Japanese condiments and for a tad of texture, one can sprinkle sesame seeds too.



# Hawaiian surfer

## > Concept

Salmon has always been a delicacy worldwide and its luscious coral color, creates a discretely sublime dressage. More and more Chefs are employing fresh wild salmon, according to tastes, and moreover, into classic sashimi and sashimi cubes. However, if you do not care for marinated raw fish, salmon can be poached, grilled, and/or baked in the oven.

## > Ingredients

- A fresh slab of salmon
- Salmon roe
- Avocado cream or wasabi
- Leeks and courgettes
- A combination of quinoa and lentils
- Coriander and chive
- Fresh spinach leaves and fresh arugula field greens
- Fresh sweet green peas in a pod

## > Plating up

- On a plate, draw up a train track of avocado cream with a spatula or large wide brush. The effect is a wave, which is obtained by applying a sawing of wood motion, in the middle of the track.
- Now, add a tablespoon of the quinoa and lentil mixture to the fish
- Place the salmon on the track of avocado cream and the quinoa lentil combination
- Put a
- Finish with place them on either side of it
- Gently sprinkle the Salmon Roe as shown in the diagram
- To finish adorning this presentation, scatter the Salmon Roe as shown

A lengthy rectangular plate would be the perfect servingware for this presentation.

Beyond the composition, the value of this dish lies in the harmony of the spring green and coral combination.



# Live from Honolulu

## > Concept

The luxurious coral red salmon works absolutely marvelously with autumn's abundance of fresh vegetables, also offering truly tasteful and elegant arrangements. This dish has become more and more popular and uncountable culinary artists honor the salmon's nobility and jewel like appearance on a plate.

## > Ingredients

- A slab of fresh salmon
- Salmon roe
- Broccoli, leeks, asparagus spear heads and carrots
- Spring onions and red radishes
- Fresh dill
- Light cream combined with asparagus or broccoli or leeks
- Basque Espelette peppers

## > Plating up

- Firstly, prepare the vegetables by slicing 2 small white spring onions. Wrap the spear head of the onion around the asparagus spear head. Then, slice the carrots, radishes and leeks as shown in the illustration
- Paint a thin path of asparagus cream on the plate with a wide brush or spatula to garnish the background of plate.
- Place the salmon slab on the asparagus cream background.

• Continue to adorn with dill

This presentation shall be simply gorgeous on a rectangular plate in length. The sauce being a beautiful tone of asparagus green, shall work best on a white porcelain.

Furthermore, this presentation is visually amazingly extraordinarily. All of one's fantasies shall come forth with vegetable carvings and combining of the vegetables with your originally unique formats.





# Spring asparagus

## > Concept

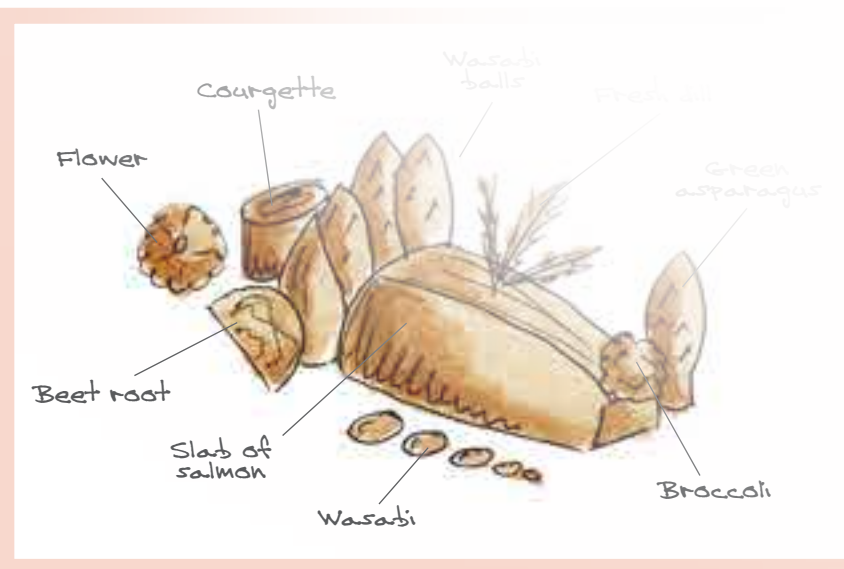
Worthy of center stage, and present in most of the world's cuisines, salmon have been subjected to uncountable culinary and artistic interpretations and have been revered in the limelight at every meal. Everything fits this faithful disciple of icy aquatic waters, and our finest dishes have appeared, as an aperitif, a starter or the main course at dinner time.

## > Ingredients

- A thick slab of fresh salmon
- A bunch of green asparagus, leeks
- Bell peppers, red onions
- Sweet peas, beetroot
- Broccoli, zucchini or courgette
- Wasabi sauce
- Flowers
- Fresh dill fronds and sprigs

## > Plating up

- Prepare the vegetables and cook lightly without losing their color or crunchiness
- Place the thick slab of salmon on the plate
- Now, place all the vegetables according to the illustration and color combine the tones and hues and coordinate the shapes
- In a pipette tube or with an eye dropper, create 3 drops of wasabi sauce



Of course, this recipe calls for raw marinated salmon, and one can just imagine it can be also be done with baked or seared salmon or other similar fish, for example, fresh cod fish.

Remember to add a few drops of soy sauce to the plate to combine with the Wasabi.

This composition can accommodate its beauty with all solid colored garnishes.

# The twins' salmon

## > Concept

Salmon, which can be folded in half, if desired, shall definitely ensure a delectably tasty appetizer, dinner or lunch. Accompanied by a small army of beautiful discreet and attractive companions, it can also satisfy those who truly delight in salmon. A simple, light, appetizer or starter or lunch or dinner, shall be simply adorned with the tropical subtleties.

## > Ingredients

- 2 fresh salmon slabs
- Mangos
- Coriander herb Pesto
- Cream of watercress
- Lumpfish roe
- Granny apples
- Onions of choice
- Fresh mint
- Small purple flowers

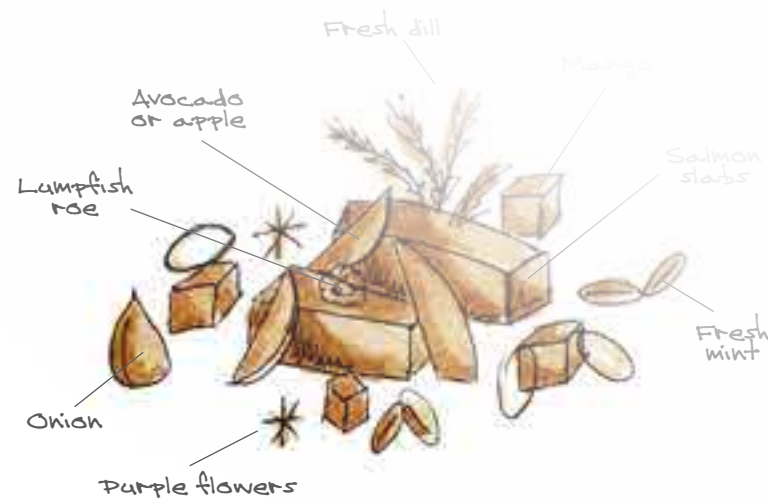
## > Plating up

- Slice a few cubes of fresh ripe mango, and 3 slices of ripe avocado, and 3 slices of onion in arcs and 3 slices Granny Smith apple
- Arrange the salmon slabs in the middle of plate
- Add some Lumpfish Roe on the 1st Slab of Salmon and then a few sprigs of dill on the second slab of salmon
- Divide the diced mango, avocado and onion rings between the two slabs of fish



This presentation is best placed on a round plate rather than square to unite and provide harmony color wise.

If you do not care much for the tropical sweet and salty, of the mango, one can substitute carrots, or sweet potato or any yellow orange vegetable of preference.





# The diagonal dices

## > Concept

Amazingly surprising as it may seem, salmon is one of the most conventional of fresh water varieties, known worldwide. It pairs or marries perfectly with vegetables, salads, and is veered toward the exotic, coupling elegantly and scrumptiously with exotic fruit and cheese. It can even get hitched with almonds, or pine nuts !

## > Ingredients

- Fresh salmon sliced into thin slices
- Wasabi or coriander herb cream
- Small black radish rolls
- Sprigs of dill or fennel bulb
- Tendrils of vines or passion flowers
- Fresh lime or fresh lemon
- Mango, pumpkin and orange squash
- Crushed toasted pine nuts
- Pink peppercorns

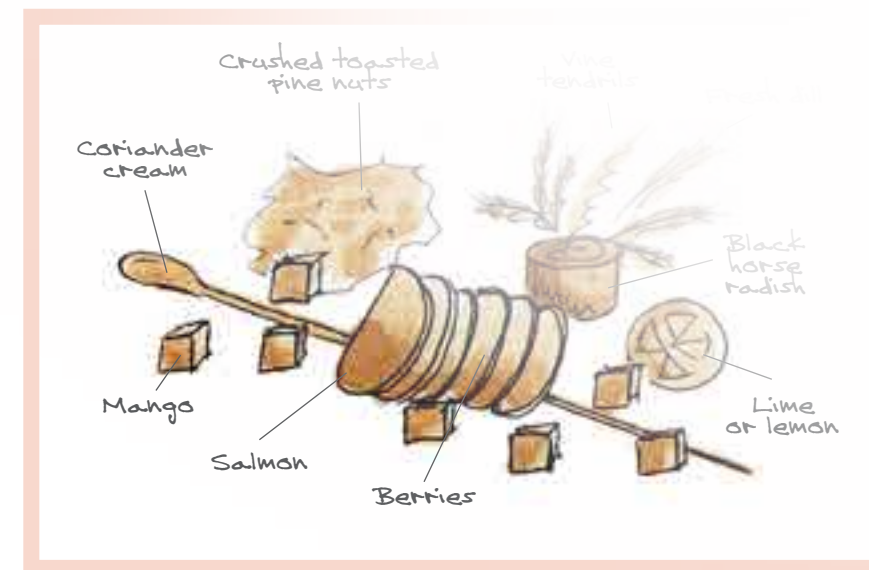
## > Plating up

- Place a blob of coriander cream on 1 side of the plate and with a spoon; spread the cream over the entire length of the plate. Note, you can also do this with a pipette tube
- Now, place the salmon slices regularly along the path of the creamed coriander
- Create a small pile of crushed pine nuts on the plate
- Scatter the black radish cubes over the plate

- Slice the salmon stand up on the plate
- Adorn with a few pink rose peppercorns for a decorative touch and for their fragrance

For a pleasant change, assemble the pesto cream with crushed almonds and lightly sprinkle parmesan shavings instead of the black radish.

A large rectangular plate suits this presentation simply perfectly. Evaluate the color of the sauce, when using a white plate.



# Athos, Porthos, Aramis

## > Concept

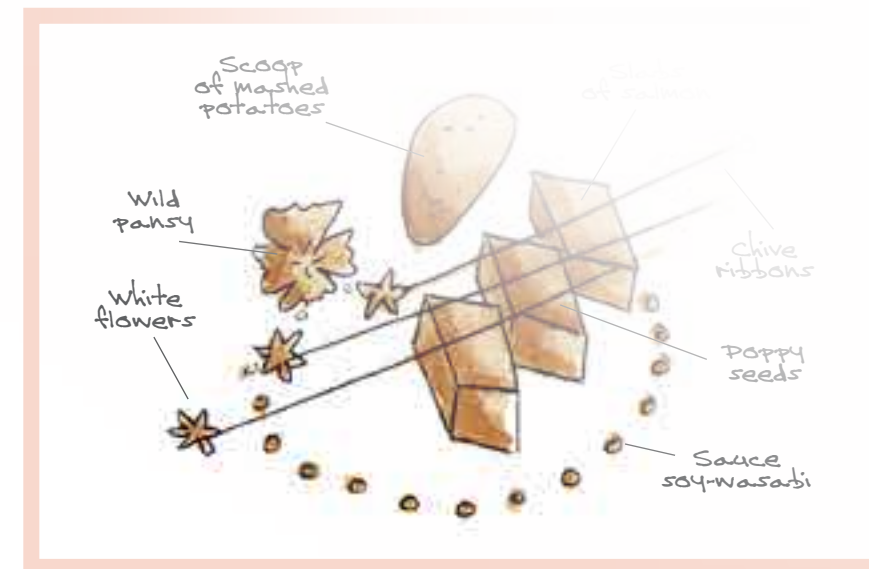
Elegantly clad in suits, the 3 valiant Musketeers, have become a symbol of nobility and to make a befitting tribute to a simple and universal cuisine, that excels in heritage, herewith western traditions and dignifies the Japanese art of the unmistakable details, I have decided to title this recipe The 3 Musketeers, Athos, Porthos and Aramis.

## > Ingredients

- Fresh Slab of Salmon
- Soy sauce and Wasabi
- Poppy seeds
- A white vegetable purée for example; potato, turnip, parsnip, fennel, celery and sprinkled with sesame seeds
- Chives
- 3 small white flowers
- 1 large pansy

## > Plating up

- Prepare the vinaigrette sauce and using a pipette tube, draw a large circle with small equal sized points which shall assist you in creating a circle template
- Cut 3 beautiful diamond shaped slices of a very thick salmon slab
- Dip and encrust one of the very lightly oiled salmon slices (with extra virgin olive oil) into a bed of poppy seeds so they stick
- Take 2 tables



- Lay out and discretely place flowers on the porcelain as indicated in the illustration
- To sum up the garnish, finish with the larger white pansy

This presentation calls for a round white porcelain.

You can substitute large sized sushi for this presentation, and/or slice the salmon in smaller bite sized shapes by slicing the salmon into 3 squares.





# Zigzag citrus salmon

## > Concept

Salmon is chosen by uncountable diners, because of its highly alluring coral color, its Omega 3 content and most of all for its luxuriously exquisite tasting profile. Additionally, salmon can be used throughout the year, fresh, smoked, marinated, in sashimi, and furthermore, and predisposes the sweet and salty associations.

## > Ingredients

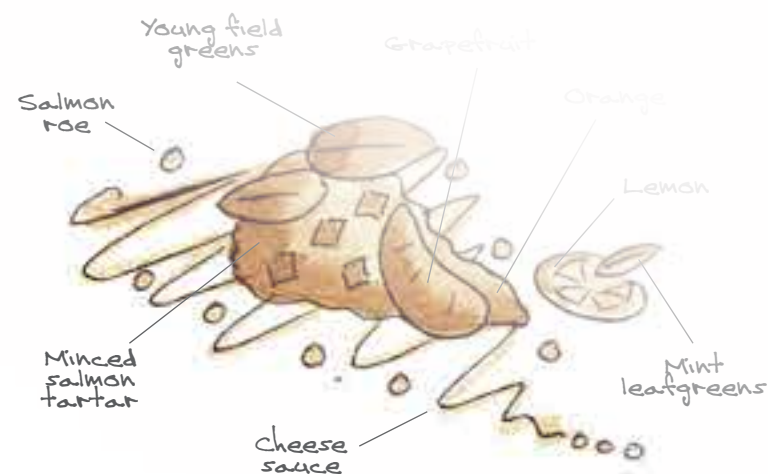
- Minced salmon tartar
- Lemon
- Salmon roe
- Red Lumpfish roe
- Lime
- Citrus (orange, ruby grapefruit)
- Fresh mint leaf sprigs
- Cheese sauce with ginger or lime
- Salad or young field greens

## > Plating up

- Slice the fresh salmon into thin strips and season with freshly squeezed lemon juice just before serving
- Using a pipette tube, draw a zigzag track by starting with a large point and ending with a dotted effect as in the illustration
- Place your tartar lightly on the track; extremely gently so one does not erase the track marks
- Lightly place some roe on the salmon

- Dot the ginger or lime leaves

This presentation is relatively simple to create. The practicing of the drawing with a pastry bag or squeegee takes patience and time. You shall develop and master the skill, as you practice more and more.



# Mixed cultures

## > Concept

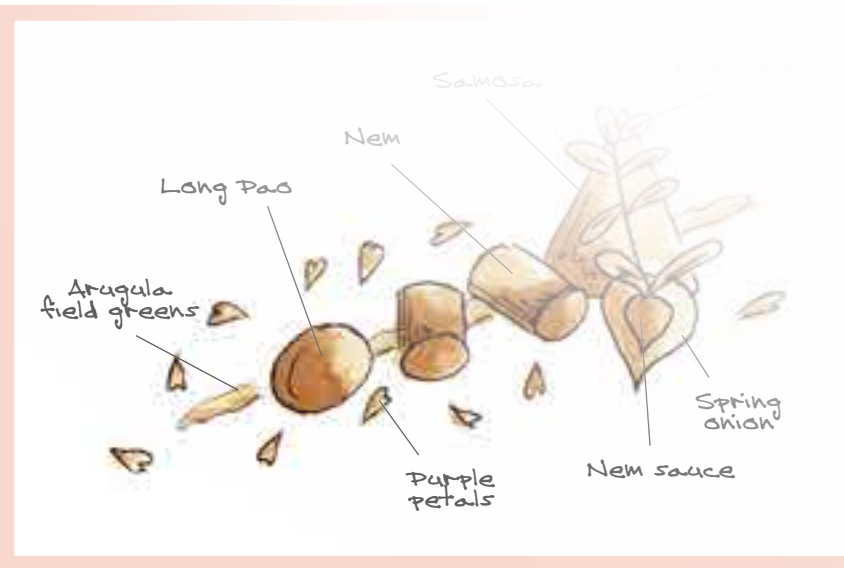
Doughnuts, samosas, spring rolls and fritters are all the more appetizing and tasty when they are prepared at home. However, they are not really the most artistically to present. Nevertheless, if we take care to choose an appealing assortment of shapes and surround them with a mixture of contrasting colors, they shall unveil their charms.

## > Ingredients

- Large elongated white onions
- A Round crab cake (Long Pao)
- Samosas
- Spring rolls
- Sweet and sour sauce or nem sauce
- Arugula or rocket field greens
- Fresh mint herb
- Purple flower petals

## > Plating up

- Firstly, arrange a line of vegetable seeds (a long clip can be useful for maintaining a clean plate)
- Look online or in Thai Cookbooks of high quality for good recipes for samosas, crab cakes and spring rolls
- Start with a good recipe for Spring Rolls
- To maintain a samosa or spring roll in vertical position, you can stick the base, or use a bit of rice



This presentation clearly demonstrates that ordinary products can also be enhanced by an extraordinary presentation.

Please do not try to position the spring rolls and samosa in parallel. Opt for a different angle for a lighter and more evolutionary composition.



# Mrs. Sequin's goat cheese

## > Concept

A warm goat cheese salad is a classic of French cuisine that is greatly appreciated both at home and in Bistros. So, by giving it a rather whimsical appearance, or even a "Galactic" look, this small goat cheese salad, is going to be assembled with accompaniments that are original and cheerful. This is best served as a starter or aperitif, or as a light dinner.

## > Ingredients

- Cavécou or Pelardon French goat cheese
- Watercress, green lentils, red radishes and field greens
- Pecans
- Diced fresh mango
- Slices of toast
- Purple flowers of choice
- Crushed almonds, or pine nuts or peanuts of choice

## > Plating up

- Crush either almonds or pecans in a bowl or in a mortar with a pestle
- We are going to create a crushed nut semicircular moon shape on a black slate slab or board
- On one edge of the plate, we shall then create a nest with a small amount of seeds, lentils, and germinated sprouts of alfalfa
- The next step is to install the goat cheese mound so it is sitting next, as to the 9



crushed nut

- The next steps are to scatter a small cubes of fresh mango in front of the concoction and then, finish with sprinkling the whole pecans

The most challenging or trickiest part of this presentation is the crushed nut semi circular moon. Please be careful not to overload the composition.

