

# The art of food presentation and styling

The visual appearance of a dish is as important as its flavour. Taking time to present food in a thoughtful way can make a dish look "good enough to eat"!

## Know the meal



Weekend Family Meal



Dinner party with friends



Speedy weekend lunch for one



Movie night for teenagers



Children's Party

## Serve with style



Plain white china - remember to wipe the plate clean



Dark coloured china - black crockery can be very dramatic and elegant



Alternative plates - serve soup in coffee cups or pâté in a preserving jar



Natural wood or stone provides a rustic style



Patterns should be on the border of plates so as not to distract from the food

## Plate up



Consider portion size and current healthy eating advice



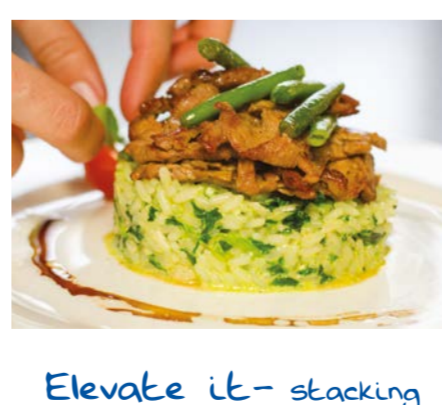
Present in odd numbers for visual appeal



Liven up your plate with vegetables or sauces in bright sharp colours



'Clock it' - the classic way to plate food. Place the potatoes, pasta or rice at ten o'clock, meat or fish at six o'clock and the vegetables at two o'clock



Elevate it - stacking food or using biscuit cutters or moulds to layer foods adds height and can transform a simple meal

## Decorate with flair



Arrange edible flowers or pea shoots



Swirl, pipe or brush crème fraîche, jus or purée



Sprinkle fresh herbs or ground spices



Add crispy croutons for texture



Twirl ribbons of vegetables

## Tell a story



Highlight a theme or celebration



Indicate a season or time of year



Help evoke memories



Demonstrate a meal occasion



Showcase features and characteristics of a cuisine