

# CRUNCH TIME

## Perfect Plating



### INGREDIENTS:

Sample plate poached chicken breast, mashed potato and cauliflower  
Sample plate of 2 brussel sprouts, 2 meatballs, 2 small potatoes  
Sample plate of Bolognese, mashed potato, pureed peas  
Sample plate of 2 meatballs, mashed potato and some green beans  
1 meatball  
Sample plate of avocado, tomato, feta stack  
Sample plate of mashed potato in the centre, 2 lamb cutlets leaning against and snow peas  
Herbs to garnish lamb dish

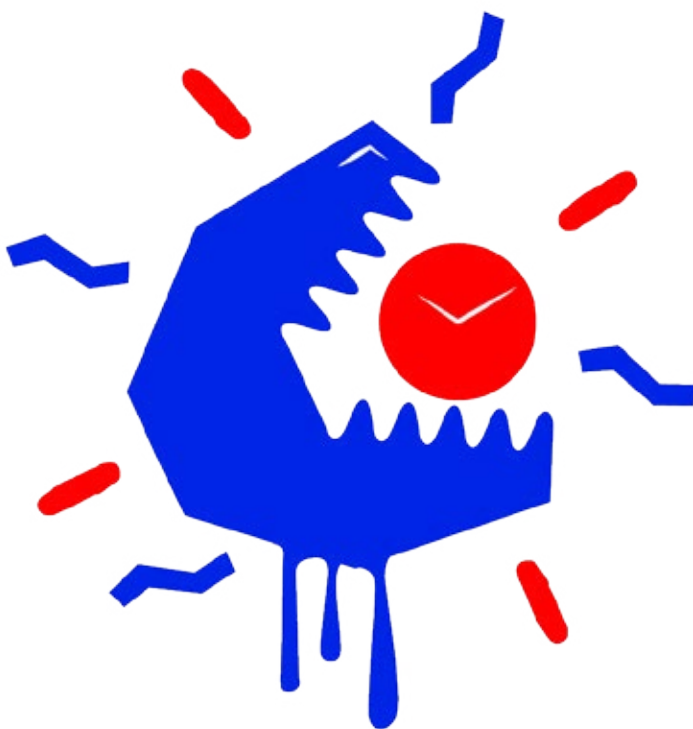
### EQUIPMENT:

3 different sized plates  
6 plates for samples



## METHOD:

1. Choose the right plate. Big enough to let each food item stand out, but small enough that the portions don't look tiny
2. Contrast the colours. Two or three colours on a plate are usually more interesting than just one
3. Variety of shapes. Too many items of the same shape looks odd
4. Mix up the texture. Good balance requires a variety of textures on the plate
5. Be odd. Things generally look more interesting when they're sets of odd numbers, rather than even numbers
6. Until recently, plated main courses followed a standard pattern. Imagine the plate as the face of a clock. Meat or fish item at 6 o'clock position, or closest to the diner. The vegetables and other side dishes at the 2 and 11 positions.
7. Play with height. A popular style is to stack everything in a multilayered tower in the centre of the plate
8. Today's plating styles are many and varied. Another style is to have a starch or vegetable item heaped in the centre with the main item leaning up against it and the vegetables and garnish around the centre items
9. Garnish appropriately. Any garnishes on the plate should be edible and should enhance the flavour of the main dish (garnish lamb dish with herbs)



crunch-time.tv