This composition looks best highlighted on a slate slab, or slate board or slate plate.



# Crispy wig stylist

## > Concept

Our uncountable cookbooks we all have, are full of recipes for breading, wraps and rolls, and fritters... These stuffed appetizers, are commonly stuffed with vegetables, meats and herbs, of all kinds. The multiple seasonings, to experiment with and create boldly shaped compositions, coupled with aromatic wonderfully tasty sauces and served with a salad are a perfect impromptu lunch or dinner.

## > Ingredients

- Fresh goat cheese
- Pearl onions
- Leeks
- Salad dressing
- Lemon, chives
- Lettuce or similar
- Fresh Sweet green peas or capers
- Arugula field greens
- Fresh Coriander or other fresh herbs

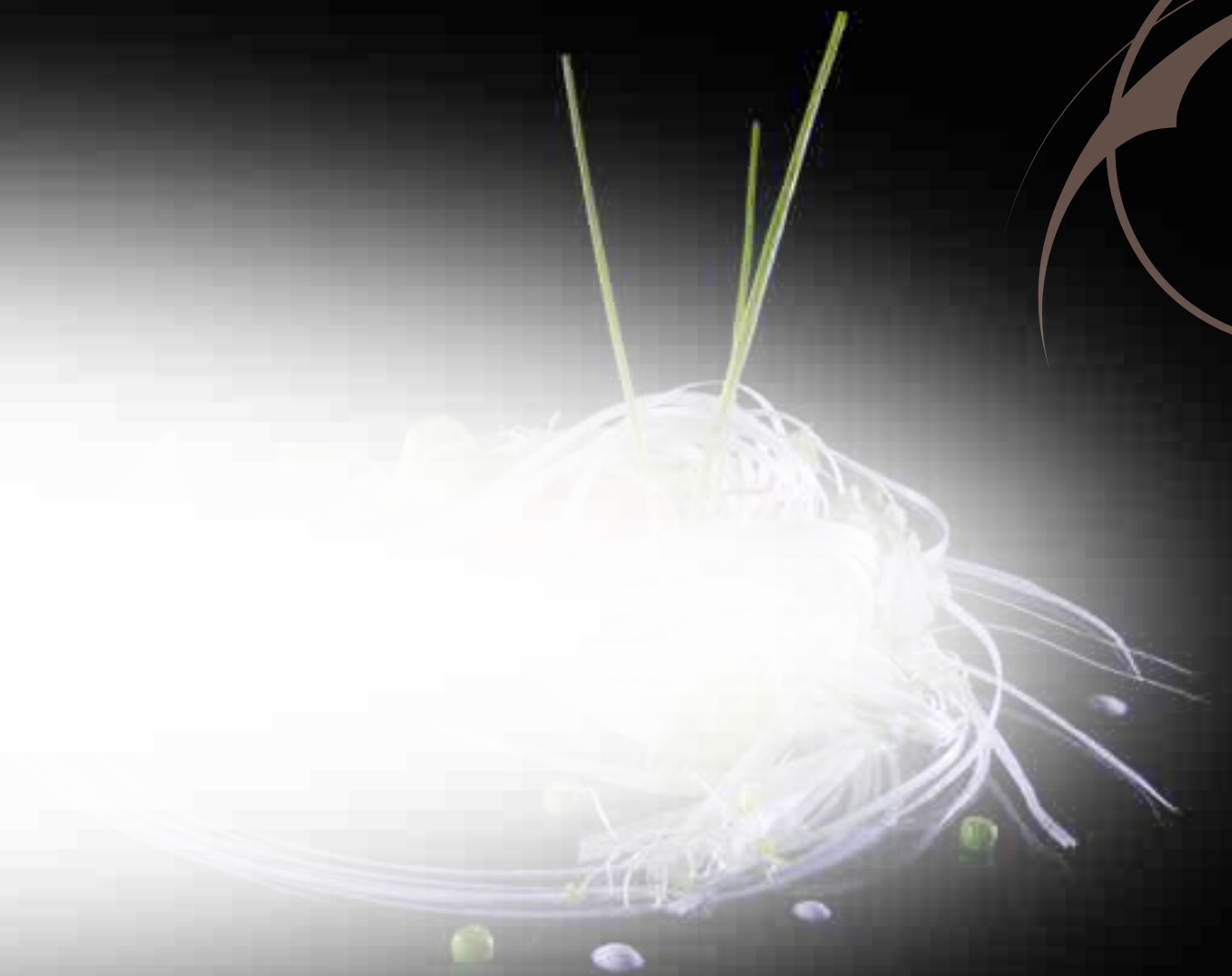
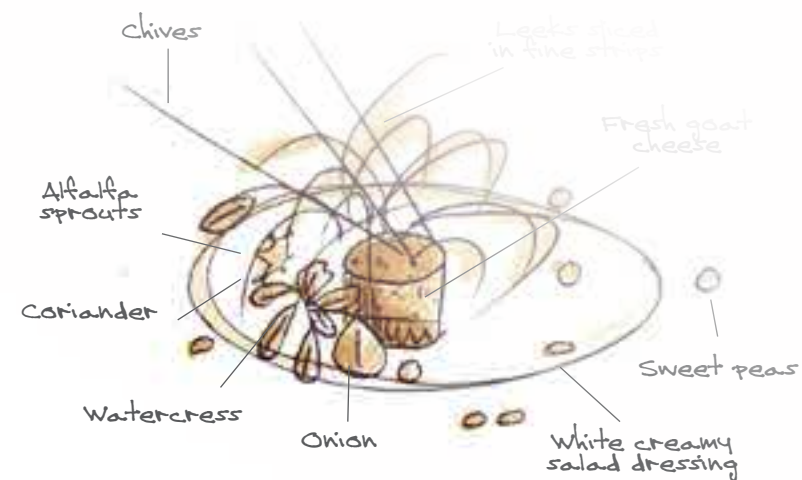
## > Plating up

- With a pipette tube, draw-paint several concentric circles with the sauce as shown in the illustration
- Carefully tangle some fine white leek strips
- Place a goat cheese mound in the tangled white leek strips, as if the mound were hidden
- Add some cilantro or coriander, salad and a small handful of field greens to the tangled leek



For this leek wig, it will be necessary to take leek strips of 10 centimeters, and place it about 2 or 3 millimeters inside the mound, all going in the same direction as shown in the illustration, creating a fringe effect. Now, to conclude, soak the leek strips of the wig, in ice water. The fringes shall form loops of the most beautiful visual effects.

The white green duo tone adornment shall highlight with the golden crispy and provide a hot cold contrast.





# Aladdin's magic carpet

## > Concept

Emblematic of Asian cuisines, spring rolls and samosas have been arriving on our plates, since time memorial. They transport us to exotic lands afar, and provide good humor and simple pleasures at the table.

So, let us brighten our kitchens, with these exquisite flavors, and indulge ourselves in the fragrances from abroad.

## > Ingredients

- Samosa, nem
- Carrots, zucchini, red radishes
- Assorted fruits and dwarf peppers
- Green asparagus spears
- Mint coriander dressing
- Star fruit
- Fresh mint
- Orange flower petals

## > Plating up

- Wash and peel the vegetables with a peeler. Then slice the zucchini, as shown in the illustration; 1 large zucchini lengthwise and two small, carrots and red radishes
- Poach 3 wide sheets of zucchini slightly so that you can wrap and roll the sheets much easier as shown in the illustration. Now, wrap the asparagus spear head, with 1 carrot chili and 1 zucchini sheet to create contrasting colors.

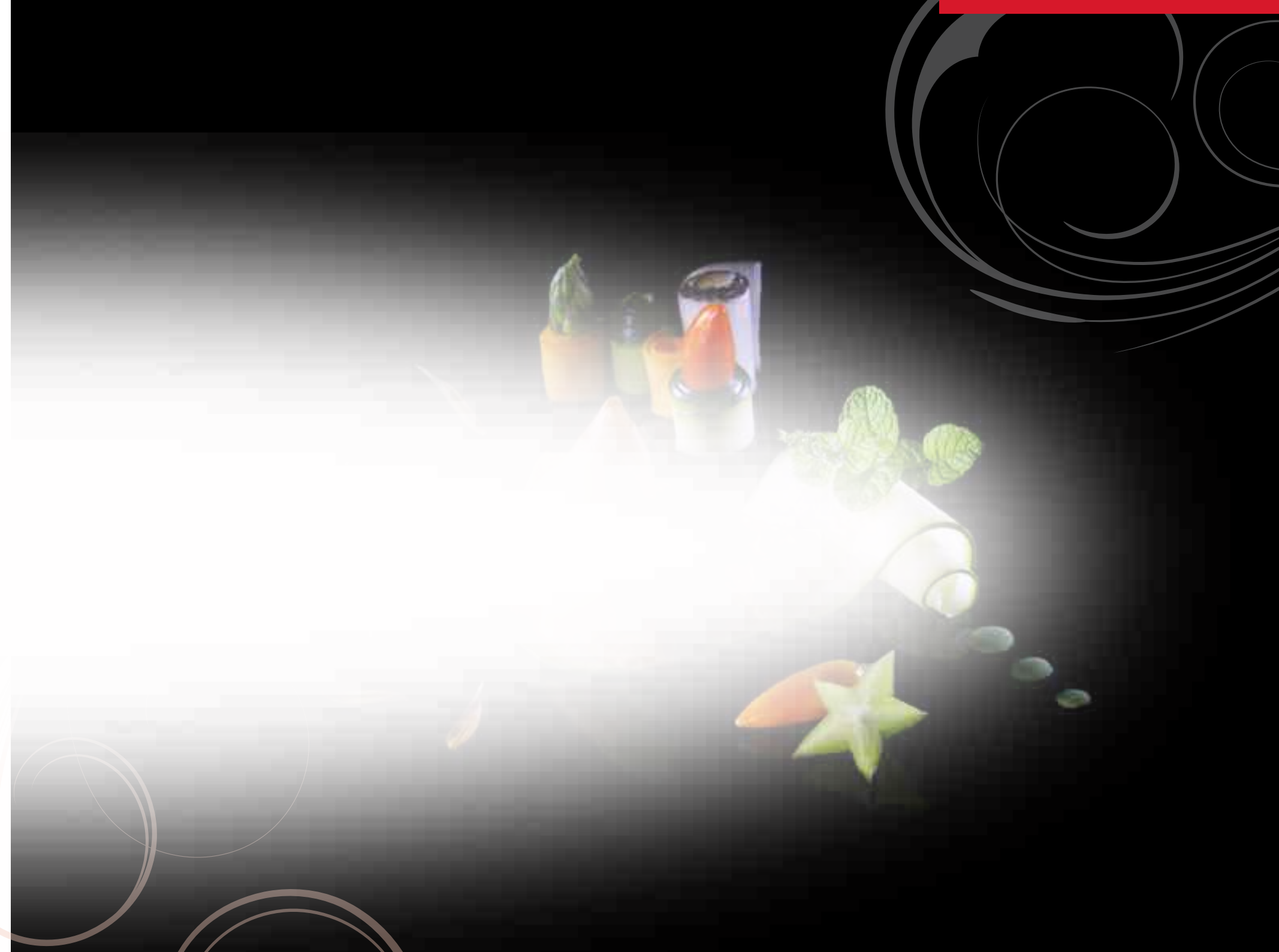
• Before this step

• Now to place the star fruit

• To add the graphic design, place 3 drops of mint sauce

• To conclude, scatter mint and orange flower petals on the plate

This is bi-color composition, appearing as golden in hue, and the orange flower petals combine simply magnificently and create a gorgeous effect with all the other ingredients on the plate.



# Targets in the meadows

## > Concept

Fresh and smoked salmon lend themselves to every whim and can be developed into uncountable presentations, color combined with a rainbow of numerous colors, and hues. The natural deep magenta red beetroot compliments this sophisticated and elegantly clad composition and can be simply reproduced to amaze your friends and your guests !

## > Ingredients

- 9 smoked salmon rolls
- Beetroot
- Fennel or fresh dill
- Salmon roe
- Orange or red carrots
- Small pink flowers

## > Plating up

- Slice the beetroot in fairly thin circular slices for their transparency yet not too thin, so they can contain some rigidity
- Arrange 3 slices of beetroot by wedging them in between 2 small salmon rolls
- Add a third salmon roll, to the side of the plate, for the overall visual appearance (3 in total and 3 beetroot slices)
- Place



on the plate

This presentation of beetroot and smoked salmon rolls has tremendous graphic appeal.

The beetroot "targets", as in archery, are pronounced with their magenta beetroot color and their slightly transparent texture.

The dressage of this plate is particularly best suited for a rectangular plate to integrate the black shimmer, and all the nuances of the amazing plating arrangement.





# Doctor, I Dizzy!

## > Concept

This composition is suitable for all types of culinary variations, since it can be filled or stuffed with fish, meat, or even a vegetable purée, for those who wish to serve a vegetarian dish. Being meticulously food styled in a Milky Way Galaxy couture design and a harmony of colors, this satellite on a plate, shall turn heads when delivered to the table!

## > Ingredients

- Fritters
- Coriander or watercress cream
- Mini corn on the cobs
- Broccoli
- Golden yellow bell pepper
- Sweet peas from pods
- Fresh cilantro or parsley
- Lemon and lime zest
- Dandelion petals

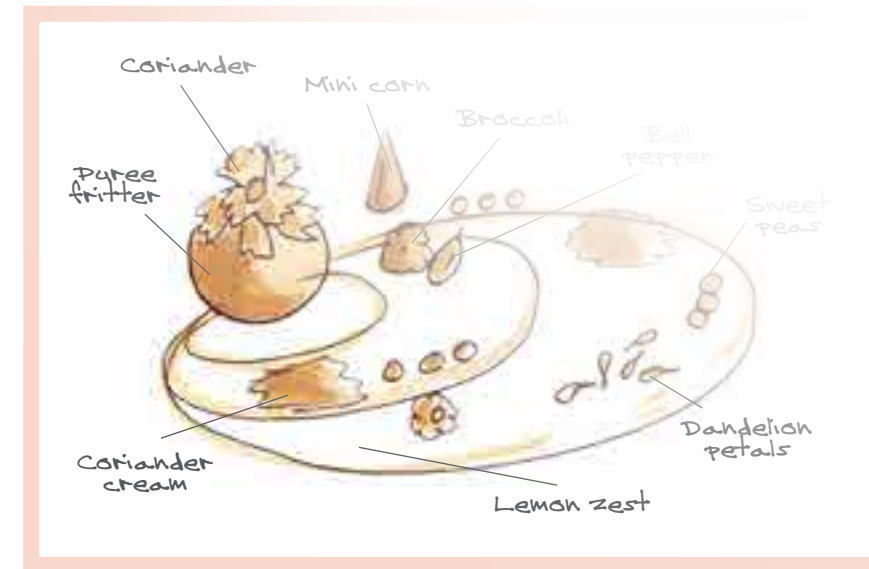
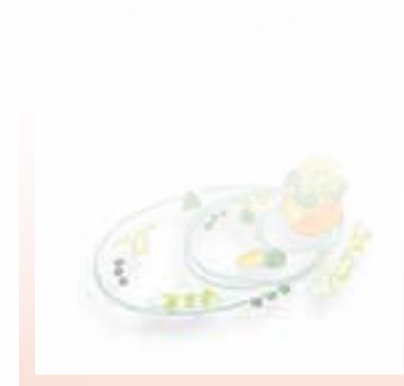
## > Plating up

- Firstly, we are going to draw a bundle of three tangent circles with coriander or water cress cream with a pipette tube on the plate as in the illustration
- Now, we are going to place the Fritter, which has been sautéed golden and place it in the small circle as in the illustration
- Combine the lemon zest, with the cream of watercress or coriander and make a profile shape as illustrated

with two more as in illustration

- On top of the ball shaped fritter, place a small stem of Coriander as a bed, and place Dandelion Flowers on top as in the illustration

The entire presentation blends textures, shapes, while utilizing a full range of colors from pale yellows to dark forest greens. There is no particular difficulty in achieving the circles made with a pipette tube.



# New Shepherd's pie

## > Concept

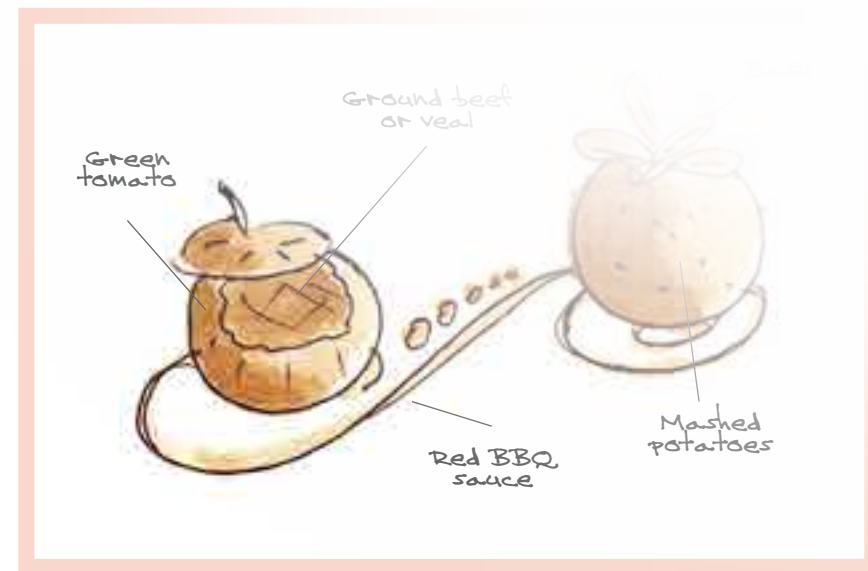
Pies are a traditional family savory or sweet tradition. There are all sorts of regional and international variations. This evolutionary presentation is a standard beef or veal Shepherd's Pie in actuality. So, why not surprise your guests even more, with a composition that disassociates with the norm and looks like a satellite !

## > Ingredients

- Vegetable purée, with potatoes, celery, parsnips
- Seasoned ground beef or veal
- Red BBQ sauce
- Onions and shallots
- Green tomato
- Fresh basil or lemon sage

## > Plating up

- With the BBQ sauce, draw a "cosmic S without a closure or a loop", or an arabesque letter "S" on a diagonal, as seen in the illustration with a pipette tube
- Prepare the breading of the meat ball, as round as possible, and place the balls, as shown in the illustration, on opposite sides of the drawing
- Finish decorating by dotting the space in between the 2 meatballs



The originality of the Shepherd's Pie lies in the simplicity of the colors, and the flawlessness and purity of the lines, in decorum.

The design requires a long narrow porcelain, rather than rectangle, with modern lines to meet the avant-garde aspect of the plating up style.





# Crescent polychrome

## > Concept

Founded on French tables, are crispy crunchy textures, of all types. Modest, starry, these textures are very much appreciated as aperitifs, starters and for the main course too. Moreover, their unquestionable taste appeal during distant trips, inspire amazing plating-ups, of presentations with extraordinary indigenous colors.

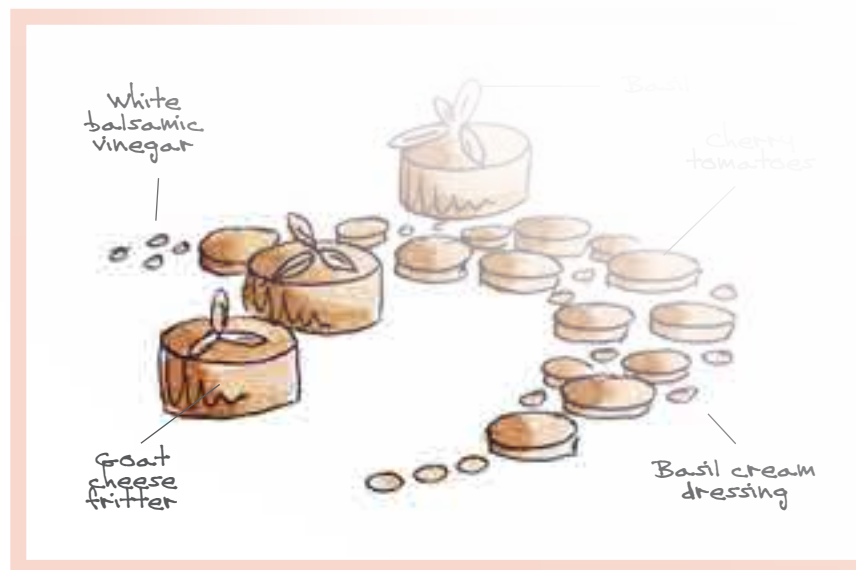
## > Ingredients

- Breading (for au gratin of the goat cheese, and fritters of all types)
- White balsamic vinegar
- Lemon basil cream dressing
- Cherry tomatoes (red, green and golden yellow)
- Fresh basil leaves
- Goat cheese

## > Plating up

- Prepare the 2 sauces, a basil lemon cream and vinaigrette with white balsamic vinegar
- Slice the 3 colored cherry tomatoes into various sizes
- Sauté - sear the goat cheese to provide a nice golden hue
- Arrange a mixture of tomato slices in order to draw a large crescent moon on a large square plate
- Place the goat cheese fritters in the center of the plate
- Using a palette, few green and a few white dill between the tomato slices to refine and give sublime finesse to the presentation. See illustration.
- Top the goat cheese mounds with fresh basil leaves

With the trend about new fruits and vegetables and even revived the old one, you will not struggle to multiply the colors on this type of presentation.



# Milky way or Galaxy?

## > Concept

As much as possible, discard conventional ideas on dressing up plate presentations. To create celestial food styled presentations, it is best to highlight the small details and grant them center stage. While, many ingredients are unattractive while standing alone, you can provide them with the utmost in fashioning them to amaze your guests.

## > Ingredients

- Breading (for au gratin of goat cheese, fritters, etc.)
- White balsamic vinegar
- Green cherry tomatoes
- A sliced star fruit
- Small red or bright pink flowers of choice

## > Plating up

- As shown in the illustration, have fun drawing up the white sauce trails in all directions, with a pipette tube
- Place the 3 sautéed and breaded goat cheese mounds in three different positions as in the illustration provided
- Arrange the tomato slices along one of lines as show in the illustration
- Add the star fruit, small red or bright pink flowers of choice



Illustration

In this presentation, we often find the number 3, in the goat cheese mounts, the tomato slices and the 3 salad dressing point, 3 red flowers and the lines drawn.

The presentation has curved lines. We begin by spreading, a large drop of cream dressing, and then continue by blotting, however, do not tremble. Do not draw too slowly or too quickly.

Challenging however, you can begin drawing perfectly straight lines, if you use the assistance of a straight edge.





# The greedy dragon

## > Concept

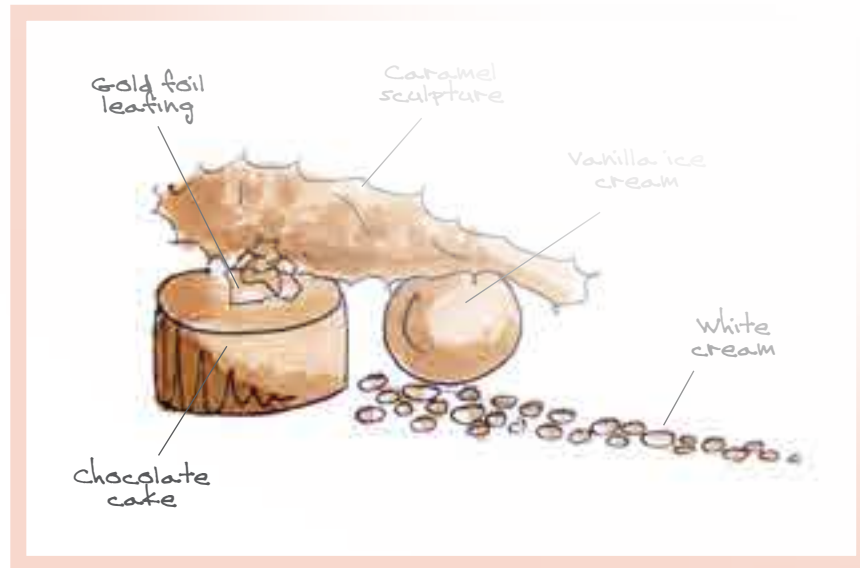
Chocolate is a tasting pleasure renowned the world over. Whether, one likes it with strong kick, and intense aromas, or softly sensually, chocolate is always distinguishable by its subtle aromas and sublime perfume. Historically speaking, the Mayans had always attributed its discovery of the chocolate bean to its deities or Gods.

## > Ingredients

- Marble sponge cake with chocolate marble pattern
- A scoop of vanilla ice cream
- Cream
- Caramel
- A chocolate cigarette
- Gold leafing foil

## > Plating up

- Firstly, bake the cake prior and create a mold of a caramel
- Create drops of different sized droplets, with the cream, using a pipette tube, and form an elongated triangle diagonally on the plate
- Place a scoop of vanilla ice cream
- Install the caramel cigar upright, as shown in the illustration, and standing it up on a diagonal and the end, on the plate



Preparing the caramel cigar scratch shall create the most beautiful effect. The simplest way to do it, is by pouring caramel on a sheet of parchment paper. It will provide a variety of shapes, to suit your style, and your presentation shall take center stage on your table, and the cigar shall provide the dessert creation with height.

All forms of plates may be suitable, for this presentation, however, on white plates, as we have chosen to draw the cream sauce droplets with a color reminiscent of chocolate, coffee or caramel.



# Big Bang : The Creation

## > Concept

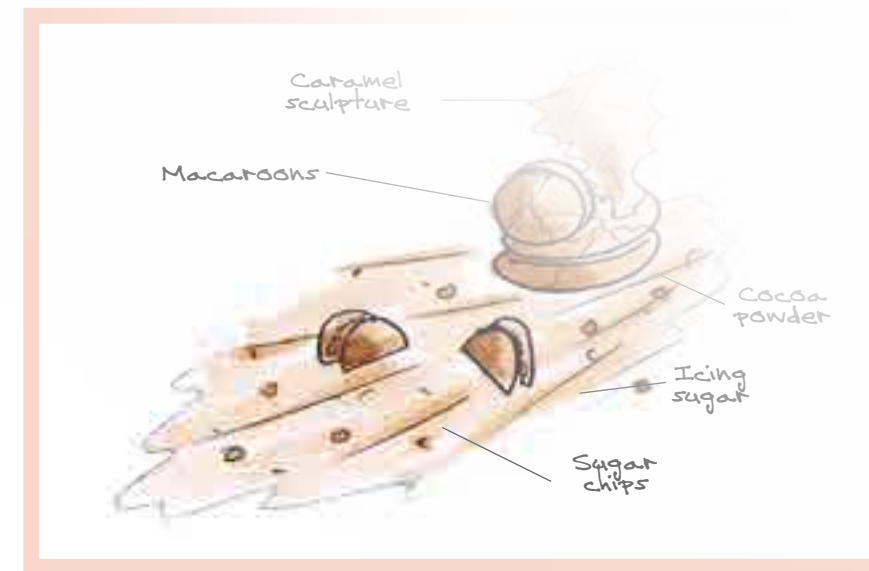
One of the veritable jewels of French cuisine, French macaroons, are often presented in little boxes. Macaroons have existed for generations; however, have become the fashion dessert on all French tables. Chefs create uncountable styles, flavors and colors, from the simplest to the most sophisticated for an exceptional tasting adventure.

## > Ingredients

- Vanilla and caramel macaroons
- Icing or frosting sugar
- White sugar cubes or rocks
- Brown sugar cubes or rocks
- Cocoa powder
- Golden colored sugar
- A caramel sculpture made from parchment paper

## > Plating up

- To begin, either with a spoon, and or by hand, takes a small smitten amount of sugar and extraordinarily gently, tosses it on the plate
- Repeat the forward tossing movement with the icing sugar
- Again repeat the same tossing, with the brown sugar rocks or chips
- Now, sprinkle the top of the plate with cocoa powder
- Now, create the



- Create a parchment paper sculpture in shape desired as in illustration shown
- Now, install the caramel parchment sculpture to provide height to the overall presentation and with a pipette tube, fill the large macaroon with caramel

This presentation is quite daring !

You shall notice that I have used 4 colors of macaroon fillings of caramel in the colors, white, beige, brown and gold metallic.



# Query surprise

## > Concept

Uncountable family sandwich cookie recipes and one of a kind French macaroon recipes concocted by high end signature Chefs, for centuries have always been objects of their desires. Never the less, these cookies lend themselves, to amazing inventions and an enormous spectrum of colors, flavors and combinations of ingredients.

## > Ingredients

- Green, pink, yellow macaroons
- Ruby rose grapefruit
- Oranges
- Red fruits : currants, raspberries and strawberries
- Candied fruits
- Vanilla ice cream
- Vanilla cream
- Raisins

## > Plating up

- With a pipette tube, filled with vanilla cream, draw a large question mark with several circles, as in the illustration
- Upon completion of the Arabesque design, finish with a few dots, or periods/full stops
- Fill, half way, 3 transparent glasses with one type of fruit in each glass
- Create and install the French macaroons, and the candied fruits



white plate

- Garnish the plate with tiny pieces of shapes desired of fresh citrus fruits
- Now, move on to scatter some candied fruit throughout the presentation
- To complete, place some gold leaf foil papers

The white plate is best for this presentation. I also suggest, drawing with some berry coulis for the addition of color.



# Landing of Alien kids

## > Concept

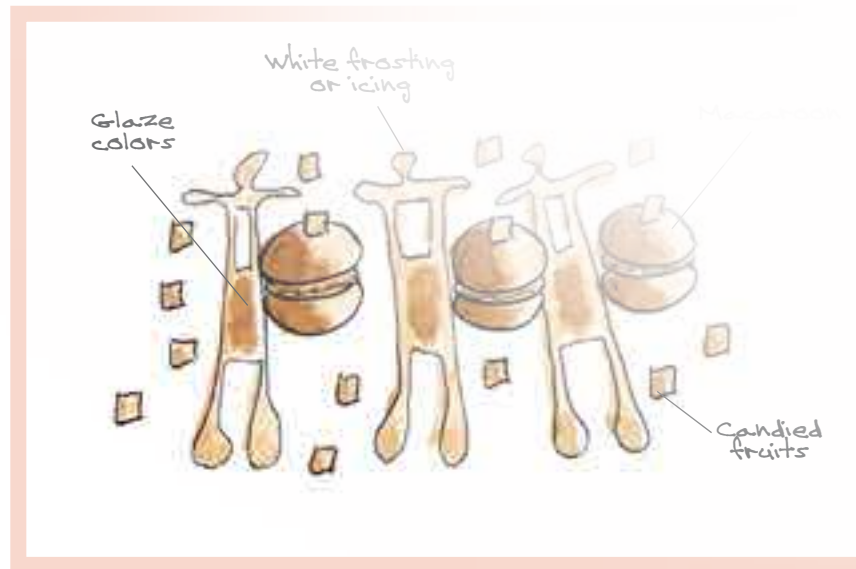
There is nothing more charming than these little colored aliens to provide good cheerful opportunities to delight the taste buds of the younger set, the children. Their eyes shall shine with pleasure, and so simply harmonious, you can select to keep the secret, and select the perfect moment to surprise the little ones at their next special occasion.

## > Ingredients

- Macaroons : pink, green and yellow
- Glazes : pink, green and yellow
- White frosting or icing
- Candied fruits in matching colors, pink, green and yellow

## > Plating up

- Draw 3 snowmen stylized with a pipette tube filled with white frosting or icing, and place evenly spaced on the plate
- Dress the snowmen with the 3 glazes of different colors
- Arrange the macaroons with the candied fruits as shown in the illustration, and garnish each macaroon the same
- Divide some candied fruit a



The garnish dressing consists of 3 lines and a point or dot, and the snowmen are simply dressed as shown in the illustration and the photograph.

Despite a multi colored or variegated aspect, this presentation uses only 3 pastel colors and each is dressed in a glaze or frosted icing, and the macaroons are trimmed with color coordinated candied fruits.

This composition shall look its best on a black rectangular porcelain plate.



# A halo in paradise

## > Concept

Chocolate never ceases to amaze and delight Sunday gourmets. There is an extremely low resistance on behalf of humanity when it comes to the temptation of chocolate and the passion it evokes since the time of the Mayan civilization.

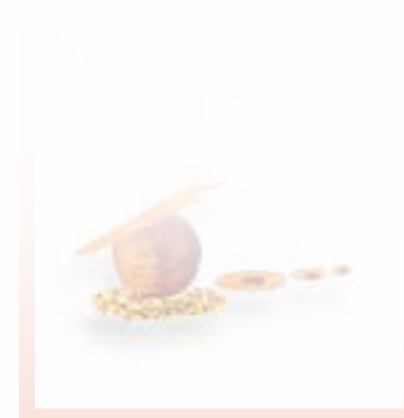
This little crunchy "Halo in paradise" shall leave you and your guests, without resistance !

## > Ingredients

- Chocolate black out cake
- A caramel sculpture of parchment paper
- Gold leaf foil paper
- Crushed hazelnuts or biscuits or cookies of choice

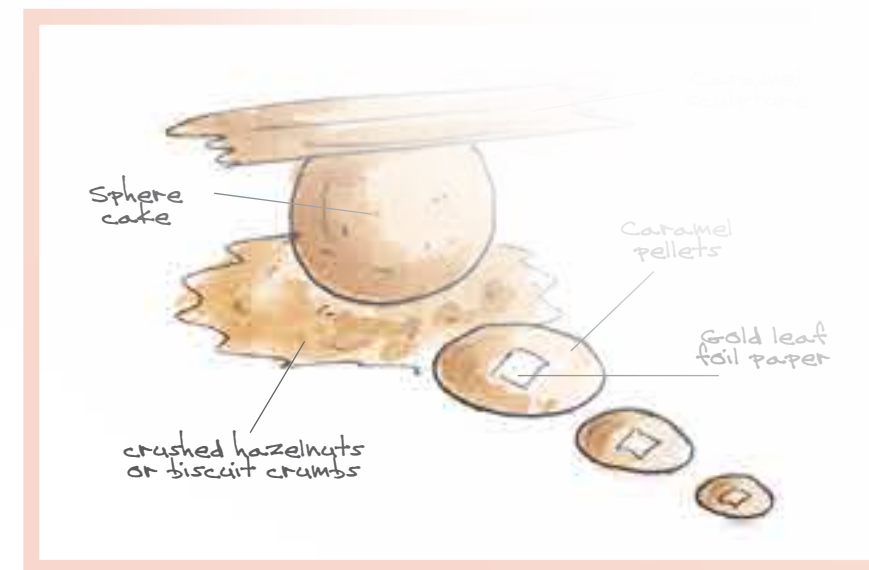
## > Plating up

- Crush the hazelnuts or biscuits either with a mortar and pestle or with a hammer cover with saran wrap or aluminum foil or an electronic mixer
- Create a small circular bed of crumbs on an oval or rectangular plate
- Now, create a sculpture of parchment and prepare the liquid caramel
- Place 3 pellets of caramel on the plate as shown in the illustration
- Install the chocolate shell on of hazelnuts



The sculpture is simply obtained by simply, using parchment paper or silicone sheet, and it is dipped or covered in caramel.

One can easily adopt the presentation to uncountable desserts, with a wide variety of ingredient, sweet and salty or savory.



# Geisha's dance

## > Concept

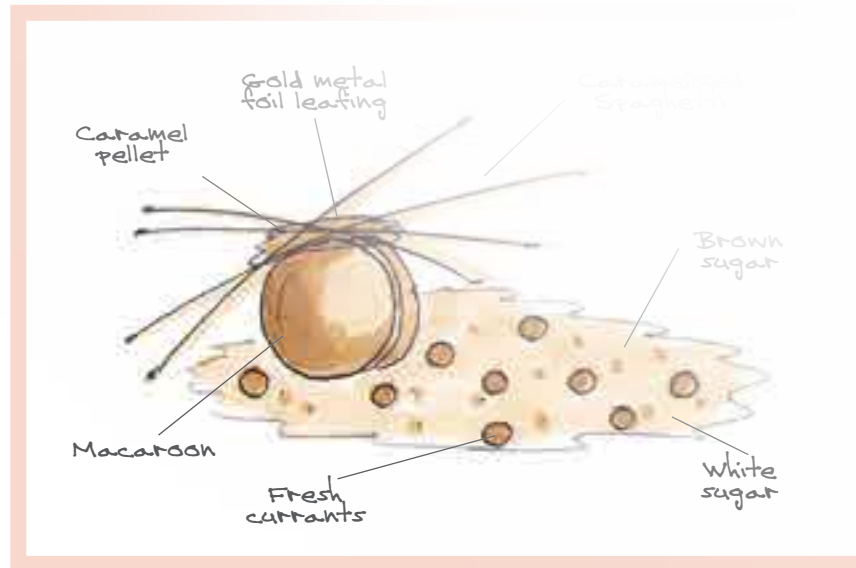
This refined lady companion shows off here in all her elegance allure. In this Japanese style presentation, slightly serious, however, entertaining and pleasantly enjoying the art of degustation for our palates, and awakening all our senses. Let us open our imaginations, and sublimate our passions, for the many treasures of this masterpiece of art.

## > Ingredients

- A French macaroon
- Brown sugar crushed tiny rocks or pebbles
- White sugar
- Fresh currants
- Caramel and spaghetti sculpture
- Gold metal foil leafing

## > Plating up

- Make a small bed of crushed hazelnuts. You can also grind a dry biscuit and break it up into tiny crumbs as in the illustration and the photograph
- Now, create a flat style caramel sculpture
- After creating 1 flat style caramel stick sculptures, create 2 more caramel sculptures as shown in stick formats which shall sit on top of the macaroon



### styling

- Finish the presentation, with some gold leaf foil as shown in the illustration

The sculpture is obtained, by simply using parchment paper or a silicone sheet.

One can easily adapt the presentation to a whole bunch of ingredients that have the same macaroon or ball share, both sweet and savory or salty and sweet.



# I broke my collar

## > Concept

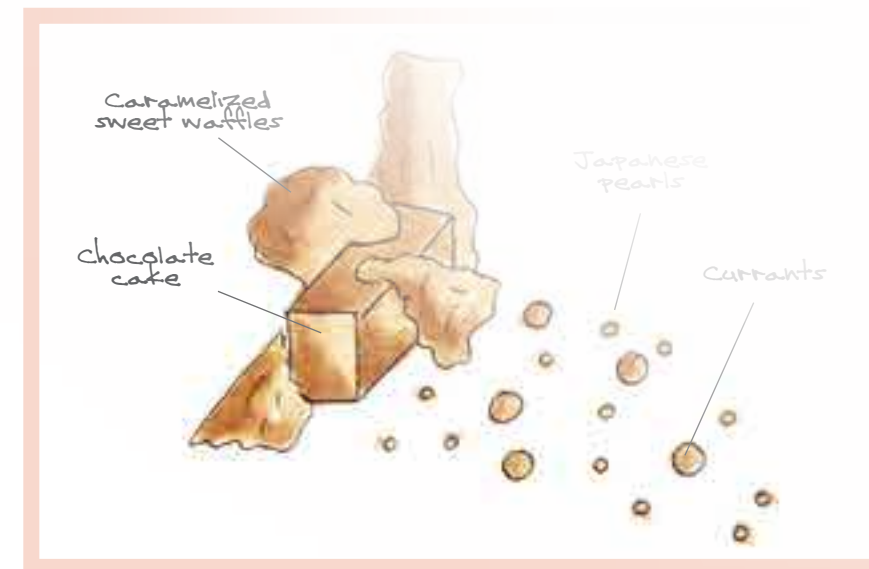
Chocolate, long considered an aphrodisiac, and stimulant, in addition to fulfilling our taste buds, presents itself in this presentation as an upscale signature dessert or snack with an imaginative, innovative and intuitively epicurean artistic flair!

## > Ingredients

- A 3 layer chocolate cake
- Currants
- Japanese pearls tinted and perfumed
- Caramelized sweet waffles or pancakes (The Head - Set looking sculptures)
- Caramelized spaghetti for adorning
- Gold leaf foils paper

## > Plating up

- Firstly, place the cake on the plate in the background in oblique position
- Scatter and disperse some currants and pearls around the cake as shown in illustration
- Additionally, to finalize, place a currant sitting on the cake too. These pearls will have been colored and perfumed prior to the dispersion on the plate
- Place the pre-made caramel waffle and pancake sculptures



This is a simple yet elegant dessert, rather than a complex one.

With a little imagination, one can create a savory salty profile or a sugary sweet one.

In regards to the caramel sculptures, there are numerous types of products one can use; waffles, pancakes, phyllo brick sheets, matzo meal, etc. You can soak in butter for a savory profile too.

This composition shall be amazing, with any type of porcelain plate you so desire.

# Autumn duck

## > Concept

This presentation is suitable for a beautiful Indian summer, Autumn wedding with its gourmet timelessness.

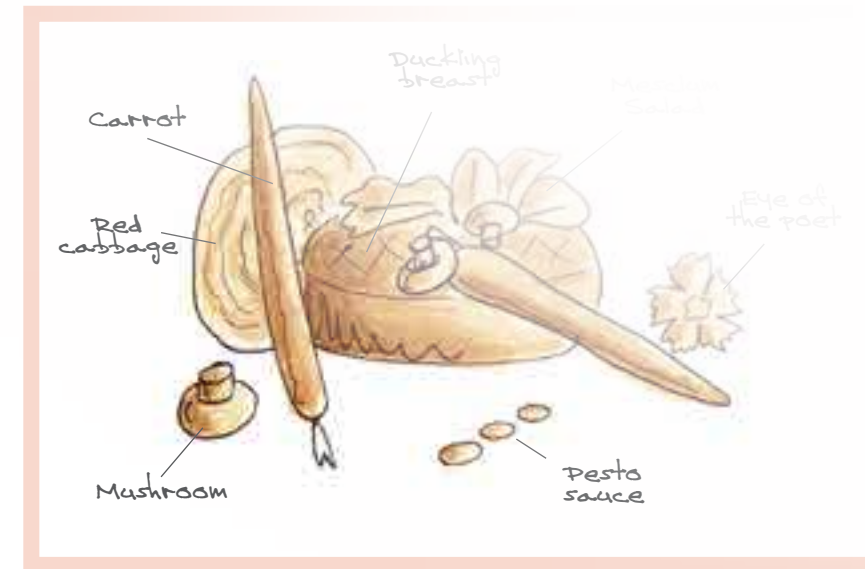
The texture, shape and color play performance, its procession and the unending taste. This agreeable contemporary festive presentation, is easy to achieve, and shall enchant in a most unordinary and charming way.

## > Ingredients

- Duckling breast
- Red cabbage
- Chestnut mushrooms, or milk cap mushrooms (small mushrooms available to your locality)
- Carrots with their green tops
- Mesclum salad greens
- Pesto (sauce)
- Flower, eye of the poet or similar

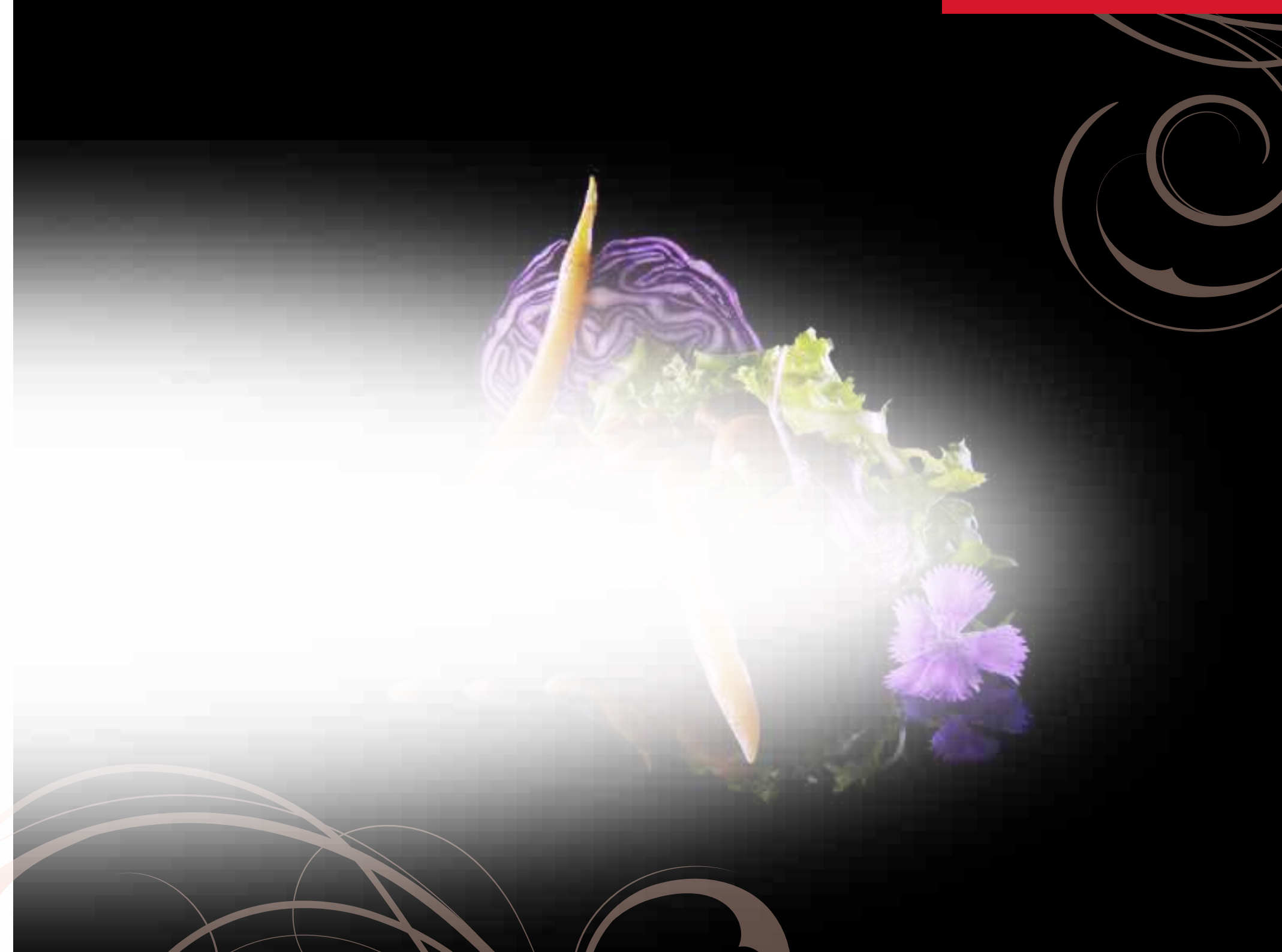
## > Plating up

- Firstly, arrange the duckling breast on the plate (approximately 3/4 in the background of a round white porcelain plate)
- Slice a thin slice of red cabbage, which will show off the magenta red purple and white convolutions. This shall provide an effect of slight transparency, and create a palpable desire to consume uncooked
- Now, place the green lettuce, called Mesclum behind the duckling breast and place the carrot



ter closest

- Place the whole peeled carrot, one the duckling as shown in the illustration, one with its tip to the front of the plate and one going in the other direction
- With a pipette tube, create 3 droplets of the Pesto as shown in the illustration and photograph
- To deliver the finished plated presentation, scatter some extra mushrooms on the side of the plate and place a flower in the foreground.





# Duck tanned thyme

## > Concept

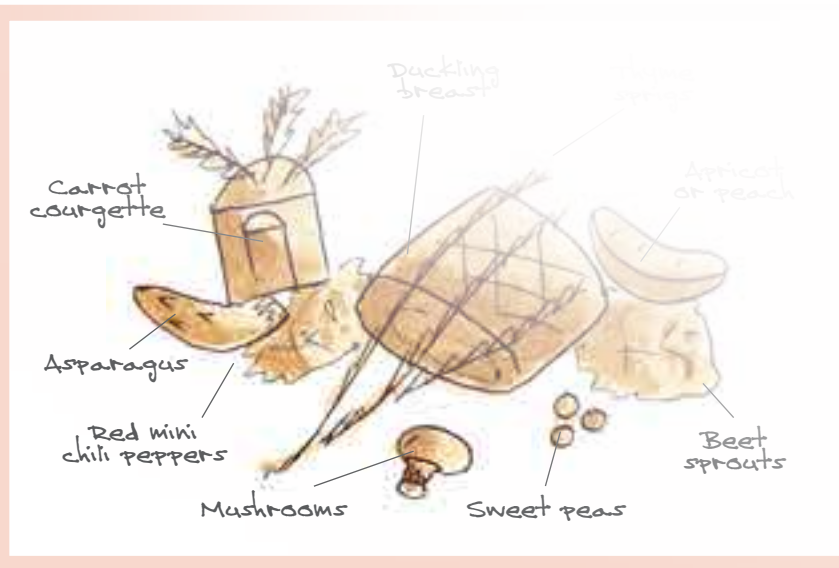
The visual design and lay-out, and the sophisticated realization of this plated presentation are totally within the reach of amateur gourmet enthusiasts. It expresses a keen aesthetic of mingling and the indulgence of ingredients, visual pleasures, and the sweetness of the blending of tastes and ingredients.

## > Ingredients

- Duckling breast
- Carrots, turnips, zucchini
- Mushrooms of locality
- Green asparagus spears
- Sweet peas in a pod
- Apricots or dried apricots
- Beet sprouts
- Red mini chili peppers
- Thyme sprigs

## > Plating up

- Prepare all the vegetables and give them a nice rounded shape in the slicing, oblong
- Lightly blanch or steam and then, freeze them for maintaining a flawless appearance
- Place the zucchini to superimpose in the background along with the carrots
- Caramelize the apricots in a saucepan to bring out their staminate color
- Place the duckling



- provide a layer
- Now, assemble the other vegetables on the back of plate and add the chili peppers
- Place 1 apricot dried or sliced fresh, on the pile of red beetroot sprouts
- To finish, add the mushrooms, 3 sweet peas and the thyme swig

A beautiful round white porcelain plate shall suit perfectly and bring out all the gorgeous colors in this food styled presentation.



# Country duck

## > Concept

This classic beautiful gastronomic creation was selected for innovative and discerning Chefs and home gourmets.

It is a dramatic artistic presentation and can be accurately reproduced sensationallly.

## > Ingredients

- Duckling breast
- Purée of white poppy flowers
- Zucchini or Courgette
- Ungerminated soy beans
- Green asparagus spears
- Local mushroom varieties
- Leek
- Rocket field greens or arugula
- Dandelions

## > Plating up

- Firstly, prepare the poppy purée and combine with poppy or sesame seeds
- Now, slice the zucchini, into wide sheet like strips, using a peeler so that the thin slices can be rolled or wrapped as in the illustration
- Season the mushrooms and finely slice them
- Prepare the purée for the croquette type composition, with 2 tablespoons and place it on the round white porcelain plate

- potatoe.
- Remove the stems of the mushrooms, and scatter some slices with some mung beans, on the left side of the porcelain as in the illustration
- Place the asparagus spears and dandelion flowers

A beautiful round white porcelain plate is highly recommended for this presentation to bring out the colors and to suit perfectly.





# Duck in the garden

## > Concept

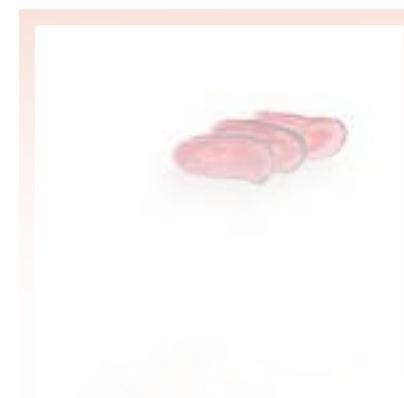
A famous fable had historically created an unhappy hero, however, history has shown us, that the duck has been a much pampered delicacy upon our plates and in our kitchens, including in motif of kitchen decoration. In every culture, Chefs have been preparing duck with sweet and sour, savory alliances, and sublime bittersweet ingredients for centuries.

## > Ingredients

- Duckling breast
- Red radishes
- Orange and purple carrots
- Lotus flower stem
- Asparagus spears
- Mesclum assorted lettuce varieties
- Rice crackers
- Honey orange sauce
- Perennial grass reeds

## > Plating up

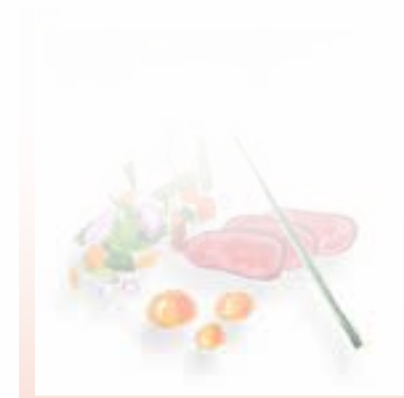
- Firstly, peel the purple carrots, keep the tip on the intact carrot, and slice a few pieces of the remaining part of the carrot as shown in the illustration
- Slice a red radish lengthwise, and cut a lotus flower stem into small circles. )
- Place 3 slices of duckling on the rear of the plate
- With a pipette tube, create 3 small concentric sized soup flowers



Use a pipette tube and red radish tip.

- Now, scatter a few slices of purple carrot, lotus flower stems and some rice crackers

- Secure the blades of reeds on the breast of duckling for height effect



Lotus flower stem are easily found in Asian specialty stores.



# Duck crew

## > Concept

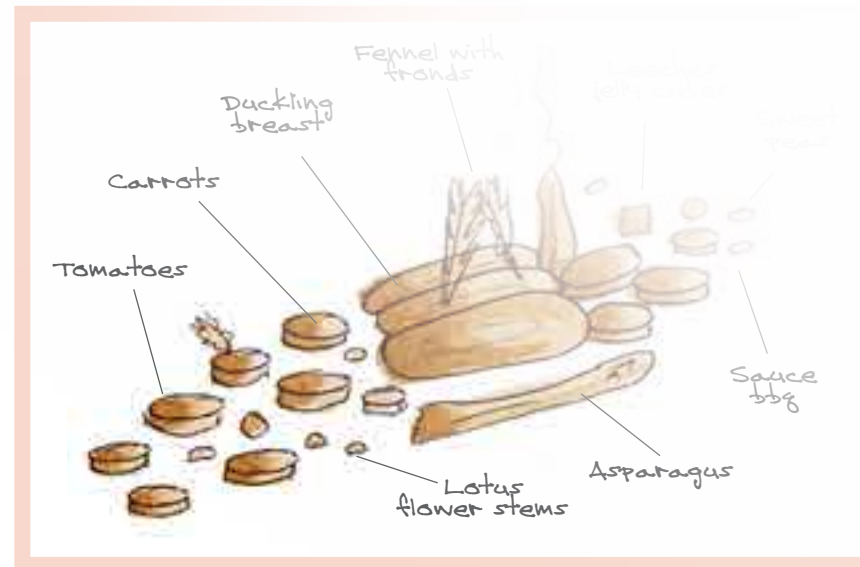
This small sized aquatic bird has inspired numerous painters and writers for its notoriety, for centuries. Furthermore, this delicacy has enchanted uncountable culinary artist's sybarites throughout the world. This incredible charmer, has surely earned its weight in gold, and has a golden colorful "crew" finish.

## > Ingredients

- Duckling breast
- Carrots
- Green, red and purple tomatoes
- Green asparagus
- Lotus flower stems
- Sweet peas
- Fennel with fronds
- Leeches jelly cubes
- Tomato or carrot sauce

## > Plating up

- Slice the purple carrots and maintain the end tip
- Slice 3 slices of the duckling breast and place in the center of the slate plate or slab of slate stone
- Place 3 arcs or circular shapes of different sizes of carrot, green tomato, and red tomato and place near the duckling breasts
- Now, place a whole carrot previously peeled yet retaining its small green foliage tops and



- ring the sauce in front of the duckling breast
- Place the purple carrot with its roots in upright position
- Place a small leeches jelly cube behind the tomatoes
- Put a few droplets of tomato or carrot sauce on each side of the duckling, amongst the vegetables
- Finish by placing a few fennel stalks with fronds upon the slate board



# Shrimps on the rocks

## > Concept

All year long, the elegance of prawns or shrimp, are like a celebration at the table. They are so accommodating, and furthermore, have been subjected to the whims of culinary artists or home gourmets for centuries. Their zesty zeal and extraordinarily pale pink reddish color and pale coral rose finery are found in simplicity suiting them at their best.

## > Ingredients

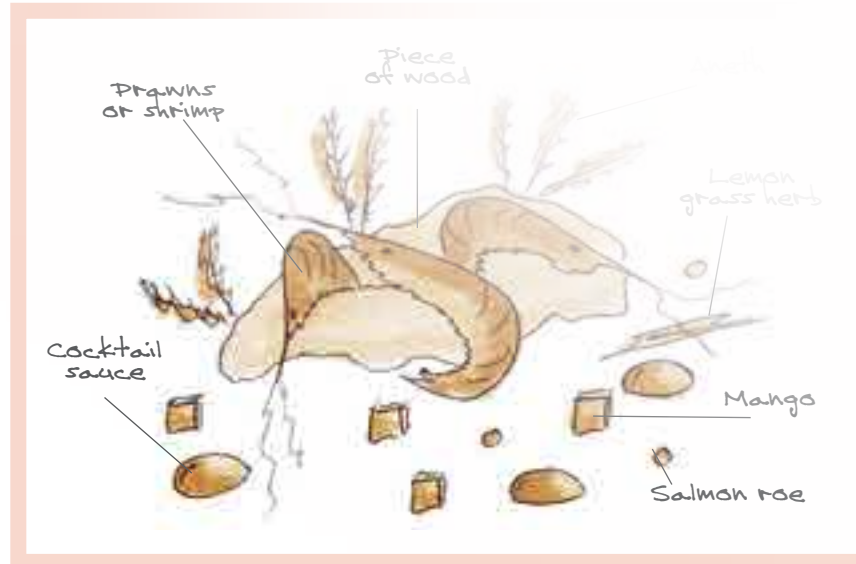
- Large prawns or shrimp sautéed in a well seasoned broth
- A piece of Wood to serve as a support for the presentation
- Diced fresh mango
- Dill fronds and sprigs
- Seafood cocktail sauce
- Salmon or trout roe
- Fresh lemon grass herb

## > Plating up

- Take 2 beautiful magenta red violet leaves from a perfectly round red cabbage to serve as a blanket decoration for the 2 stones
- Place 2 jumbo shrimp or prawns on each stone or rock with the head to the front of the composition
- A toothpick shall hold the shrimp or prawns in place
- Now place a 3rd shrimp on each



- Utilizing a syringe, puddle drops of seafood cocktail sauce between the mangoes sliced into cubes and placed in front of the rock where the shrimp or prawns are positioned
- Install 3 dill sprigs with fronds wedged along the red cabbage leaves
- To complete this presentation, scatter some fish roe to complete the garnishing.



# Shrimps in verrine

## > Concept

Shrimp or prawns, the remarkable crustacean, under any circumstances, with a small gold banding is simple to prepare and impresses one's guests to the utmost.

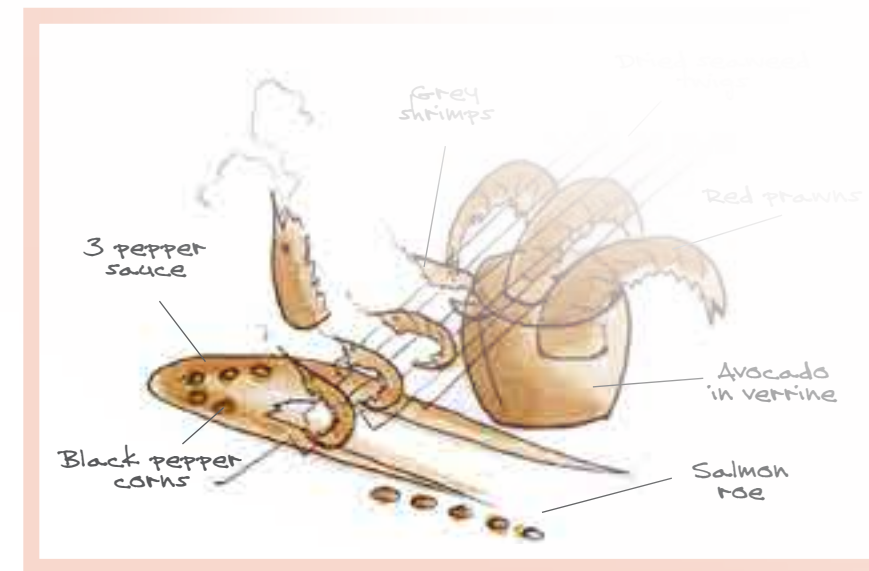
They do not require complicated preparation, or abundant ingredients to be the delicacy that they are.

## > Ingredients

- Common prawns or shrimp
- Red prawns called gambas in Latin, which are red orange in color
- Dried seaweed twigs
- Pine nuts
- Red onion
- 3 pepper sauce
- Black pepper corns
- Salmon roe

## > Plating up

- Prepare from scratch the 3 pepper sauce. It can be prepared with mayonnaise, mustard and ketchup, or from a red, orange and yellow bell pepper, and combine thoroughly
- With an attractive glass jar, not too high, combine the pine nuts, chopped onions and the avocado cubes with a drop or 2 of lemon and place in the jar
- Remove the heads of 3 prawns and dip the 3 prawns



- Place the jar on a background of ice
- Thread 5 strings of pearls on a small twig of dried seaweed
- Install this twig in between the sauce, and the jar, not inside
- To conclude, dot 5 black pepper-corns in the sauce and 5 Roe of Salmon aligned without forgetting to place the shrimp or prawns

For the illustrated design on this dressed plate, use a painting knife or narrow spatula to slide from the inside to the outside with twisting motion



# Imperial crown

## > Concept

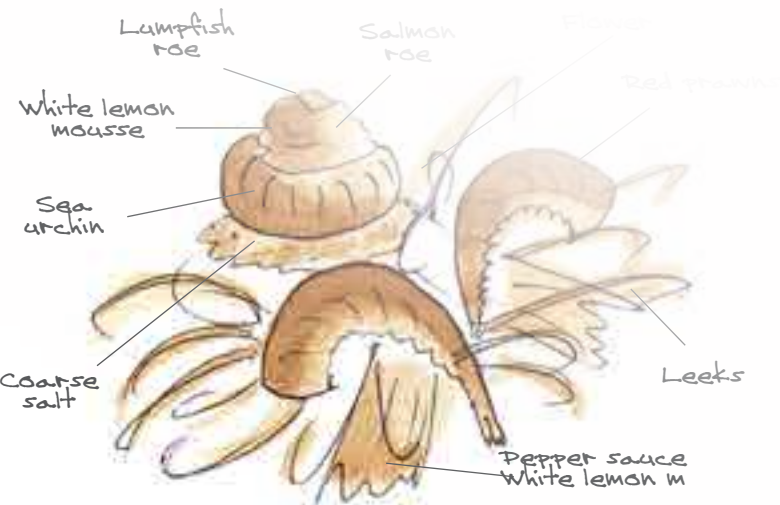
A characteristic of prawns and/or shrimp, and crustaceans in general, is that they are delicacies that adorn tables and are suitable for sophisticated disguises. To create a surprise and amaze one's dining guests, it is particularly honorable to create a vibrant and colorful designed plate. Despite appearances, the imperial crown is very simple to create.

## > Ingredients

- Red prawns
- Leeks
- Coarse salt
- Pepper sauce
- White lemon mousse
- Salmon roe
- Lumpfish roe
- Violet flowers (a thought to add)
- Sea urchin

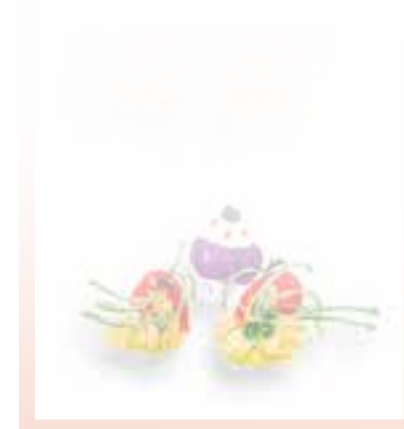
## > Plating up

- Find a purple violet sea urchin
- Prepare an orange bell pepper type of sauce with 3 peppers or a seafood cocktail sauce from scratch
- Slice the long white leek stalks into 2 cm strips
- Using a pastry cutter, finely chop and place a round bed of coarse salt behind the presentation
- Remove the sea urchin's throat



- Create a leek puree paste and as the illustration indicates, place on the plate
- Now, remove the heads of the prawns, and place in each leek puddle lying down
- Conclude with a few purple flower petals of choice and place on the sea urchins and the prawns

On page 90, you shall find the explanation for the slicing of the leeks and creating the loops.



# Summit conference

## > Concept

If you are dreaming of pristine fine white sands and endless beaches, then, following this little edible wonder of nature shall inspire you and bring you and your guests, closer to a paradise in the Tropics. This impressive staging can lead to applause, and can be served for any occasion.

## > Ingredients

- Prawns or shrimp
- Mix 5 bay leaves
- Shellfish sauce
- A dill bouquet
- A sea urchin with its holder

## > Plating up

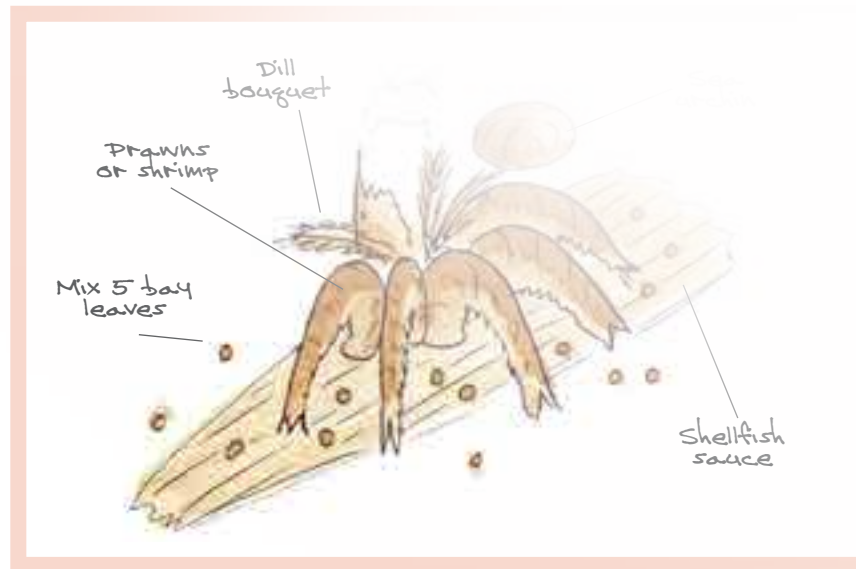
- Take a tablespoon of shellfish sauce and place at the far end of the plate, and spread it with the teeth of a glue comb as in illustration
- Place the prawns vertical with the heads on this "track" of shellfish sauce
- Balance the 5 prawns as shown in the photograph and illustration on the star which you shall create or purchase
- Decorate and garnish the dish



NOTE: Make sure to balance the textures and colors

To adhere the prawns in their position, you can soak the side of the head in the shellfish sauce that was used to draw the background "track" pattern.

The sea urchin holder in the background can also be used as a vessel for a composition of lemon mousse or mayonnaise to accompany the dish.





# Mrs. Lobster

## > Concept

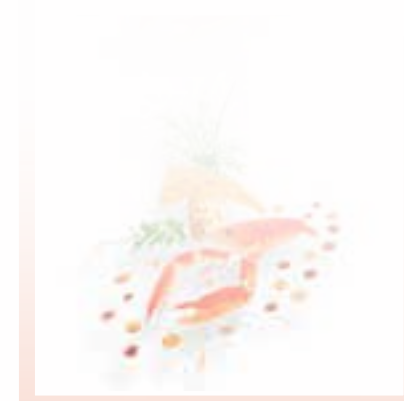
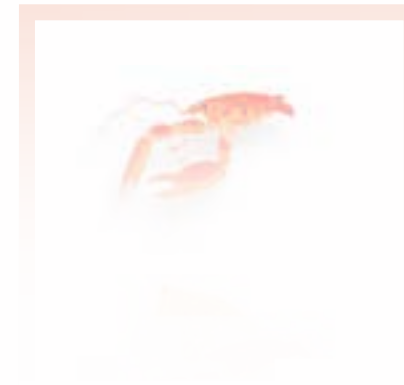
Norway lobster, often called Dublin bay prawns and/or scampi, is often netted off the sea beds. This crustacean, offers us refined finesse and sublime exquisiteness with a subtle tasting whitish pale pink flesh. This crustacean lends itself to remarkably beautiful artistic creations for inventing stunning presentations !

## > Ingredients

- Norway lobster or scampi
- Black, white and red rice called Camargue
- Dill sprigs with fronds and chive
- Phyllo dough sheets
- Sprouts
- Shellfish sauce
- Tomato sauce
- A white Dressing (tartar or dill)

## > Plating up

- Begin by studying the illustration, and flatten the tail portion of the crustaceans
- Place a small roll of the rice mixture in the behind the Norway Lobster on the plate
- Put a Dill sprig with fronds and chives on top of the rice rolls as shown in the illustration
- Place some dill and sprouts and sweet peas at the base of the lobsts



- behind the lobster, as shown in the illustration
- Finish with the graphic work by drawing with the pipette tube, a large carpet of points as shown in the illustration on the dish and alternate the colors and sizes of the dots

The colors of the dots that line the dish or provide the wide border should be red, orange, white or light beige, like the ingredients of the composition.



# As in the theater

## > Concept

The extraordinarily beautiful queen of the sea, exquisitely delicate and refined, is suitable for spontaneously creative savory and sweet ingredient profiles. Although less graceful on land than in the sea, the Norway lobster have undertaken grand love affairs with all sailors and are showcased in the most stunning restaurants worldwide.

## > Ingredients

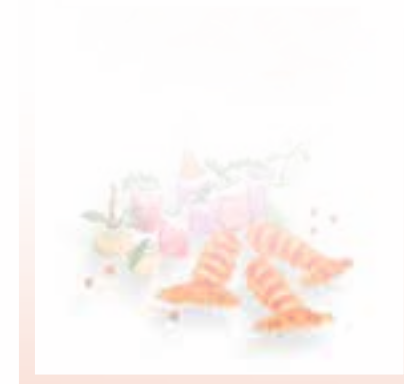
- Norway lobster tails
- Shrimps or prawns
- Acorn fed ham
- Carrots - Zucchini
- Black radishes - Beet root
- Sprouts - Sweet peas
- Salmon roe
- Dill sprigs with fronds

## > Plating up

- With a mandolin or manual peeler, peel the large vegetables and create sheet strips as shown in the illustration and photograph
- Roll the sheets to form a whole series of rolls with the vegetables and the extraordinarily thinly sliced acorn fed ham slices. Then, place the rolls on the plate, color combining and matching hues and tones
- Arrange 3 acorn tails, as shown in the illustration and photograph spread evenly
- Arrange the final touches, by placing salmon roe, around the composition

If using pre-made rolls or manufactured ones, you can put together 2 strips of different color vegetables before rolling them. This is going to bring additional originality and color to the presentation.

Feel free to add a decorative holder or sauce boat, for the mayonnaise or other dressing of choice.





# Algae & Lavender

## > Concept

Lavender, still very popular because of its mild, sweet fragrant aromas, blue lilac hues and healing properties, the color lavender, has been enchanting dishes for centuries. Also, offering Chefs with their extravagant color are purple carrots. They have been reappearing in markets worldwide, exciting our curiosity and have become the new gustatory journey.

## > Ingredients

- Fish fillet in season of choice
- Cubed beetroot
- Purple mashed puréed carrots or purple potatoes
- Red beetroot seeds or similar, and algae
- Red lentil beans
- Fresh lavender sprigs

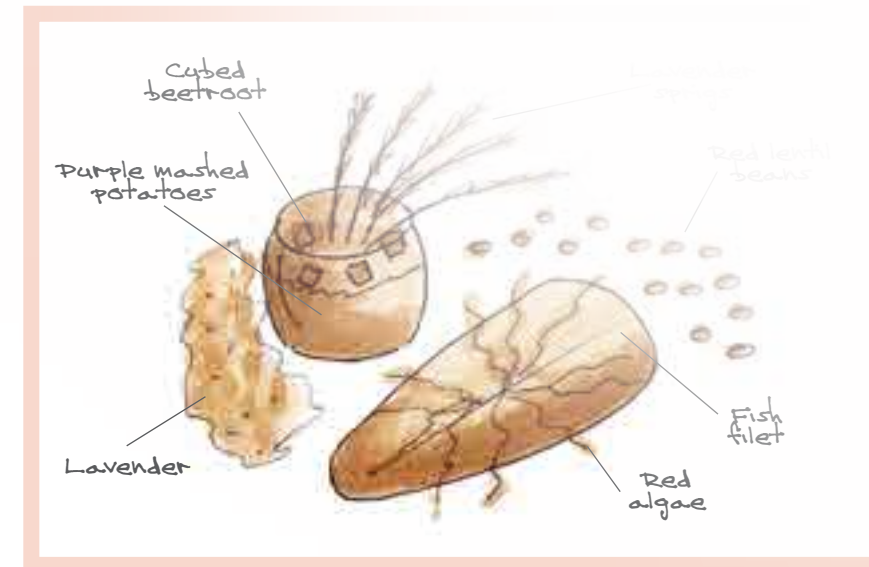
## > Plating up

- Prepare your skin baked fish fillet to display white flesh, skin on down side, as shown in the illustration
- Fill a glass or jar with 2/3 mashed purple violet potatoes or carrots
- Now add 3 or 4 small cubes of beetroot ad 3 lavender sprigs with twigs and disperse them behind the fish on the plate as shown in the illustration
- Scatter some red lentils for adornment on the plate
- Now, as shown in the illustration



The colors present in this composition are rather unusual on an everyday plate presentation. Surprise your guests. There is no real difficulty in finding the necessary ingredients for making your potato or carrot purée.

To contrast with the white fish, a black plate is perfect for this presentation.



# Duotone land and sea

## > Concept

The most common fish are present on the menus of good restaurants worldwide and can do wonders, if given a profoundly sober dark background and exquisitely refined design. With simple raw materials or products, this is an extraordinary opportunity to add creative touches during the springtime, and exhibit spring's color palate, the greens.

## > Ingredients

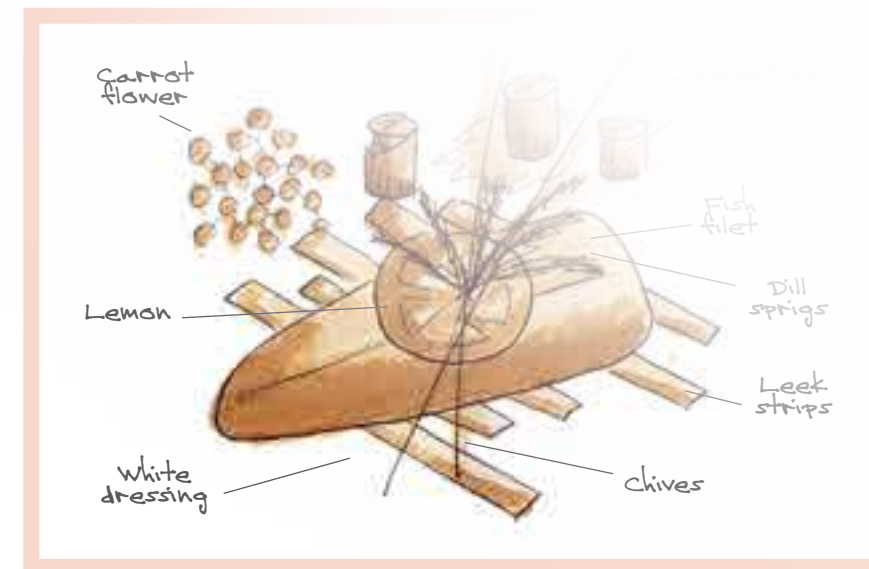
- Fresh fish filets
- A white dressing with reduced shallots
- Zucchini or courgette
- White Leek strips
- Dill sprigs with fronds
- Chives
- Fresh Lemon
- Carrot flowers or similar

## > Plating up

- Firstly, prepare 5 strips equal in size, of the white leeks and blanch in boiling water for a minute or two, and then drain on paper towels, before placing them as shown in the illustration, on the plate
- Place the cooked fish filet white flesh upside on top of the leek bed
- Now, create the zucchini sheets for rolling and maintain a little bit of the zucchini dark green skin on the flat sheets for rolling

- Continue with a few leaves to give additional height to the fish filet
- Now, arrange the background with beautiful carrot blossoms or similar
- To finish the adorning, take a pipette tube filled with a white shallot dressing and create the design

This is a green and white duotone graphic composition and it is relatively simple to achieve with fine results.





# Paupiette in the clouds

## > Concept

Maupassant stated : "Of all the passions, the only really respectable seems to me to be gluttony". With this in mind, this appetizing carnivore's dream dish creates a warming during our long cold wintry days and nights. By combining simplicity and elegance, one can create a veal or pork roulade, with the utmost in taste and festive finery for their guests !

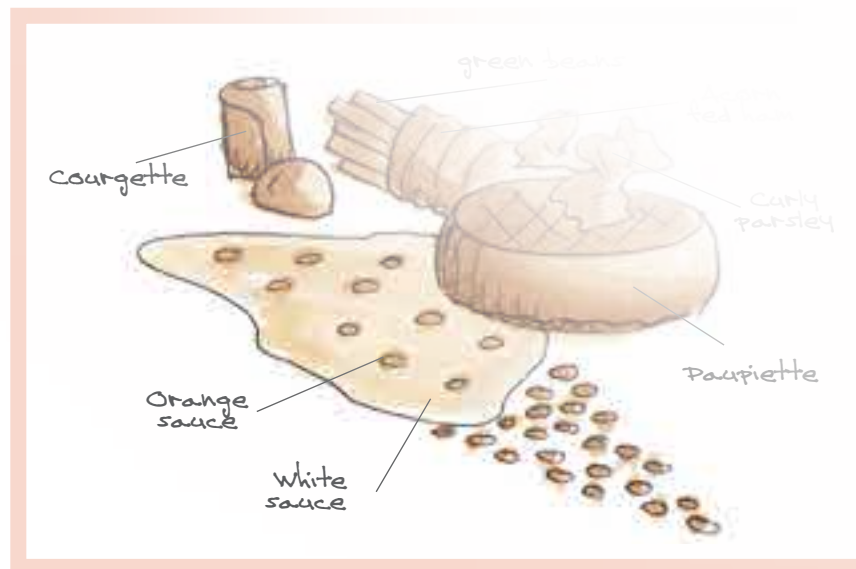
## > Ingredients

- Roulade of veal or pork
- A white pepper sauce or Parmesan cream sauce
- A reduced gravy tomato sauce
- String beans or green beans in bundles as show in the illustration
- Acorn fed ham
- Curly parsley
- Zucchini

## > Plating up

- Poach or blanch the zucchini sheets for the rolls, previously sliced with a peeler and rolled
- Remove with a ball shaped spoon or ladle
- Create a bundle of equal length green beans or string beans and wrap the bundles with acorn fed ham as shown in the photograph and illustration
- Draw white dots with the white sauce, with an acorn fed ham
- Season the top of the meat as tograph and illustration
- Place the 2 sheets of zucchini and the green bean bundle in the background

This composition is readily served on a large white porcelain, rectangle or round.



# Lamb scrubland

## > Concept

A symphony of shapes and colors that provide sparkle and enticement of palate, lamb is appreciated in all seasons, either winter by fireside and/or summer in the garden. A presentation that is a little challenging to stage, yet, with creativity and patience, this food styled presentation has a high sensory rating and merits the excellence.

## > Ingredients

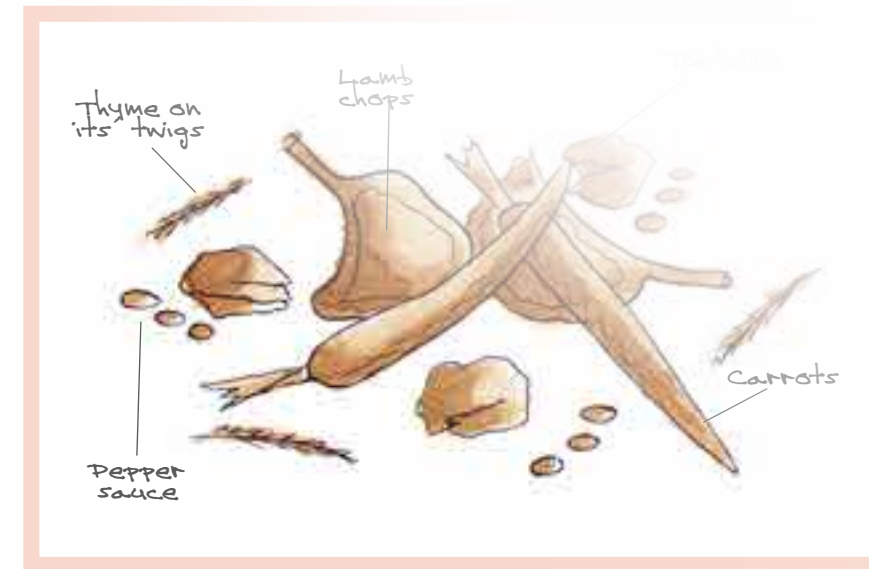
- Baby lamb chops
- New carrots
- Spinach Tortellini (green)
- Homemade pepper sauce and Parmesan cream
- Fresh thyme on its' twigs

## > Plating up

- Sauté whole carrots in a skillet with a snippet of sugar to caramelize slightly and thus, give the carrots enhanced color
- Place the 2 lamb chops on a large round or square white plate, one flat and the 2nd vertically on the edge of the plate if possible
- Now, place the carrots in the opposite direction on the chops as seen in the illustration, with the top of the carrots facing the center of the plate
- 3 dots, 1x large round next to the chops, a slight bend in the lay-out
- Lastly, place 3 sprigs or twigs of fresh thyme on an angle between the carrots and the tortellini

Before cooking the carrots, coat the tops with aluminum foil to keep them protected.

We are going to find ourselves with a composition of just a few colors, with all the items, except for the green tortellini and the carrots.





# Close protection

## > Concept

Unearthing popular regional cuisines, one can see the large picture, and impress their guests with an extraordinarily graphic display with a decorum befitting of royalty. The oceans of the world and the seas, offer us great wild resources that can be rechanneled into timeless recipes. Here is an example, of an evolutionary cod fish dish..

## > Ingredients

- Fresh cod fish steaks
- Surimi sticks
- Green beans
- White sauce of choice : butter or aioli
- Poppy seeds
- Leeks sprouts
- Dill sprigs with fronds
- Purple pansy

## > Plating up

- Draw, with a pipette tube, on the edge of the plate, over its entire length, a serpentine shape, alternating solid lines and small dots
- Now prepare the cod fish in papillote of foil or parchment or cooked in fish broth
- Coat or encrust the poppy seeds on the fish exteriors and place the fish next to the serpentine drawing
- Fill a jar or glass with le sprouts + dill



- Tie with cooking cord, a bundle or stack of green beans and place it on the back of the plate, near the jar
- Add a few sprigs of dill on the fish to provide volume
- Finish by placing the purple pansy on top of the fish

Another composition that shall be quite enhanced on large white porcelain, round or square.



# Nemo's world

## > Concept

Similar to a lost ship in high seas, this aquatic finned and scaled creation that inhabits the deep blue seas is always a refined companion, chockfull of exquisiteness. Chefs have been amazing their guests worldwide, with stunningly presented plates accompanied by extravagant colors, bringing a simply white flesh fish into the limelight.

## > Ingredients

- A white fish fillet of choice
- Bi color carrots
- Sweet peas in a pod
- Violet potatoes
- A classic orange mother sauce
- A peppermint white sauce
- Lumpfish roe
- Bi-color Pansies
- Decorative dried seaweed

## > Plating up

- Firstly, poach the fish fillet in court bouillon, and place in plastic wrap. Then roll it in the form of a cylinder
- With a pipette tube, draw an orange sauce spiral as shown in the photograph and in the illustration. One can use a syringe too
- Place the fish rolled on the orange sauce
- Poach the potatoes, and press the potato as show below
- Decorate as per the illustration
- Place 3 purple and 3 yellow Pansies
- Place a little lumpfish roe on the fish
- Now for the final decorating touch, place a violet purple pansy on back side

Why not bring some decorative dried seaweed or similar to give height to the dish and provide color to the dish.





# La Traviata

## > Concept

Behind the scenes in wardrobe at a theatre, this presentation, harmonious in appearance in its minimalistic manner, and dressed in simple costume with a limited color scheme, can be compared to what a photographer views in his or her lens when photographing a theatrical scene. Furthermore, upon first glance, one may see a mysterious looking boat.

## > Ingredients

- White fish fillet
- Green spinach tortellini
- Green beans
- Sweet peas in a pod
- Made from scratch, a mother white sauce (for example : butter or pepper)
- Fresh black pepper
- Fresh dill swigs with fronds

## > Plating up

- Poach the fish fillet in court bouillon and place in plastic wrap and roll to form a cylinder
- Prepare all the green beans by slicing each end, to obtain 6 to 8 pieces from one, all the same size
- Using a glue comb, draw the trim as shown in the illustration and photograph with the white sauce
- Place the fish parallel and also to overlap on the edge of the stage



- Now, place in the shape of a some sweet green peas in front of the drawn stage and also place behind the green beans
- Place some dill swigs with fronds on the rear of the fish
- To finish, place a few black peppercorns on the mat of the stage where the green beans are

A beautiful black, white and green tri color presentation.



# Crown virgin

## > Concept

In Japan, as in France, raw fish, the key ingredient in Maki-Sushi has become a common street food as well as a chic haute couture restaurant lunch or dinner.

With a little practice and high quality products, this recipe is easy to prepare and with the association of being irresistible and exquisitely sublime.

## > Ingredients

- Maki-sushi of 3 different colors : 2 salmon, 2 red or white tuna and 2 avocado
- Salmon roe
- Decorative branches
- Solanum flowers in deep lavender or white

## > Plating up

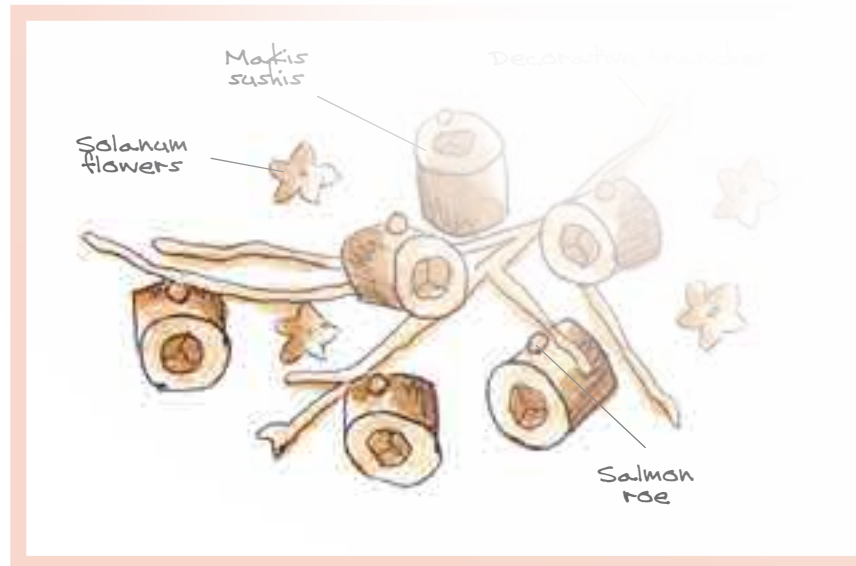
- Firstly, find some fruit tree branches and/or purchase/order at a good florist
- Arrange the Maki-sushi by color combining, arrange some laying down, others standing upright, and others leaning on the twigs and branches
- Place 4 small flowers called Solanum between the twigs and the Maki-sushi
- To appreciate it



This is a very common minimalistic presentation that corresponds perfectly to the Japanese style.

Consider, adding a large dot or dab of wasabi and a mini dish for the soy sauce.

To serve, a mini Oriental or Japanese tea would be appropriate however, so would a black tea work and highlight the colors of this presentation





# Manhattan towers

## > Concept

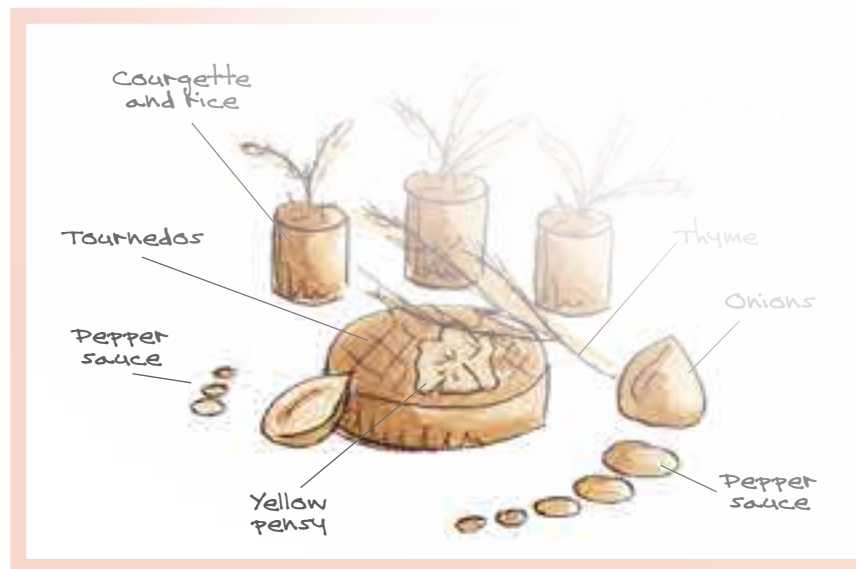
A familiar territory or renowned dish has its rituals, tones and colors, musical harmony, and eternal renewal, which is an art in its own right, and this gastronomic venture of Tournedos, or the undercut of Sirloin, steps into the highest level of universal creativity. The architectural courgette tower trilogy, shall watch over their precious treasure.

## > Ingredients

- Tournedos (the undercut of sirloin)
- White onions
- Courgette or Zucchini
- Curry rice with saffron
- Dill sprigs with fronds
- Foie gras sauce or pepper sauce
- Carrots
- A sprig of thyme
- Yellow pansy

## > Plating up

- Grill the steaks and reserve to stay warm on a platter covered by aluminum foil
- Slice 3 large courgette sheet strips using a peeler and lightly poach or blanch
- Prepare a well seasoned rice, and make 3 small cylinders and roll in the sheets of zucchini or courgette creating a little dome and then place them on a plate in the behind the meat, forming a



- Place the faces of the architect by installing inside the rice
- Using a syringe, create 5 large drops of pepper sauce in an arc
- Now, draw 3 small dots of the orange red sauce on the other side to complete the imaginary circle around the meat
- Take the thyme sprigs and drape lightly over the meat, to provide height to the composition and to finalize, place a yellow pansy with a violet face on top of the meat.



# Aliens' invasion

## > Concept

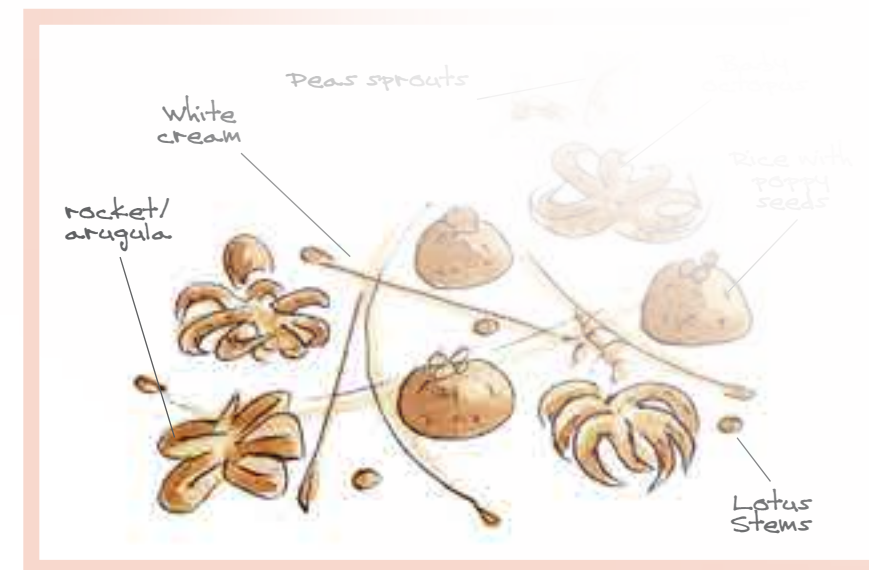
The mysteries of the creative and visual arts have always challenged the human race. Additionally, the images of magical gardens, inhabited by extraordinary foliage and flora, as in the image of the magical garden, in the photograph, which is inhabited by unusual components to vary the pleasures of the palate. Here is an idea, for a fabulously tasting main cours.

## > Ingredients

- Fresh baby octopus
- Rice with poppy seeds
- Sweet peas in a pod, purée or mashed
- Lotus stems
- White butter sauce or white wine shallot sauce

## > Plating up

- Boil the octopus in a well seasoned homemade stock of shellfish or fish broth
- Using a pipette tube, or syringe, filled with the white sauce of choice, as indicated above, "arcs" that intersect starting with a big dot or period
- Place the octopus clusters in a triangle on the plate, preferably a rectangular white porcelain and place two



- With a moulin or w and place the domes of rice on the octopus clusters
- Adorn the octopus clusters with a few sweet peas
- Place a small bunch of field greens of rocket or arugula or chews, a similar type herb on the left side
- Finish the dressage with 3 slices of lotus stems

This composition will be much more visually stunning if it is placed on a black or very dark colored porcelain.



# Happy Easter

## > Concept

Quail eggs are surprisingly amazing in taste and have enjoyed an extraordinarily positive reputation amongst Executive Chefs, home gourmets and dieticians.

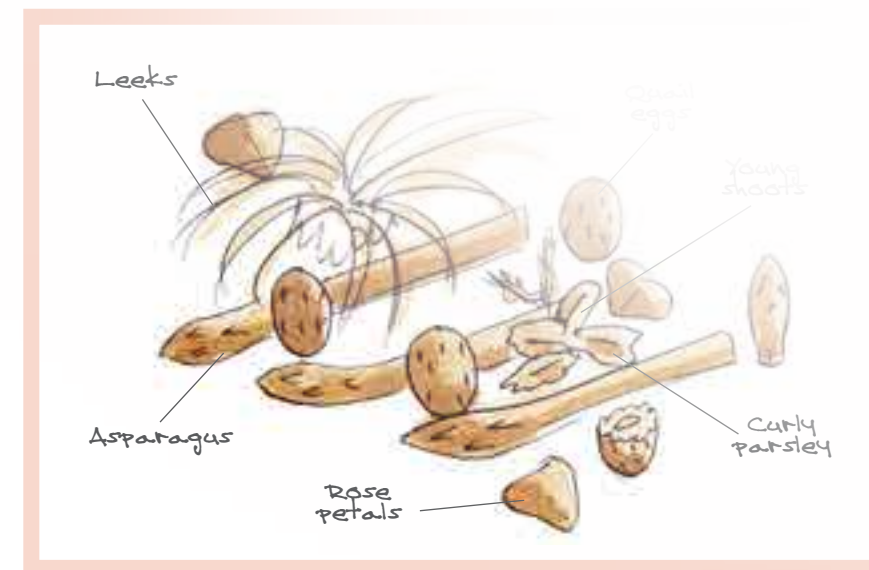
This delightful gem of a presentation boasts all of the merits, of a promise of pleasure and well-being.

## > Ingredients

- Quail eggs
- Green asparagus
- Leeks
- A mix of young fresh green herbs
- Curly parsley
- Rose petals

## > Plating up

- Take a long white leek stalk, and slice fringes lengthwise, 2 or 3 cm. Uncut, and then soak a few minutes in ice water to achieve the results
- Now, place the 3 green asparagus parallel as shown in the illustration with spearheads vertically facing to the left
- Put 3 poached or boiled quail eggs as show in the illustration. Then, place the 4th quail egg, sliced in half in the foreground



Take 3 poached or boiled quail eggs and place a spring of par

- To conclude, place 3 rose petals to give a dash of vivid beautiful color to the whole presentation

You can also use employ some rose petals as a condiment for the vinaigrette.

For the quail eggs to stand vertical, a base or a substance to hold the exterior of the quail eggs upright.

# Underwater jewelry

## > Concept

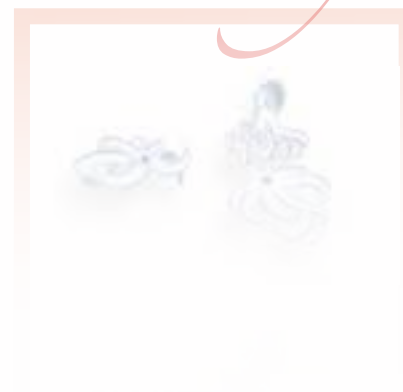
As Wim Wenders stated in a documentary, "Photography in writing is light", and "Without light there would be no photography" and with this in mind, it is time to be daring with this tiny epicurean extravaganza. This daringly dynamic dressage design is a small gastronomic force, of baby octopus clusters, a pact with the ocean, and taste without objections.

## > Ingredients

- Baby octopus
- Cuttlefish or Squid Ink
- Ratte potatoes
- Fresh black pepper
- Gold foil leaf papers

## > Plating up

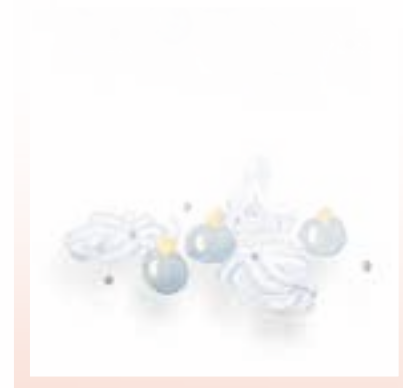
- Simmer the octopus in a well seasoned homemade shellfish or fish stock broth and add the squid ink. This black ink dye is easily absorbed
- Boil 3 potatoes in the broth
- Place the clusters of octopus on porcelain, forming a triangle, with two of them arms up and the third, with head up as shown in the photograph and in the illustration
- Now, place the 3 small potatoes in the center



- Arrange gold leaf on each of 3

This unique creation is an amazingly stunning surprise for your guests.

To highlight all the black elements, we can use a black base that is going to accentuate the presentation, and it shall look exactly like a jewel when it is delivered to the table, just like a showcase of precious stones and a treasure chest of jewels in a jewelry showroom.





# Dali's mustache

## > Concept

These charming small cephalopods are the highlight for the fishermen who net them. The Greek term cephalopods signify "feet in the mouth". Cuttlefish are delicious morsels which possess tentacles extending from their heads, and an ink sack. This ink sack creates culinary adventures in black and white, quite a phenomenal adventure, for the palate.

## > Ingredients

- Baby octopus
- Cuttlefish with ink sack
- Beetroot
- Young baby spinach leaves
- Curly parsley
- White wine sauce, with black pepper and shallots
- Yellow and purple pansy

## > Plating up

- Simmer the baby octopus in a well seasoned shellfish
- Add the squid ink from the sack into the broth. Now take 1 of the clusters and tint it black with the ink from the sack. Let the other 2 clusters simmer in the broth

- You are going to need a large jar with a lovely flared shape. This shall provide the aesthetics for the conclusion of this presentation

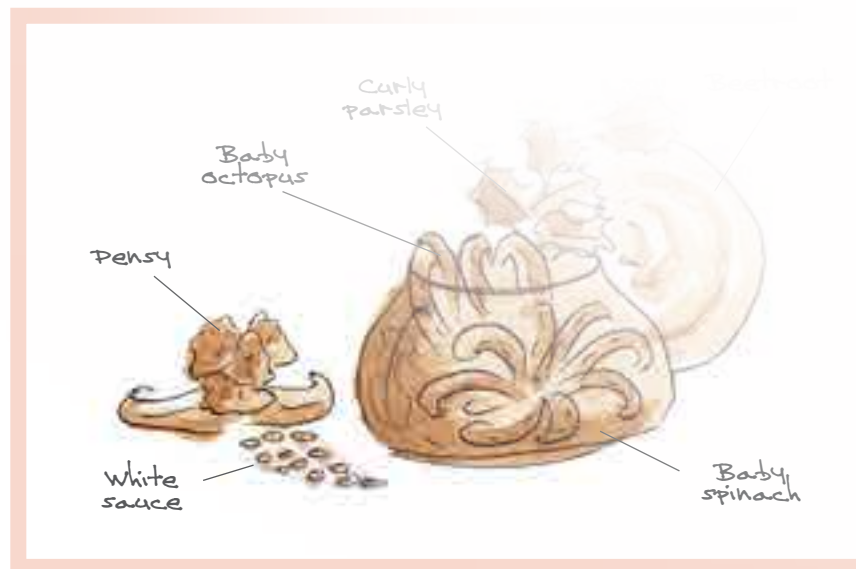
- Line the bottom

- with rice, rice and place a spring of

- To create "the mustache", slice 2 tentacles of a cuttlefish, or squid, and place the mustache on the left side

- Now, place the purple pansy between the 2 tentacles

- Complete the adorning, using a syringe, to draw different sauce stains on the left side of the porcelain.



# Rock band on stage

## > Concept

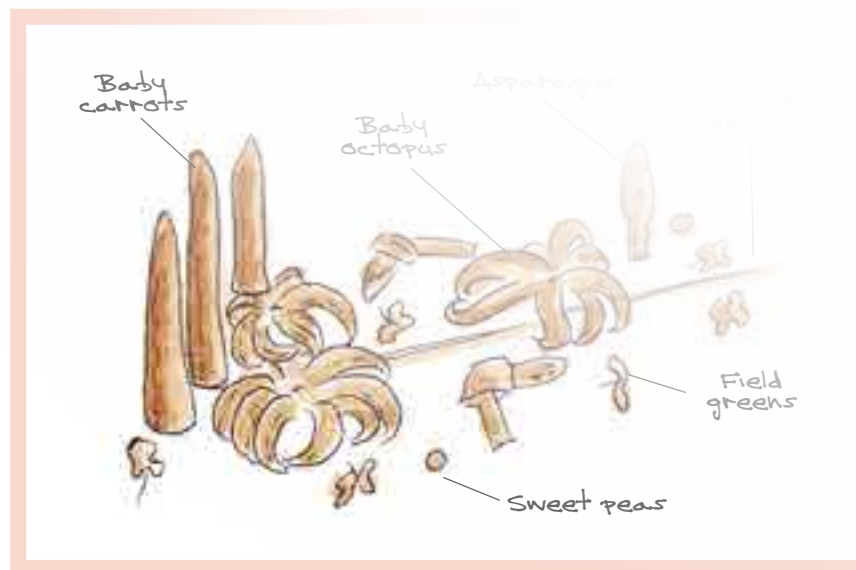
Imagine, carrots erect like skyscrapers or sentinels on guard or even simulating the fascinating works of Gaudi ? This presentation, with its' combination of shapes, colors, textures and materials seeks to enrich our palates with full speed flavors and stimulation of your talents in building a vegetable city presentation !

## > Ingredients

- Baby octopus
- Baby carrots
- Green asparagus
- Orange sauce (Carrot, red pepper or aurora sauce)
- Sweet peas sprouts

## > Plating up

- When selecting the carrots, choose thin carrots that are not too straight. Slice them in 3 different lengths. Sauté those in sugar to give them a gorgeous orange caramel color
- Simmer the baby octopus clusters in a well seasoned homemade shellfish or fish stock, strained to a broth. Add a drop or two of Soy sauce to provide a golden brown tone
- Blanch the asparagus in salted water, and using a peeler, peel preserving the green



reproduce and use the illustration and the photo

- Place the clusters of octopus on both sides of the drawn carrot sauce purée as shown in the illustration and in the photograph
- Arrange the asparagus and the knotted spearheads as shown in the illustration and in the photograph
- Finish decorating with young sprouts and sweet peas from pods.



# Cheese palette

## > Concept

France is a country with more than 300 cheeses. Furthermore, of course there are more rural artisanal varieties unknown to many urbanites, which sums up to practically one cheese for each day of the year. The French take their cheese very seriously. They eat it nearly every day, not as a snack, however, as a separate course, at lunch and dinner.

## > Ingredients

- 5 cheeses of choice, in different colors, shapes, textures and origins
- Passion fruit
- White grapes
- Star Fruit
- Kiwi
- 3 marmalades or jams (Chestnut, cherry and fig)
- A Roquefort cheese sauce or other cheese sauce of your choice
- Dried grapes

## > Plating up

- Slice the selected cheeses, in portion size, not too big. Provide a soft cheese to make the cube
- Using a pipette tube, sketch a painter's palette, with the white cheese sauce on the slate square plate recommended below for this presentation
- Place the 5 pieces of cheese on the interior of the painter's palette
- Arrange the passion fruit, kiwi, star fruit, dried grapes, marmalades and white grapes around the painter's palette
- To conclude, place a patted dry white grape on top of the cheese cube



This extraordinarily beautiful individual tray shall be a masterpiece of art on large square black porcelain or a large square slate stone.

And, why not imagine, presenting your cheeses on a real wooden painter's palette?



# Palette Bourquignon

## > Concept

To enliven a festive evening, local simple recipes are an asset to the host. In between Charolais and Limousine, each element imprints an indelible fingerprint on the meats and the meat producing regions. Serving individual portions set up on painter's palettes provides each guest the individuality of an esteemed epicurean taste testing.

## > Ingredients

- Beef chopped into cubes
- Assorted sauces of different colors and flavor profiles
- White sauce also to be used for the palette drawing
- Assorted fruit berries
- Black peppercorns
- Dill sprigs with fronds
- Red onion
- Pale pink Himalaya salt

## > Plating up

- On the rectangular slate porcelain or a real wooden painter's palette, with a pipette tube, draw a white sauced painter's palette
- Arrange 6 beef cubes on one end of the palette as shown in the illustration
- Place 5 small bowls of different sauces or dips on the other side of the drawn painter's palette
- Adorn these 5 sauces with herbs and onion



the illustration

- To conclude, place a few pebbles of pale pink Himalayan salt on the beef cubes

This composition will look absolutely impeccably flawless, placed upon a large rectangular slate board or plate.

Imagine, presenting these beef cubes with your Fondue Pot, on a real wooden painter's palette ?





# Carbonara Da Vinci

## > Concept

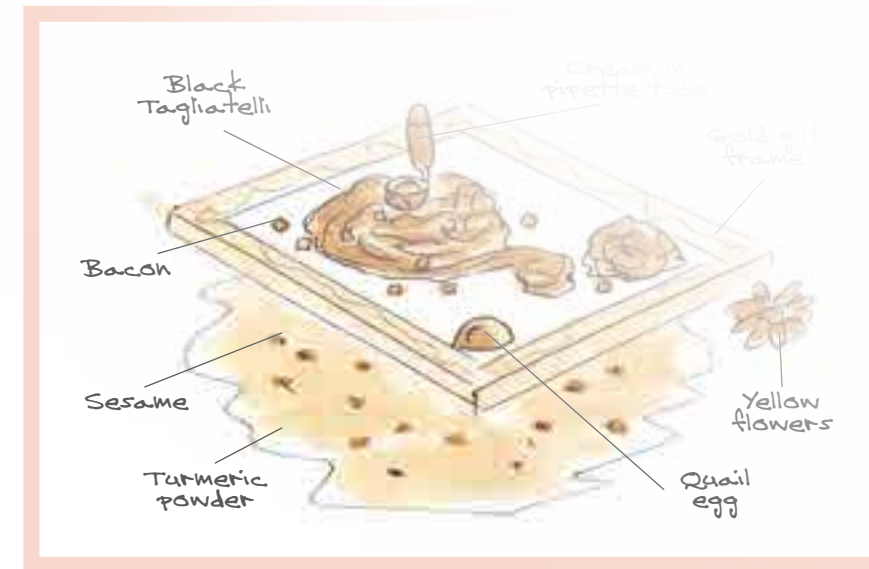
The name had derived from the word "Carbonaro", a charcoal burner. Additionally, "Carbonara" signifies "coal". Thus, "the pasta with coal" which was a sufficiently rich and filling meal for the miners, who were given this dish. Rest assured, they were tainted by squid ink. This invention of this famous Italian specialty was created in the 1940s.

## > Ingredients

- Black Tagliatelli cooked in squid ink
- Bacon
- Egg yolks of Quail Eggs
- Sauce with a fresh cream and the pipette tube for drawing
- Turmeric Powder
- Sesame seeds
- Yellow flowers
- A gold gilt frame from a flea market
- Gold leaf foil papers

## > Plating up

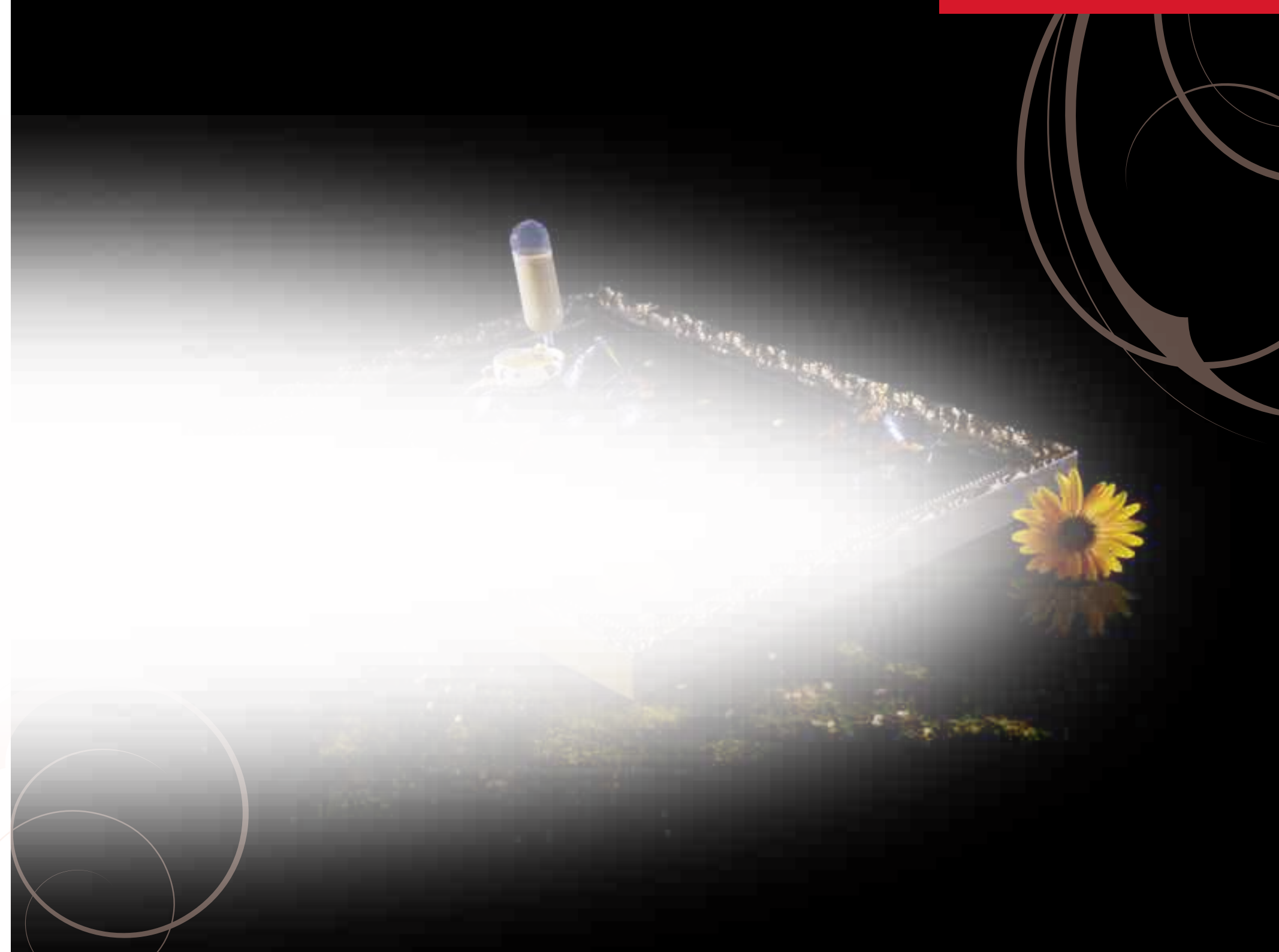
- Place the gold leaf frame, slightly on an angle as shown in the photograph and the illustration, on a dark plate or slate, which shall enhance the gold leaf frame considerably
- Place the cooked pasta in the center, and draw some aesthetic arabesque designs with the pipette tube filled with the fresh cream
- Carefully place 1 egg yolk in a corner and a half of a quail egg in the shell



to and out

- Place a pipette tube filled with sauce over the pasta and next to the yolk of the egg
- Now, gently place gold foil leaf on the two egg yolks
- To conclude, place a medium sized yellow flower on the composition

This elegant dish should be served in a very dark flat plate, or on slate stone, which shall create a magical experience for both you and your guests.



*Where are the pearls?*

## > Concept

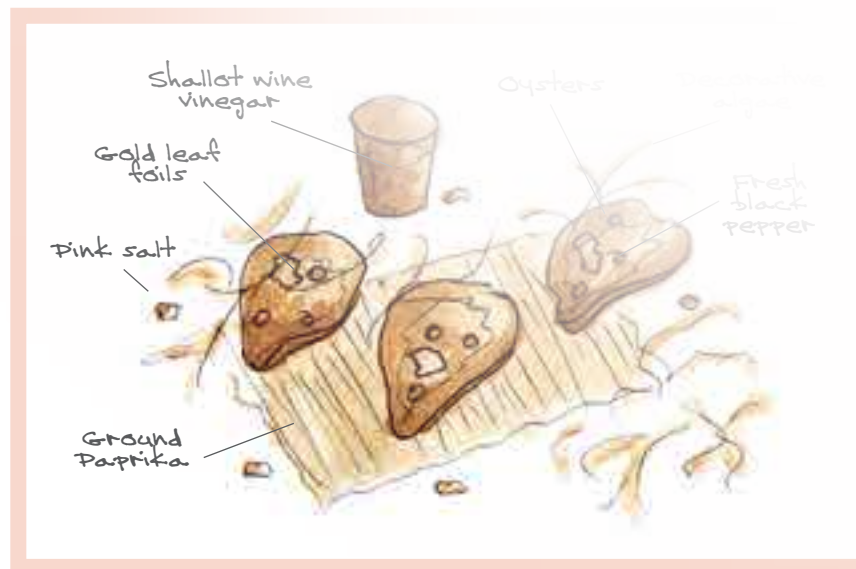
Authentic epicureans immerse themselves in the cuisine and culture of their recipes, ingredients, and plating up their presentations, and moreover, they readily take their time to prepare their dishes and taste testing menus very cautiously. This oyster presentation is refined finesse and your guests shall be astonished and marvel at the table.

## > Ingredients

- Fresh oysters
- Ground paprika
- White wine vinegar with shallots
- Himalaya pale pink salt pebbles
- Fresh black peppercorns
- Edible gold leaf foils papers
- Decorative algae or similar

> Plating up

- Using a glue comb, spread the ground paprika to create orange red carpeting on the bottom of a porcelain plate
- Arrange 3 oysters in the form of an open triangle and utilize an appetizer tiny spoon to keep the oysters flat in placement. See the illustration and the photograph for assistance
- Now, place a small glass of white wine on the plate



You can also simulate a pearl on top of every oyster. Other useful suggestions are : faux pearls, lemon caviar, molecular balls, costume beads or crystals.





# Mackerel olé-olé

## > Concept

Mackerel and codfish and/or hake, which are more often perceived as exquisite fish for the best tables, however, mackerels' high nutritional qualities, combined with their seductive shape are a mischievously fascinating ornament in a plated up presentation. This plated up presentation demonstrates the class, which mackerel deserves.

## > Ingredients

- Mackerel
- Curried rice with poppy seeds
- Fresh dill sprigs with fronds
- Golden yellow bell pepper
- Cream of curry
- Limes
- Yellow pansy

## > Plating up

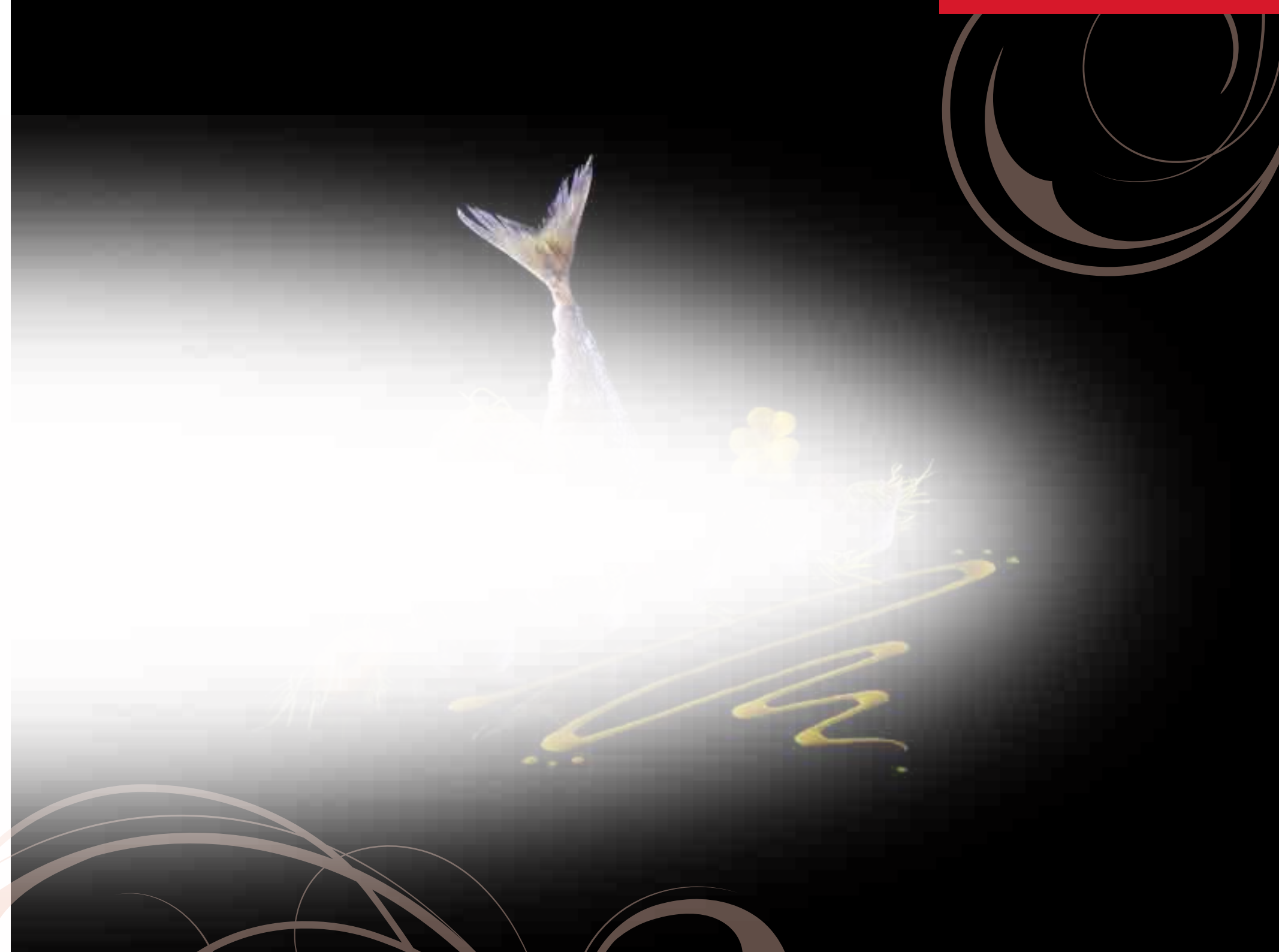
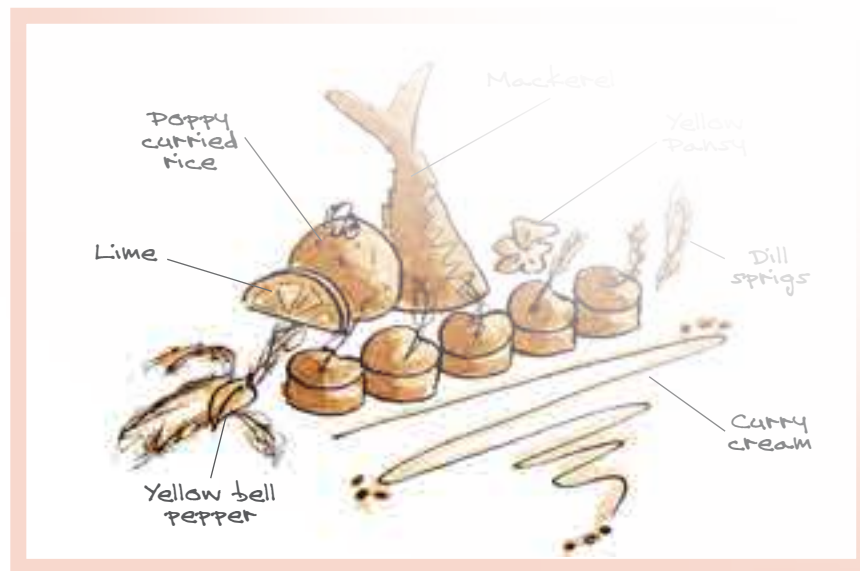
- Draw a zigzag with the curry cream sauce on the front of the round white porcelain with pipette tube
- Slice the fish; 5 rounds, and keep half. Place the tail fish either in papillote parchment paper or aluminum foil so that it maintains a more attractive look when plating up the presentation
- Place the 5 pieces of mackerel rounds aligned on a ribbon plate, head toward the left



upwards.

- Put the yellow bell pepper finely in front of the fish on the left side in front of the lime
- Place some dill over the yellow pepper with a fine hand
- Link 1 slice of lime next to the rice dome
- To conclude, place a yellow pansy flower in the background

This dressed plate is going to have more room on a round plate than a square plate.



# My beautiful boat

## > Concept

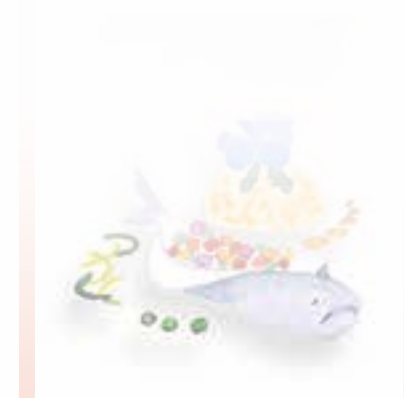
Perhaps the only thing, more breathtakingly enchanting than a cruise in Venetia, is that on this amazingly extraordinary gondola, you shall be treating yourself once again. This uniquely built boat is a dashing and brilliant treat with beautiful unparallel gourmet haute couture ocean fish, that is going to impress even, the most discerning and jaded guests.

## > Ingredients

- Fish (Mackerel, hake, cod)
- Saffron, curry and turmeric yellow rice with poppy seeds
- Finely diced fresh vegetables
- Sweet peas in a pod
- Zest of lime and zest of lemon
- Yellow cream prepared with curry and saffron
- Flat parsley or cilantro
- Blue lavender pansy

## > Plating up

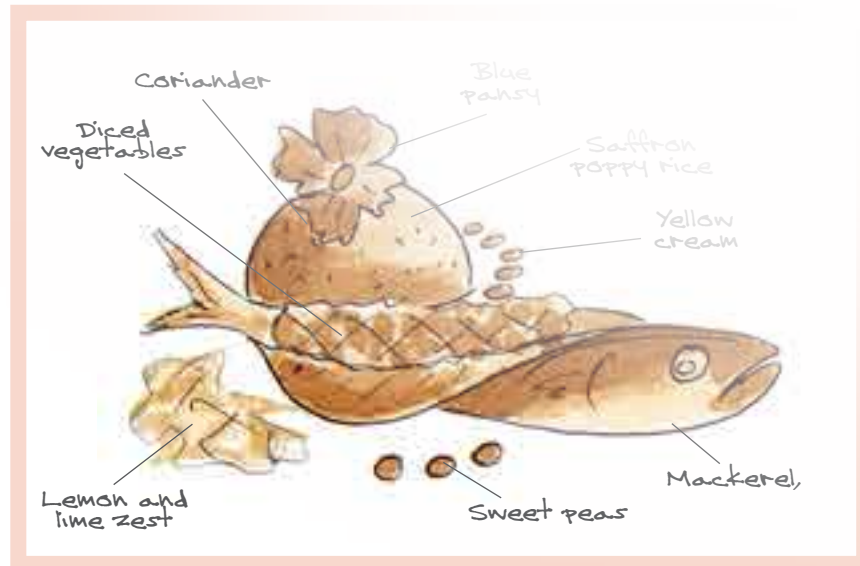
- Place the rear of the fish in an upward position in aluminum foil or steam the fish
- Arrange the fish with head forward facing and on a slight slant
- Garnish the rear of the plate with the diced vegetables
- Take a well oiled glass jar, and place it behind the fish tail over the tiny jar so that the fish tail abut the height



- Arrange 3 sweet peas in a pod, site side along with some lime and lemon zest swirls
- Finalize the decoration with blue lavender pansies and a sprig of parsley or cilantro in the rice dome

The fish will be prepared elegantly in aluminum foil, papillote parchment or steamed.

This presentation shall adapt easily to a round, square, or rectangular white porcelain of choice and be the star of your buffet or table.





# Three small caps

## > Concept

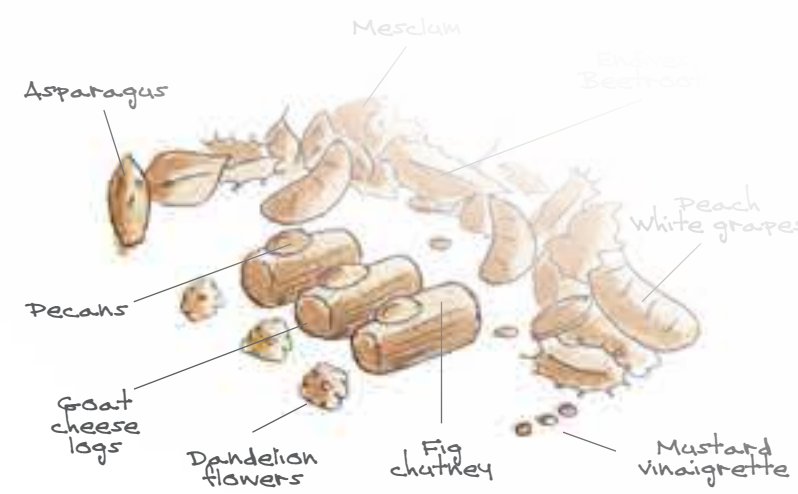
Designing presentations and plating up cheeses, can be extraordinarily challenging and yet, a true exercise in team work, in order to emphasize and complement distinct flavors, aromas, textures, colors and slicing of the shapes. One can combine salty, spicy, sour and even sweet cheeses to stimulate the taste buds.

## > Ingredients

- Mini French goat cheese logs
- Red endive lettuce - Beetroot - Green asparagus
- Mango - White grapes
- A combination of young fresh shoots and field greens
- Dijon mustard vinaigrette
- Fig chutney or jam
- Pecans
- Dandelion flowers

## > Plating up

- Create an arc, on the outer edge of the plate, and then combine a mix of salad greens to lie in the shape of a crescent moon
- Add a few pieces of mango, peaches and small uncut white grapes sliced into quarters and a head of asparagus with spearheads placed on the drawn arc
- Place the logs of goat cheese, parallel in the center of the plate on a slight slant



The mixture of the greenery and the fruit maybe selected according to seasonal availability and your imaginative inspiration.

One can also select different cheeses to compose an entire cheeseboard to finish a meal with an exemplary graphic presentation.

# Our angry fish

## > Concept

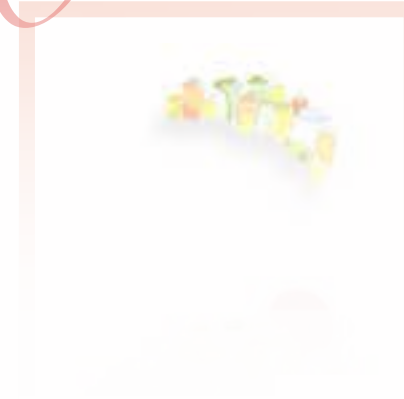
As an eccentric and capricious theatrical actor, who dares to be center stage and turn its back on vegetables, this comical contortionist of presentations, captivates its audience with a parade of grand flavors and colors. This plating up is a head spinner for your guests.

## > Ingredients

- A whole fish (Sea bass, Hake, Mackerel, Codfish)
- Orange and yellow carrots
- Black radish, horse radish
- Zucchini or courgette - Beetroot
- Vinaigrette dressing
- Young shoots
- Dill and curly parsley
- Red seaweed

## > Plating up

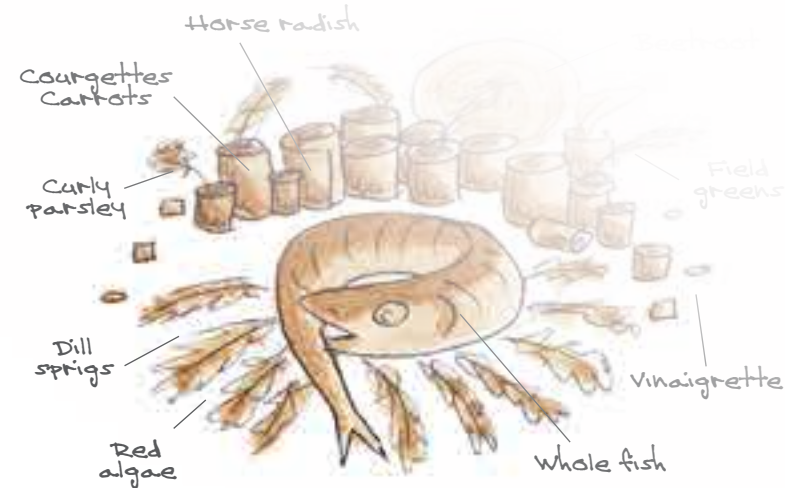
- Slice long strips of different vegetables with a Mandolin, and poach them lightly. This shall permit their ease of rolling (12 to 15)
- Place the small rolls in an arc on the back of the plate. Alternate their colors and their sizes
- Prior to placing the whole fish in the oven, place the fish tail and the fish head in a touching position
- Now, with the small red seaweed, create small legs with it



- Now, set it behind the fish
- To conclude this dressing, dispense a few drops of the vinaigrette sauce around the presentation with a pipette tube



A large white plate shall look absolutely fantastic and showcase the rainbow colored ensemble perfectly.





# Bonsai or banzai!

## > Concept

Amongst the emblematic discoveries of the Japanese cuisine arriving in the western world, Sushi has become a household meal. The flagship of the Japanese, and their impeccably immaculate extraordinary attention to details, comes to our pages. Here, we are going to recreate a miniature landscape with some of the most exciting culinary products.

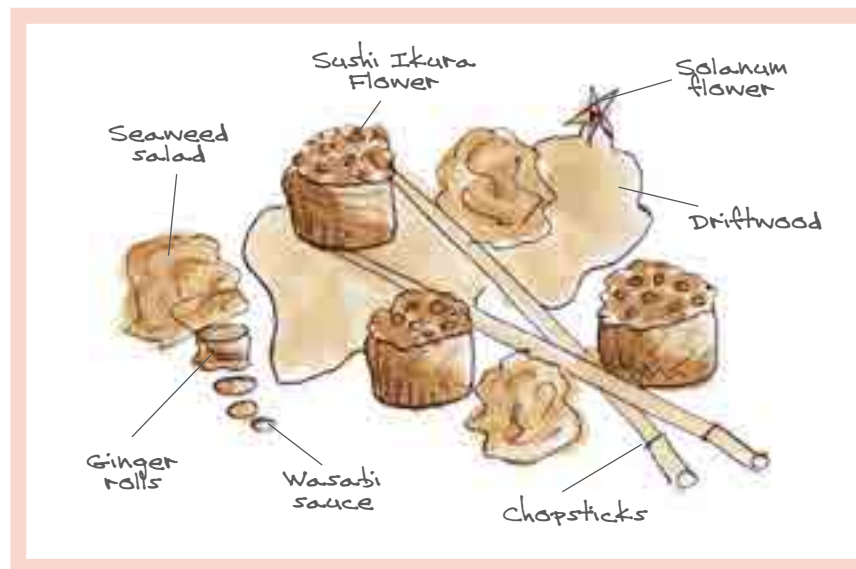
## > Ingredients

- Sushi Flower Ikura (salmon, rice, salmon roe)
- A wooden support or similar
- Asian sea algae flavored with organic sesame oil
- Wasabi sauce
- Ginger rolls
- Solanum flowers
- A pair of chopsticks

## > Plating up

- Find or buy a small tree stump or a beautiful piece of driftwood small enough to fit on a rectangular slate plate
- Ask your local Asian Restaurant of choice, if you can purchase a few pairs of chopsticks from them
- Arrange to prepare the Sushi sculpture as demonstrated in the illustration and the photograph
- Place the sushi directly on the plate
- Roll 3 clumps of seaweed salad and place on the driftwood, and the other 2 sushi rolls on the plate
- Add a ginger roll to the left of the presentation
- Using a pipette tube, or syringe, create 3 droplets or dots of wasabi in front of the ginger roll
- To conclude, place a Solanum on top of the sculpture

A large black rectangular slate plate shall provide the dramatic dynamism and compliment the originality of this composition and show off the Japanese minimalism impeccably.





THE ART OF DRAWING UP A PLATE AS A CHEF !

# *Visions gourmandes*

## > Table of contents

### 13 > Basic principles

*Sources of creation  
The creative process  
The principle of unity  
The choice of style  
The theme of the meal  
Functionality and practicality*

### 28 > Artistic reflections

*Rules of composition  
Space management  
Colors  
Textures  
Volume and sizes  
Forms and shapes  
Graphics  
The framework  
The environment  
Kick-end eye  
Recommendations*

### 29 > Plating up supports

*Setting the right size  
Colors and textures  
Shapes and design  
Some variants  
The sub-plates  
The mini dishes  
Verrines and spoons  
And more...*

### 35 > Instruments and tools

*Simple Instruments  
and basic tools  
More sophisticated  
instruments  
Assorted instruments  
& Gadgets  
Accessories & Consumables*

### 41 > Products and materials

*Creamy consistency products  
Powders  
Liquids  
Fruit, fresh vegetables and  
condiments  
Edible flowers  
Shoots, grasses, leaves  
Seeds and dried Fruits  
Other innovative ingredients  
Inedible items*

### 47 > Dessins et graphisme

*Comics strips  
Castings  
Some stripes  
Miscellaneous drawings  
With a spoon  
Impressions*

### 53 > Some more tricks

*With fruits and vegetables  
Moldings  
The "Molecular"  
Small foams  
Gelation  
Food colorings*

### 59 > Artistic plating ups

*Starters  
Dishes  
Cheese  
Desserts  
Meat  
Fish & Shellfish  
Sweet  
Salty delicacies  
Etc.*

### 187 > Table of contents

### 189 > Credits and useful links





THE ART OF DRAWING UP A PLATE AS A CHEF !

# Visions gourmandes

## > Credits

*We thank the following collaborating associates for all their contributions in this book :*

*Fotolia for most of the iconography on the technical pages.*

*Michelle Germain for all the colored illustrated renderings.*

*Marc Coudrais for Pourcel's portrait photography.*

*All other photos are made by Philippe Germain and are protected by copyright.*

*Visions Gourmandes Projects apologizes for any omissions or mistakes on their behalf in the Credits. We shall make the appropriate corrections in all future editions.*

## > Useful links



### **The official tri-lingual website...**

*We invite you to the official website to access all our latest news about the art and training in plating up like Chefs !*

***visionsgourmandes.com***

### **Social networks...**

*Historically, "Visions Gourmandes" is present on principals social networks.*

***facebook.com/visionsgourmandes***

***plus.google.com/+PhilippeGermainVisionsGourmandes***

***instagram.com/visionsgourmandes***

***twitter.com/germainphil***

*And more...*



*Witty humorous story of how the birth of this book has come about !*

*One day, I was invited to a cooking competition, involving several executive Chefs, who were creating and presenting an array of amazingly appetizing dishes. However, I had imagined how I would have made these dishes, if I had participated.*

*The next day, after several fruitless searches on the Internet, and in some various reference books on the art of preparing and presenting plates, the idea was born to begin writing this book. The theme, how to combine culinary creations and graphic design ?*

*I hope you will find in these pages, the solutions to some of the epicurean food styling challenges you have encountered and to transcend your achievements.*

